

Helmi Chaabene. PhD

Associate professor

UNIVERSITY OF POTSDAM

Faculty of Human Sciences

Research Focus Cognition Sciences

Division of Training and Movement Sciences

Am Neuen Palais 10 (Building 12)

14469 Potsdam Germany

Phone: +49 0163 444 0607

E-mail: chaabanehelmi@hotmail.fr

Complete Publication Record

1. **Chaabène H**, Hachana Y, Franchini E, Mkaouer B, and Chamari K. Physical and physiological profile of elite karate athletes. *Sports Medicine*. 2012; 42 (10): 829-843.
2. **Chaabène H**, Hachana Y, Attia A, Mkaouer B, Chaabouni S, Chamari K. Relative and absolute reliability of karate specific aerobic test (KSAT) in experienced male athletes. *Biology of Sport* 2012; 29: 211-215
3. **Chaabène H**, Hachana Y, Franchini E, Mkaouer B, Montassar M, Chamari K. Reliability and construct validity of the karate specific aerobic test (KSAT). *Journal of Strength and Conditioning Research*. 2012; 26(12):3454-60
4. **Chaabène H**, Franchini E, Miarka B, Selmi MA, Mkaouer B, and Chamari K. Time-motion analysis, physiological and rate of perceived exertion responses to karate official combats: is there a difference between winners and defeated karatekas? *International Journal of Sports Physiology and Performance*. 2014 Mar;9(2):302-8.
5. **Chaabène H**, Mkaouer B, Franchini E, Souissi N, Selmi MA, Nagra N, Chamari K. Physiological Responses and Performance Analysis Difference Between Official and Simulated Karate Combat Conditions. *Asian Journal of Sports Medicine*, 2014; 5(1): 21-29.
6. **Chaabène H**, Hachana Y, Franchini E, Tabben M, Mkaouer B, Negra Y, Hammami M, Chamari K. Criterion related validity of karate specific aerobic test (KSAT). *Asian Journal of Sports Medicine*. 2015 September; 6(3): e23807.
7. **Chaabène H**, Tabben M, Mkaouer B, Franchini E, Negra Y, Hammami M, Amara S, Chaabène RB, and Hachana Y. Amateur Boxing: Physical and physiological attributes. *Sports Medicine*. Vol 45 (3), pp 337-352. 2015
8. **Chaabène H**, Franchini E, Sterkowicz S, Tabben M, Hachana Y, and Chamari K. The physiology of karate specific activities; *Science & Sport*. 2015: 30, 179-187.
9. **Chaabène H**, Hellara I, Ben Ghali F5, Franchini E, Neffati F, Tabben M, Najjar MF, and Hachana Y. Physiological stress and performance analysis to karate combat. *Journal of Sport Medicine and Physical Fitness*. 2016: 56(10), 1125-31.

10. Hachana Y, Attia A, **Chaabène H**, Gallas S, Haj Sassi R et Dotan R. Test-retest reliability and circadian performance variability of a 15-s Wingate Anaerobic Test. *Biological Rhythm Research*. 2012; 43 (4): 413-421.
11. Hachana Y, **Chaabène H**, Mohamed Ali N, Attia A, Moualhi J, Farhat N et Elloumi M. Test retest reliability, criterion related validity, and minimal detectable change of the Illinois agility test in male team sport athletes. *Journal of Strength and Conditioning Research*. 2013 Oct;27(10):2752-9.
12. Mkaouer B, Jemni M, Amara S, **Chaabène H**, Tabka Z. Kinetic and kinematic analysis of counter movement jump versus two different types of standing back somersault. *Science of Gymnastic Journal*. 4(3): 61-71.
13. Mkaouer B, Jemni M, Amara S, **Chaabène H**, Tabka Z. Kinematic and kinetic analysis of two gymnastics acrobatic series to performing the backward stretched somersault. *Journal of Human Kinetics*. 2013 Jul 5;37: 17-26.
14. Vando S, Filingeri D, Maurino L, **Chaabène H**, Bianco A, Salernitano G, Foti C, Padulo J. Postural Adaptations in Preadolescent Karate Athletes Due to a One Week Karate Training Camp. *Journal of Human Kinetics* 2013, (38) 45-52
15. Tabben M, Sioud R, Haddad M, Franchini E, Chaouachi A, Coquart J, **Chaabane H**, Chamari K, Tourny-Chollet C. Physiological and Perceived Exertion Responses during International karate kumite Competition. *Asian Journal of Sports Medicine*. 2013 Dec; 4(4):263-71.
16. Tabben M, Tourny-Chollet C, Haddad M, **Chaabane H**, Chamari K, Coquart J. Validity and reliability of the session-RPE method for quantifying training load in karate athletes. *Journal of sports medicine and physical fitness*. 2015 Apr 24. [Epub ahead of print]
17. Bridge C, da Silva Santos JF, **Chaabène H**, Pieter W, Franchini E. Physical and physiological profiles of taekwondo athletes. *Sports Medicine*. 2014. 44: 713-733.
18. Tabben M, **Chaabène H**, Franchini E, Tourny C. Chamari K, Coquart J. The influence of karate practice level and sex on physiological and perceptual responses in three modern karate training modalities. *Biology of Sport*. 2014 Aug; 31(3):201-7. doi: 10.5604/20831862.1111438. Epub 2014 Jul 15.
19. Franchini E, Tabben M, **Chaabène H**. Physiological responses during taekwondo training and competition. *International Sports Medicine Journal*. Vol.15 No.4, December 2014, pp.500-515. Available at URL: <http://www.ismj.com>.
20. Padulo J, **Chaabène H**, Tabben M, Haddad M, Gevat C, Vando S, Maurino L, Chaouachi A, Chamari K. The Construct Validity of Session RPE During an Intensive Camp in Young Male Karate Athletes. *Muscle Ligament and Tendon*. 2014 Jul 14;4(2):121-6. eCollection 2014.
21. Padulo J, Chamari K, **Chaabene H**, Ruscello B, Maurino I, Faina M, Silos IP, Migliaccio GM. The effect of one-week training camp on motor skills in karate kids. *Journal of Sports Medicine and Physical Fitness*. 2014 Dec;54(6):715-24. Epub 2014 Oct 7.
22. Mkaouer B, Jemni M, Amara S, **Chaabène H**, Padulo J, Tabka Z. Effect of Three Technical Arms Swings on The Elevation of the Center of Mass During a Standing Back Somersault. *Journal of Human Kinetics*. 2014; 40, 37-48.

23. Hachana Y, **Chaabene H**, Ben Rajeb G, Khlifa R, Aouadi R, Chamari K, Gabbett TJ. Validity and Reliability of New Agility Test among Elite and Subelite under 14-Soccer Players. *Plos One*. 2014 Apr 21;9(4).
24. Tabben M, Coquart J, **Chaabène H**, Franchini E, Chamari K, Tourny C. Validity and Reliability of New Field Aerobic Karate Specific Test (KST) for Karatekas. *International Journal of Sports Physiology and Performance*. 2014 Nov;9(6):953-8. doi: 10.1123/ijsp.2013-0465. Epub 2014 Mar 11.
25. Attia A, Hachana Y, **Chaabène H**, Gaddour, A, Neji Z, Sheppard R, Chelly MS. Reliability and validity of a 20-s alternative to the Wingate anaerobic test in team sport male athletes. *Plos One*, 2014 Dec 4;9(12): e114444. doi: 10.1371/journal.pone.0114444. eCollection 2014
26. Tabben M, Coquart J, **Chaabène H**, Franchini E, Ghouli N & Tourny C. Time-motion, tactical and technical analysis in top-level karatekas according to gender, match outcome and weight categories. *Journal of Sport Science*. 2015; 33(8):841-9. doi: 10.1080/02640414.2014.965192.
27. Amara S, Mkaouer B, **Chaabène H**, Negra Y, Hammami M, and Bouguezzi R. Effect of Plyometric Training on Young Athlete's Performance According to Body Corpulence and Dropping Height. *Journal of Athletic Enhancement* 4:3.2015.
28. Amara S, Mkaouer B, Hammoudi Nassib S, **Chaabene H**, Hachana Y, Ben Salah FZ. Effect of Video Modeling Process on Teaching/Learning Hurdle Clearance Situations on Physical Education Students. *Advances in Physical Education*, 2015, 5, 225-233.
29. Negra Y, **Chaabene H**, Hammami M, Khlifa R, Gabbett T, and Hachana Y. Allometric scaling and age-related differences in change of direction speed performances of young soccer players. *Science & Sports*. 2016. 31(2), e19-e26.
30. Negra Y, **Chaabene H**, Hammami M, Hachana Y, Granacher U. Effects of high-velocity resistance training on athletic performance in prepubertal male soccer athletes. *Journal of Strength and Conditioning Research*. 2016 Dec;30(12):3290-3297.
31. Slimani M, **Chaabene H**, Miarka B, Chamari K. The Activity Profile of Elite Low-Kick Kickboxing Competition. *International Journal of Sports Physiology and Performance*, 2017, 12, 182-189. <http://dx.doi.org/10.1123/ijsp.2015-0659>
32. Negra Y, **Chaabene H**, Stoggl T, Hammami M, Chelly MS, Hachana Y. Effectiveness and time course adaptation of resistance training vs. plyometric training in pre-pubertal soccer players. *Journal of Sport and Health Science*. In press.
33. Slimani M, Tod D, **Chaabene H**, Miarka B, Chamari K. Effects of mental imagery on muscular strength in healthy and patient participants: A systematic review. *Journal of Sports Science and Medicine*. 2016 Aug 5;15(3):434-450. eCollection 2016 Sep
34. Negra Y, **Chaabene H**, Hammami M, Amara S, Sammoud S, Mkaouer B, Hachana Y. Agility in young athletes: is it a different ability from speed and power? *Journal of Strength and Conditioning Research*. 2017 Mar;31(3):727-735.
35. Slimani M, **Chaabene H**, Davis P, Franchini E, Chamari K. Performance Aspects and Physiological Responses in Male Amateur Boxing Competitions: A Brief Review. *Journal of Strength and Conditioning Research*. 2017 Apr;31(4):1132-1141.

36. Amara S, Mkaouer B, **Chaabene H**, Negra Y, Hammoudi-Riahi S, Ben Salah FT. Kinetic and kinematic analysis of hurdle clearance of African and world champion athlete during 110m hurdles: A comparative study. *South African Journal for Research in Sport, Physical Education and Recreation* 39(2). January 2017.
37. Slimani M, **Chaabene H**, Miarka B, Franchini E, Chamari K, Chéour F. Kickboxing review: anthropometrical, psychophysiological attributes, activity profile and injuries epidemic. *Biology of Sport*. 2017, vol. 34, no 2, p. 185.
38. **Chaabene H**, Negra Y, Bouguezzi R, Mkaouer B, Franchini E, Julio U, Hachana Y. Physical and physiological attributes of wrestlers: an update. *Journal of Strength and Conditioning Research*. 2017 May;31(5):1411-1442
39. Yassine Y, **Chaabene H**, Sammoud S, Bouguezzi R; Abbes MA, Hachana Y, Granacher U. Effects of plyometric training on physical fitness in prepuberal soccer athletes. *International Journal of Sports Medicine*. 2017 May;38(5):370-377.
40. Negra Y, **Chaabene H**, Amara S, Jaric S, Hammami M, Hachana Y. Evaluation of the Illinois change of direction test in youth elite soccer players of different age. *Journal of Human Kinetics*. 2017 Aug 1;58: 215-224
41. Mkaouer B, Jemni M, **Chaabene H**, Amara S, Njah A, Chtara M. Effect of two Olympic rotation orders on cardiovascular and metabolic variables in men's artistic gymnastics. *Journal of Human Kinetics*. In press.
42. **Chaabene H** & Negra Y. The effect of plyometric training volume in prepubertal male soccer players' athletic performance. *International Journal of Sports Physiology and Performance*. 2017 Oct;12(9):1205-1211.
43. Sammoud S, Nevill AM, Negra Y, Bouguezzi R, **Chaabene H**, and Hachana Y. Allometric Associations between Body Size, Shape, and 100-m Butterfly Speed Performance. *Journal Sports Medicine and Physical Fitness*. 2017 May 9. doi: 10.23736/S0022-4707.17.07480-1. [Epub ahead of print]
44. Mkaouer B, Jemni M, Hammoudi-Nassib S, Amara S, **Chaabene H**. Kinematic analysis of postural control in gymnasts vs. athletes practicing different sports. *Sport Sciences for Health*. 2017, 13 (3), pp 573–581
45. Negra Y, **Chaabene H**, Sammoud S, Bouguezzi R, Mkaouer B, Hachana Y, Granacher U. Effects of plyometric training on components of physical fitness in prepuberal male soccer athletes: The role of surface instability. *Journal of Strength and Conditioning Research*. 2017 Dec;31(12):3295-3304
46. Slimani M, Paravlic AH, **Chaabene H**, Davis P, Chamari K, Cheour F. Hormonal responses to striking combat sports competition: A systematic review and meta-analysis. *Biology of Sports*. 2018, vol. 35, no 2.
47. **Chaabene H**, Negra Y, Capranica L, Bouguezzi R, Hachana Y, Rouahi MA, and Mkaouer B. Validity and reliability of a new test of planned agility in elite taekwondo athletes. *Journal of Strength and Conditioning Research*. 2018: 32(9):2542–2547, doi: 10.1519/JSC.0000000000002325 .

48. Tayech A, Mejri MA, **Chaabene H**, Chaouachi M, Behm DG, Chaouachi A. Test–retest reliability and criterion validity of a new Taekwondo Anaerobic Intermittent Kick Test. *Journal Sports Medicine and Physical Fitness*. 2018 Jan 4. doi: 10.23736/S0022-4707.18.08105-7.
49. Sammoud S, Nevill AM, Negra Y, Bouguezzi R, **Chaabene H**, and Hachana Y. 100-meter Breaststroke swimming performance in youth swimmers: the predictive value of anthropometrics. *Pediatric Exercise Science*. 2018 Mar 16:1-9. doi: 10.1123/pes.2017-0220
50. Ramirez-Campillo R, Alvarez C, Pinillos FG, Sanchez-Sanchez J, Yanci J, Castillo D, Loturco I, **Chaabene H**, Moran J, Izquierdo M. Optimal reactive strength index: Is is an accurate variable to optimize plyometric training effects on measures of physical fitness in young soccer players? *Journal of Strength and Conditioning Research*. 2018 Apr;32(4):885-893
51. Bouguezzi R, **Chaabene H**, Negra Y, Ramirez-Campillo R, Jlalía Z, Mkaouer B, Hachana Y. Effects of different plyometric training frequency on measures of athletic performance in prepuberal male soccer players. *Journal of Strength and Conditioning Research*. 2018 Feb 1. doi: 10.1519/JSC.0000000000002486 . [Epub ahead of print]
52. Ramirez-Campillo R, Álvarez C, García-Hermoso A, Ramírez-Vélez R, Gentil P, Asadi A, **Chaabene H**, Moran J, Meylan C, García de Alcaraz A, Sanchez-Sanchez J, Nakamura FY, Granacher U, Kraemer K, Izquierdo M. Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. *Sports Medicine*. 2018 Feb 22. doi: 10.1007/s40279-018-0870-z . [Epub ahead of print]
53. Ramirez-Campillo R, Alvarez C, Gentil P, Loturco I, Sanchez-Sanchez J, Izquierdo M, Moran J, Nakamura FY, **Chaabene H**, Granacher U. Sequencing effects of plyometric training applied before or after regular soccer training on measures of physical fitness in young players. *Journal of Strength and Conditioning Research*. 2018 Mar 22. doi: 10.1519/JSC.0000000000002525 . [Epub ahead of print]
54. **Chaabene H**, Prieske O, Negra Y, and Granacher U. Change of direction speed: toward a strength training approach with accentuated eccentric muscle actions. *Sports Medicine*. 2018 Mar 28. doi: 10.1007/s40279-018-0907-3. [Epub ahead of print]
55. **Chaabene H**, Negra Y, Bouguezzi R, Capranica L, Franchini E, Prieski O, Hbacha H, Granacher U. Tests for the assessment of sport-specific performance in Olympic combat sports: a systematic review with practical recommendations. *Frontiers in Physiology*. 2018 Apr 10;9: 386. doi: 10.3389/fphys.2018.00386. eCollection 2018.

56. Mkaouer B, Hammoudi Nassib S, Amara S, **Chaabene H**. Evaluating The Physical and Basic Gymnastic Skills Assessment for Talent Identification in Men's Artistic Gymnastics Proposed by FIG. *Biology of Sports*. In press
57. Negra Y*, **Chaabene H***, Fernandez-Fernandez J, Sammoud S, Bouguezzi R, Prieske O, Granacher U. Short-term plyometric jump training improves repeated-sprint ability in prepuberal male soccer players. *Journal of Strength and Conditioning Research*. 2018 Jun 14. doi: 10.1519/JSC.0000000000002703. [Epub ahead of print]
***: Equal contribution**
58. Ramirez-Campillo R, García-Pinillos F, Yanci J, García-Ramos A, Gentil P, **Chaabene H**, Granacher U. Effect of different plyometric training frequencies on components of physical fitness in amateur female soccer players. *Frontiers in Physiology*. 2018 Jul 17;9: 934. doi: 10.3389/fphys.2018.00934.
59. Helm N, Muehlbauer T, Prieske O, Krüger T, **Chaabene H**, Granacher U. Validatin of a judo specific ergometer system in male elite and sub-elite judo athletes. *Journal of Sports Science and Medicine*. 2018. 17(3), 465-474.
60. Schmelcher A, Prieske O, **Chaabene H**, Heine L, Büsch D, Granacher U. Systematische Analyse des Konditionellen Anforderungsprofils Im Olympischen Boxen. *LEISTUNGSSPORT 4/2018*
61. Dhahbi W, **Chaabene H**, Chaouachi A, Johnny P, Behm D, Wilkie JC, Burnett A, Chamari K. Kinetic analysis of push-up exercises: a systematic review with practical recommendations. *Sports Biomechanics*. In press.
62. Ramirez-Campillo R, Álvarez C, Yanci J, García-Pinillos F, García-Ramos A, **Chaabene H**, Granacher U. Effects of combined surfaces versus single surface plyometric training on soccer players' physical fitness. *Journal of Strength and Conditioning Research*. In press.

EDITORIAL

- **Chaabene H**. Strength Training in Youth: No Doubt, It's Beneficial. *Austin Sports Medicine*. Published: August 17, 2016.
- **Chaabene H**. Change of Direction Tasks: Does the Eccentric Muscle Contraction Really Matter? *Archives of Sports Med* 2017, 1(1):1-2. http://scholarlypages.org/Articles/sports-medicine/the_scientific_pages_of_sports_medicine-tspspm-1-001.php?jid=sports-medicine
- Jlalía Z, **Chaabene H**. Vitamin D: The Unknown Roles. *Journal of Orthopedic Oncology* 2017, 3:1 DOI: 10.4172/2472-016X.1000e102

BOOK AND BOOK CHAPTER

Book 1: KARATE KUMITE: HOW TO OPTIMIZE PERFORMANCE, OMICS Group e-Book, Edt: OMICS Group incorporation. **Edited by: Chaabene H**. Published Dec 2015.

<http://www.esciencecentral.org/ebooks/karate-kumite-how-to-optimize-performance/>

- **Chaabene H**, Franchini E. Introduction. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- **Chaabene H**, Negra Y. Physical and physiological assessment. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Franchini E, Ouergui I, and **Chaabene H**. Physiological characteristics of karate athletes and karate specific tasks. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Houcine N, Ouergui I, and **Chaabene H**. Training load monitoring. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Ouergui I, Houcine N, and **Chaabene H**. Physical determinants of karate kumite. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.

Book 2: THE KEY PHYSICAL AND PHYSIOLOGICAL ATTRIBUTES OF COMPETITIVE WRESTLING. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017 (<https://www.morebooks.de/store/gb/book/1/isbn/978-3-330-06402-7>). <https://www.amazon.com/Physical-Physiological-Attributes-Competitive-Wrestling/dp/3330064021>

- **Chaabene H**. Introduction. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.
- **Chaabene H**, Julio UF, Negra Y, Franchini E. Anthropometric Characteristics of Wrestlers. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.
- **Chaabene H**, Bouguezzi R, Negra Y, Hachana Y. Physical attributes of wrestlers. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.
- **Chaabene H**, Negra Y, Bouguezzi R, Jlalía Z, Franchini E. Physiological attributes of wrestlers. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.
- Franchini E, Julio UF, **Chaabene H**. Physiological and performance responses to wrestling-specific match simulation and official competition settings. In. The key physical and

physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.

- Franchini E, **Chaabene H**, Artioli GG. Weight management in wrestling. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.