

# Division of Movement Science and Exercise Therapy

## Publication List

2024 (14)

**R.P. Lamberts, T. van Erp, A. Javaloyes, M.M Eken, N.G. Langerak, N Tam.** Reliability of heart rate variability measurements after the Lamberts Submaximal Cycle Test and the relationship with cycling performance in trained to elite cyclists. *European Journal of Applied Physiology* 2024;124(6):1659-1668

**R.P. Lamberts, T Cable.** Academic life: the good, the bad and the ugly. *International Journal of Sport Physiology and Performance* 2024;19(4):329-330

J. Voet, **R.P. Lamberts, J.J. de Koning, T. van Erp.** Are professional road cycling countries selecting their talents based on anthropometric characteristics which suit the countries' terrain? *Journal of Sports Medicine and Physical Fitness* – Epub ahead of print.

J. Voet, **R.P. Lamberts, J.J. de Koning, T. van Erp.** Durability and underlying physiological factors, how do they change throughout a cycling season in semi-professional cyclists? *International Journal of Sport Physiology and Performance* 2024;64(10):1009-1016

**R.P. Lamberts, A. van Vleuten, T. Dumoulin, L. Delahaije, T. van Erp.** Differences and similarities between a female and male grand tour winner; a case study series during the Giro Rosa and the Giro d'Italia. *International Journal of Sport Physiology and Performance* – Epub ahead of print.

G. Burns. N Tam, N.G. Langerak, R.F. Zernicke, **R.P. Lamberts.** Effect of fatigue on the elastic characteristics of runners after a 56-kilometer road ultra-marathon. *Journal of Applied Biomechanics* – Accepted for publication

S de Waal, S Jacobs, **R.P. Lamberts.** Pacing analysis and comparison of TOP-10 and NOT TOP-10 Ultra Trail Cape Town 100km finisher. *Journal of Sports Medicine and Physical Fitness* – Accepted for publication

M.M. Eken, N.G. Langerak, J du Toit, M. Saywood, **R.P. Lamberts.** Physical health and socio-economic status in ambulatory adults with bilateral spastic cerebral palsy. *Rehabilitation Research and Practice* – Accepted for publication

E.M. Albaugh, J.M. Blackburn, M.J. Bloom, E.C. Castile, V.R.C. Gomes, K.C. Grooms, S.R. Jost, C.Z. Kim, A.S.I.D. Lang, N.V. Mankin, Ky.P. Moseley-Broshous, P.P. Nelson, K.S. Pittman, R.P. Repetto-Taylor, C.A. Salcedo, I.J. Shoot, **D.A. Skinstad**, S.D. Swartwood, E.K. Trompler, E.F. Valderrama-Araya, K.E. Willis, C.M. Winkler. Grip Strength, Body Composition, and Academic Performance in College Students. *International Journal of Student Success*. 2024: 34-44

M.J. Bloom, G.Y.X. Chen, V.R.C. Gomes, S.R. Jost, A.S.I.D. Lang, N.V. Mankin, J.A. Merheb, J. Mok, P.P. Nelson, **D.A. Skinstad**, E.F. Valderrama-Araya. Association of Accelerometer-Measured Physical Activity With College Student Success and Retention. *Journal of Physical Activity and Health* – Epub ahead of print.

R.G. Cowden, **D. Skinstad**, T. Lomas, B.R. Johnson, T.J. VanderWeele. Measuring wellbeing in the Global Flourishing Study: insights from a cross-national analysis of cognitive interviews from 22 countries. *Quality & Quantity* – Epub ahead of print.

**M.J. Lumb, K. Welman, N Snegireva**. Expert consensus on the terminology, diagnostics and management of persisting symptoms after concussion with a focus on mental health, postural stability, electroencephalogram and balance testing: A cross-sectional Delphi-like survey. *South African Journal of Sports Medicine* 2024;36(1):v36i1a17870

**E. Africa, M Duncan**, L Bath. Fundamental movement skill proficiency of selected South African Montessorian pre-schoolers. *Journal of Early Childhood Research* – Epub ahead of print.

**O. van Stryp, M.J. Duncan, E. Africa**. The effect of active brain-breaks on fundamental movement skills and executive functioning of Grade one children in Cape Town, South Africa. *Early Child Development and Care* 2024;194(1):102-117

2023 (5)

**T. van Erp, R.P. Lamberts**. Demands of professional female cycling races: Influence race level and race duration (single or multi-day events). *European Journal of Sport Science*, 2023, 23(8):1463-1471

**O. van Stryp, E Africa, M Kidd, M.J. Duncan**. The effect of active brain-breaks during a typical school day on the in-school physical activity patterns of Grade 1 children in the Western Cape, South Africa. *Education 3-13*, 2023, 51(3), pp. 398–409

R. Tiwari, H.W.Grobbelaar, **C Vermaak**, U Chikte. Strengthening the biokinetics workforce for improved services: A human resources for health review from 2000 to 2020. *South African Journal of Sports Medicine*, 2023, 35(1):v35i1a14184

Øyvind Sandbakk, D.B. Pyne, K. McGawley, C. Foster, R.K. Talsnes, G.S. Solli, G.P. Millet, S. Seiler, P.B. Laursen, T. Haugen, E. Tønnessen, R. Wilber, **T. van Erp**, T. Stellingwerff, H.C. Holmberg, S.B. Sandbakk. *International Journal of Sports Physiology and Performance* 2023;18(8):885-889

M.M. Eken, S.L. Arnold, J. Thijsen, M. van der Schaaf, L. Engelbrecht, **R.P. Lamberts**. The influence of a multistage mountain bike race on neuromuscular activation and synergies; a case study. *International Journal of Sports Physiology and Performance* 2023; 19(3):315-321.

## 2022 (23)

Snegireva N, Derman W, Patricios J, **Welman KE**. Blink duration is increased in concussed youth athletes: a validity study using eye tracking in male youth and adult athletes of selected contact sports. *Physiol Meas.* 2022;43(7):075006

Nolte, H., Solomons, R., Springer, P., Kidd, M., **Africa, E**. The effectiveness of gross motor interventions in improving motor function in childhood apraxia of speech. *Early Child Development and Care*, 2021;192(9):1349-1358

De Wet, J.S., **Africa, E.**, Venter, R. Recovery-Stress States of Professional Ballet Dancers During Different Phases of a Ballet Season. *Journal of dance medicine & science* 2022, 26(1), 7–14

**van Stryp, O., Duncan, M.J., Africa, E.** Fundamental movement skills proficiency amongst neurotypical grade one children in Cape Town, South Africa. *Sport Sciences for Health*, 2022, 18, 933-938

**Africa, E., Van Stryp, O.,** Musálek, M. The influence of cultural experiences on the associations between socio-economic status and motor performance as well as body fat percentage of grade one learners in cape town, South Africa. *International Journal of Environmental Research and Public Health*, 2022, 19(1), 121

**C. Vermaak**, S. Ferreira, E. Terblanche, W. Derman. Physical activity promotion in persons with spinal cord injuries: Barriers and facilitators in low-resource communities. *African Journal of Disability* 2022;11:2213-9170

M.M. Eken, A Withers, K Flanagan, J Burger, A Bosch, R.P. Lamberts. Muscle activation during exercise on the treadmill, stepper and elliptical trainer. *Journal of Strength and Conditioning Research* 2022;36(7):1847-1852

B.E. Veerbeek, **R.P. Lamberts**, E. Kosel, A.G. Fieggen, N.G. Langerak. More than 25 years after Selective Dorsal Rhizotomy: Physical status, quality of life and levels of anxiety and depression in adults with Cerebral Palsy. *Journal of Neurosurgery – Pediatrics* 2022;136:689-698

**T. van Erp**, D. Sanders, **R.P. Lamberts**. Power profile of Top-5 results in World Tour cycling races. *International Journal of Sports Physiology and Performance* 2022;17(1):203-209

J.G. Voet, **R.P. Lamberts**, J.J. de Koning, J de Jong, C. Foster, **T. van Erp**. Differences in execution and perception of training sessions as experienced by (semi-) professional cyclists and their coach. *European Journal of Sport Science* 2022, 22(10), 1586-1594

**R.P. Lamberts**, J du Toit, M.M. Eken, E. Botha, R.V.P. de Villiers, N.G. Langerak. Spinal Curvatures, Deformities, and the Level of Disability in People with Bilateral Spastic Cerebral Palsy Living in South Africa; A 6-Year Follow-Up Study During Adulthood. *Archives of Physical Medicine and Rehabilitation* – 2022:103(3):481-487

M. Mateo-March, **T. van Erp**, X. Muriel, P.L. Valenzuela, M. Zabala, **R.P. Lamberts**, A. Lucia, D. Barranco-Gil, J.G. Pallarés. The record power profile in professional female cyclists: normative values obtained from a large database. *Journal of Sports Physiology and Performance* 2022:17(5):682-686

P.L. Valenzuela, X Muriel, **T. van Erp**, M. Mateo-March, A. Gandia, M. Zabala, **R.P. Lamberts**, A. Lucia, D. Barranco-Gil, J. Pallares. The record power profile of male professional cyclists: normative values obtained from a large database. *International Journal of Sports Physiology and Performance* 2022;17(5):701-710

N.G. Langerak, B.E. Veerbeek, A.G. Fiegggen, **R.P. Lamberts**. Gait status 26-35 years after selective dorsal rhizotomy: a 9 year follow up study. *Gait and Posture* 2022;91:284-289

M. Dobiasch, B. Krenn, R.P. Lamberts, A Baca. The Effects of Visual Feedback on Performance in Heart Rate- and Power-based-tasks During a Constant Load Cycling Test. *Journal of Sport Science and Medicine* 2022;21:49-57

T Orlandi, N Rodgers, PR King, M Badenhorst, **RP Lamberts**. A prospective randomised controlled trial comparing plating augmented with coracoclavicular fixation and hook plate fixation of displaced distal third clavicle fractures. *Journal of Shoulder and Elbow Surgery* 2022:31(5):906-913

A.J. Roete, I.K. Stoter, **R.P. Lamberts**, M.T. Elferink-Gemser, R.T Otter-Drost. Development of a methodology to study the specificity of training during an entire speed skating season: velocity and heart rate in sprint races. *Journal of Strength and Conditioning Research* 2022:36(7):1998-2004

**T. van Erp**, **R.P. Lamberts**. Performance characteristics of TOP5 vs NOT-TOP5 races in female professional cycling. *International Journal of Sports Physiology and Performance* 2022, 17(11), 1070-1076

T.N. Mann, J.H. Davies, C. Beltran, G. Walzl, J du Toit, **R.P. Lamberts**, N.N. Chegou. Evaluation of host biomarkers for monitoring treatment response in spinal tuberculosis: a 12-month cohort study. *Cytokine* 2022;157:155944

**R.P. Lamberts**, T van Erp, D Sanders, K.E. Welman, Ø Sandbakk. The evolution of applied research on sports physiology and Performance: An appreciation to the athletes and teams for sharing their data. *International Journal of Sports Physiology and Performance* 2022, 17(11), 1549

P.R. King, M.M. Eken, **R.P. Lamberts**. Epidemiology of clavicle shaft fractures in a public hospital in South Africa: differences between developing and developed countries. *European Journal of Trauma and Emergency Surgery* 2022, 48(6), 4935-4941

**van Stryp, O., Duncan, M.J., Africa, E.** Physical fitness and weight status of grade poe children in Cape Town, South Africa. *South African Journal for Research in Sport, Physical Education and Recreation* 2022, 44(2), 81-90

J.G. Voet, **R.P. Lamberts**, J.J. de Koning, T. van Erp. The role of the relative age effect on talent identification in professional cycling. *Journal of Sport Sciences* 2022, 40(19): 2159-2165

## 2021 (4)

**Snegireva N**, Derman W, Patricios J, **Welman K.E.** Eye tracking to assess concussions: an intra-rater reliability study with healthy youth and adult athletes of selected contact and collision team sports. *Exp Brain Res.* 2021;239(11):3289-3302.

Kraak, W., Vuuren, H.V., **Welman, K.E.** Post-concussion return-to-play: Perceptions of roles, responsibilities and guideline implementation among community club rugby stakeholders in South Africa. *International Journal of Sports Science and Coaching*, 2020, 15(3), pp. 297–305

Badenhorst, M., **Runciman, P.**, Brown, J.C., Swartz, L., Derman, W.E. Promotion of Para athlete well-being in South Africa (the PROPEL studies): Profiles and prevalence of psychological distress. *Journal of Science and Medicine in Sport* 24(7), pp. 616-621

Solomons, J., Kraak, W., Kidd, M., **Africa, E.** The effect of a rhythmic movement intervention on selected bio-motor skills of academy rugby players in the Western Cape, South Africa. *International Journal of Sports Science and Coaching*, 2021:16(1):91–100