# Dr Jonathon James Weakley

**Born**: Christchurch, New Zealand (Aotearoa), 7th June 1990

**Languages**: English, Te Reo Māori, Swedish

**PhD:** Specialising in strength and conditioning

**Interests**: Strength and Conditioning, Exercise Physiology, Exercise Prescription, Sports Nutrition

**Fully Accredited Supervisor:** Yes

**Australian Catholic University Research Quality Ranking (RQR)**: 5 (‘*Well above world standard’*)

# Current Academic Positions

1. Lecturer at Australian Catholic University
2. Adjunct Research Fellow at Leeds Beckett University

# Education

**2009-2011** – Bachelor of Applied Science (Sports and Exercise Nutrition) - University of Otago

**2012-2013** – Masters of Science (Nutrition) - University of Wollongong

**2013-2014** – Graduate Certificate (Exercise Science) - Edith Cowan University

**2014-2017** – Doctor of Philosophy (PhD) – Title: **“**Resistance Training Practices and Methods to Enhance Training Effiency in Rugby Players” - Leeds Beckett University

**2017-2019** **–** Lecturer/Post-Doctoral Research Fellow – Leeds Beckett University

# Australian Catholic University outcomes

>$1,000,000 AUD of external funding

Supervisor of 11 Higher Degree by Research students

ECR Representative for the School Research & Research Training Committee

Core member of Sports Performance Recovery Injury and New Technologies (SPRINT) Research Centre

# Peer-Reviewed Journal Publications

1. Banyard, H. G., Tufano, J. J., **Weakley, J. J. S.,** Wu, S., Jukic, I., & Nosaka, K. (2020). Superior Changes in Jump, Sprint, and Change-of-Direction Performance but Not Maximal Strength Following 6 Weeks of Velocity-Based Training Compared With 1-Repetition-Maximum Percentage-Based Training. *International Journal of Sports Physiology and Performance,* 16 (2), 232-242..
2. Crang, Z. L., Duthie, G., Cole, M. H., **Weakley, J**., Hewitt, A., & Johnston, R. D. (2021). The Validity and Reliability of Wearable Microtechnology for Intermittent Team Sports: A Systematic Review. *Sports Medicine*. 51(3), 549-565.
3. Crang, Z. L., Duthie, G., Cole, M. H., **Weakley, J.,** Hewitt, A., & Johnston, R. D. (2021). The inter-device reliability of global navigation satellite systems during team sport movement across multiple days. *Journal of Science and Medicine in Sport*. Ahead of Print
4. Darrall-Jones, J., Roe, G., Carney, S., Clayton, R., Phibbs, P., Read, D., **Weakley, J**., Till, K. & Jones, B. (2016) The Effect of Body Mass on the 30-15 Intermittent Fitness Test in Rugby Union Players. *International Journal of Sports Physiology and Performance,* 11 (3)**,** 400-403.
5. Edwards, T., **Weakley, J.,** Banyard, H. G., Cripps, A., Piggott, B., Haff, G. G., & Joyce, C. (2021). Influence of age and maturation status on sprint acceleration characteristics in junior Australian football. *Journal of Sports Sciences*, 39(14), 1585-1593.
6. García-Ramos A, Ulloa-Díaz D, Barboza-González P, Rodríguez-Perea Á, Martínez-García D, Quidel-Catrilelbún M, Guede-Rojas F, Cuevas-Aburto J, Janicijevic D, **Weakley J**. (2019) Assessment of the load-velocity profile in the free-weight prone bench pull exercise through different velocity variables and regression models. *PLOS ONE.*
7. García-Ramos A, Ulloa-Díaz D, Barboza-González P, Rodríguez-Perea Á, Martínez-García D, Quidel-Catrilelbún M, Guede-Rojas F, Cuevas-Aburto J, Janicijevic D, **Weakley J**. (2019) Reliability and validity of different methods of estimating the one-repetition maximum during the free-weight prone bench pull exercise. *Journal of Sport Sciences.* 37(19), 2205-2212.
8. García-Ramos, A., **Weakley, J.,** Janićijević, D., & Jukic, I. (2021). Number of repetitions performed before and after reaching velocity loss thresholds: first repetition vs. fastest repetition - mean velocity vs. peak velocity. *International Journal of Sports Physiology and Performance*, 16(7), 950-957.
9. García-Ramos, A., Jukic, I., **Weakley, J**., & Janićijević, D. (2021). Bench press one-repetition maximum estimation through the individualised load-velocity relationship: comparison of different regression models and minimal velocity thresholds. *International Journal of Sports Physiology and Performance*, 16(8), 1074-1081.
10. García-Ramos, A., Janicijevic, D., González-Hernández, J. M., Keogh, J. W. L., & **Weakley, J**. (2020). Reliability of the velocity achieved during the last repetition of sets to failure and its association with the velocity of the 1-repetition maximum. *PeerJ*, 8, e8760-e8760.
11. Janicijevic, D., García-Ramos, A., Lamas-Cepero, J. L., García-Pinillos, F., Marcos-Blanco, A., Rojas, F. J., **Weakley, J,** & Perez-Castilla, A. (2021). Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware and T-Force) to assess lifting velocity during the free-weight barbell back squat exercise. *Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology*, Ahead of Print.
12. Jones, B., Weaving, D., Tee, J., Darrall-Jones, J., **Weakley, J**., Phibbs, P., Read, D., Roe, G., Hendricks, S. & Till, K (2018). Bigger, stronger, faster, fitter: The difference in physical qualities between school and academy rugby union players. *Journal of Sports Sciences,* 36(21), 2399-2404..
13. Leduc, C., Tee, J., Lacome, M., Weakley, J., Cheradame, J., Ramirez, C., & Jones, B. (2020). Convergent Validity, Reliability, and Sensitivity of a Running Test to Monitor Neuromuscular Fatigue. 15(8), 1067-1073.
14. Leduc, C., Tee, J., Weakley, J., Ramirez, C., & Jones, B. (2020). The Quality, Quantity, and Intraindividual Variability of Sleep Among Students and Student-Athletes. Sports health, 12(1), 43-50.
15. Moras G, Vázquez-Guerrero J, Fernández-Valdés B, Rosas-Casals M, **Weakley J**, Jones B, and Sampaio J. (2019) Structure of force variability during squats performed with an inertial flywheel device under stable versus unstable surfaces. *Human Movement Science,* 66, 497-503.
16. Morrison, M., Martin, D. T., Talpey, S., Scanlan, A. T., Delaney, J., Halson, S. L., & Weakley, J. (2022) A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. *Sports Medicine*, Ahead of Print.
17. Morrison, M., Halson, S., **Weakley, J.,** Hawley, J. (2022) Sleep, circadian biology and skeletal muscle interactions: Implications for metabolic health. Sleep Medicine Reviews, Ahead of Print.
18. Owen, C., Till, K., **Weakley, J.,** & Jones, B. (2020). Testing methods and physical qualities of male age grade rugby union players: A systematic review. Plos one, 15(6), e0233796.
19. Owen, C., Till, K., Phibbs, P., Read, D.J., **Weakley, J.,** Atkinson, M., Cross, M., Kemp, S., Sawczuk, T., Stokes, K., Williams, S. and Jones, B. (2022)A multidimensional approach to identifying the physical qualities of male English regional academy rugby union players; considerations of position, chronological age, relative age and maturation. *European Journal of Sport Science*, Ahead of Print.
20. Pearson, M., García-Ramos, A., Morrison, M., Ramirez-Lopez, C., Dalton-Barron, N., & **Weakley, J**. (2020). Velocity Loss Thresholds Reliably Control Kinetic and Kinematic Outputs during Free Weight Resistance Training. *International Journal of Environmental Research and Public Health*, 17(18), 6509.
21. Pearson, J., Spathis, J. G., van den Hoek, D. J., Owen, P. J., **Weakley, J**., & Latella, C. (2020). Effect of competition frequency on strength performance of powerlifting athletes. *The Journal of Strength & Conditioning Research*, 34(5), 1213-1219.
22. Pérez-Castilla, A., **Weakley, J.,** García-Pinillos, F., Rojas, F. J., & García-Ramos, A. (2021). Influence of countermovement depth on the countermovement jump-derived reactive strength index modified. *European Journal of Sport Science,* 21(12), 1606-1616.
23. Phibbs, P. J., Jones, B., Read, D. B., Roe, G, Darrall-Jones, J., **Weakley, J. J. S**., Rock, A. & Till, K. (2017) The appropriateness of training exposures for match-play preparation in adolescent schoolboy and academy rugby union players. *Journal of Sports Science***,** 36 (6), 704-709.
24. Phibbs, P. J., Jones, B., Roe, G. a. B., Read, D. B., Darrall-Jones, J., **Weakley, J. J. S.** & Till, K. (2017) We know they train, but what do they do? Implications for coaches working with adolescent rugby union players. *International Journal of Sports Science & Coaching,* 12(2), 175-182.
25. Phibbs, P. J., Jones, B., Roe, G., Read, D., Darrall-Jones, J., **Weakley, J.,** Rock, A. & Till, K. (2017) Organised chaos in late specialisation team sports: Weekly training loads of elite adolescent rugby union players. *The Journal of Strength & Conditioning Research,* 32(5), 1316-1323.
26. Phibbs, P. J., Roe, G., Jones, B., Read, D. B., **Weakley, J.,** Darrall-Jones, J. & Till, K. (2017) Validity of Daily and Weekly Self-Reported Training Load Measures in Adolescent Athletes. *The Journal of Strength & Conditioning Research,* 31 (4)**,** 1121-1126.
27. Phibbs PJ, Jones B, Roe G, Read D, Darrall-Jones J, **Weakley J**, Rock A, and Till K. (2018). The organised chaos of English adolescent rugby union: Influence of weekly match frequency on the variability of match and training loads. *European Journal of Sport Science*: 18(3), 341-348.
28. Ramírez, C. A., Till, K., Beasley, G., Giuliano, P., Leduc, C., Dalton-Barron, N., **Weakley, J. J. S.,** & Jones, B. (2020). Sleep patterns of elite youth team-sport athletes prior to and during international competition. Science and Medicine in Football, 4(1), 15-21.
29. Read, D. B., Williams, S., Fullagar, H. H., & **Weakley, J. J.** (2022). The effects of travel on performance: a 13-year analysis of the National Rugby League (NRL) competition. *Science and Medicine in Football*, 6(1), 60-65.
30. Read, D. B., Jones, B., Phibbs, P. J., Roe, G. a. B., Darrall-Jones, J., **Weakley, J. J. S**. & Till, K. (2017) The physical characteristics of match-play in English schoolboy and academy rugby union. *Journal of Sports Science***,** 36 (6), 645-650.
31. Read, D. B., Jones, B., Phibbs, P. J., Roe, G. a. B., Darrall-Jones, J. D., **Weakley, J. J. S.** & Till, K. (2017) Physical Demands of Representative Match-Play in Adolescent Rugby Union. *The Journal of Strength & Conditioning Research,* 31 (5)**,** 1290-1296.
32. Read, D., Weaving, D., Phibbs, P., Darrall-Jones, J., Roe, G., **Weakley, J.,** Hendricks, S., Till, K. & Jones, B. (2017) Movement and physical demands of school and university rugby union match-play in England. *BMJ Open Sport & Exercise Medicine,* 2(1), e000147.
33. Read, D. B., Jones, B., Williams, S., Phibbs, P., Darrall-Jones, J., Roe, G., **Weakley, J**., Rock, A., & Till, K. (2018). The Physical Characteristics of Specific Phases of Play During Rugby Union Match-Play. *International Journal of Sports Physiology and Performance*, 13(10), 1331-1336.
34. Read, D. B., Till, K., Beasley, G., Clarkson, M., Heyworth, R., Lee, J., **Weakley, J.J.S**., Phibbs, P. J., Roe, G. A. B., Darrall-Jones, J., & Jones, B. (2018). Maximum running intensities during English academy rugby union match-play. *Science and Medicine in Football*, 3(1), 43-49.
35. Roe, G. A., Phibbs, P. J., Till, K., Jones, B. L., Read, D. B., **Weakley, J. J.** & Darrall-Jones, J. D. (2016) Changes in Adductor Strength After Competition in Academy Rugby Union Players. *The Journal of Strength & Conditioning Research,* 30 (2)**,** 344-350.
36. Roe, G., Darrall-Jones, J., Till, K., Phibbs, P., Read, D., **Weakley, J.,** Rock, A. & Jones, B. (2017) The effect of physical contact on changes in fatigue markers following rugby union field-based training. *European Journal of Sport Science***,** 17 (6), 647-655.
37. Roe, G., Darrall-Jones, J., Till, K., Phibbs, P., Read, D., **Weakley, J.** & Jones, B. (2016) Between-Day Reliability and Sensitivity of Common Fatigue Measures in Rugby Players. *International Journal of Sports Physiology and Performance,* 11 (5)**,** 581-6.
38. Roe, G., Darrall-Jones, J., Till, K., Phibbs, P., Read, D., **Weakley, J**. & Jones, B. (2017) To Jump or Cycle? Monitoring Neuromuscular Function in Rugby Union Players. *International Journal of Sports Physiology and Performance,* 12 (5)**,** 690-696.
39. Roe, G., Till, K., Darrall-Jones, J., Phibbs, P., **Weakley, J.,** Read, D. & Jones, B. (2016) Changes in markers of fatigue following a competitive match in elite academy rugby union players. *South African Journal of Sports Medicine,* 28(1), 2-5.
40. Roe, G. A., Shaw, W., Darrall-Jones, J. D., Phibbs, P. J., Read, D. B., **Weakley, J. J.,** Till, K., & Jones, B. L. (2017) Reliability and validity of a Medicine Ball-Contained Accelerometer for Measuring Upper-Body Neuromuscular Performance. *The Journal of Strength & Conditioning Research,* 32(7), 1915-1918.
41. Sawczuk, T., Jones, B., Scantlebury, S., **Weakley, J.,** Read, D., Costello, N., Darrall-Jones, J. D., Stokes, K. & Till, K. (2017) Between-Day Reliability and Usefulness of a Fitness Testing Battery in Youth Sport Athletes: Reference Data for Practitioners. *Measurement in Physical Education and Exercise Science***,** 22(1), 11-18.
42. Scantlebury, S., Till, K., Sawczuk, T., **Weakley, J**. & Jones, B. (2017) Understanding the relationship between coach and athlete perceptions of training intensity in youth sport. *The Journal of Strength & Conditioning Research,* 32(11), 3239-3245.
43. Till, K., Darrall-Jones, J., **Weakley, J.,** Roe, G. & Jones, B. (2016) The influence of training age on the annual development of physical qualities within academy rugby league players. *The Journal of Strength & Conditioning Research,* 31 (8)**,** 2110-2118.
44. Till, K., **Weakley, J.,** Read, D. B., Phibbs, P., Darrall-Jones, J., Roe, G., Chantler, S., Mellalieu, S., Hislop, M., Stokes, K., Rock, A., & Jones, B. (2020). Applied Sport Science for Male Age-Grade Rugby Union in England. *Sports Medicine - Open*, 6 (1), 14.
45. Whitehead, S., **Weakley, J.,** Cormack, S., Alfano, H., Kerss, J., Mooney, M., & Jones, B. (2021). The applied sports science and medicine of netball: a systematic scoping review. *Sports Medicine*, 51(8), 1715-1731.
46. **Weakley, J.,** Broatch, J., O’Riordan, S., Morrison, M., Maniar, N., & Halson, S. L. (2021). Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. *Sports* Medicine, 52(5), 1141-1160.
47. **Weakley, J.,** McCosker, C., Chalkley, D., Johnston, R., Munteanu, G., & Morrison, M. (2022). Comparison of Sprint Timing Methods on Performance, and Displacement and Velocity at Timing Initiation. *The Journal of Strength & Conditioning Research*. Ahead of Print.
48. **Weakley, J.,** Halson, S., Mujika, I. (2022). Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. *International Journal of Sports Physiology and Performance*, 17(5), 1-7.
49. **Weakley, J.,** Munteanu, G., Cowley, N., Johnston, R., Morrison, M., Gardiner, C., Perez-Castilla, A., Garcia-Ramos, A. (2022). The criterion validity and between-day reliability of the Perch for measuring barbell velocity during commonly used resistance training exercises. *The Journal of Strength & Conditioning Research*. Ahead of Print.
50. **Weakley, J. J. S.,** Till, K., Darrall-Jones, J., Roe, G. a. B., Phibbs, P. J., Read, D. & Jones, B. L. (2019) Strength and Conditioning Practices in Adolescent Rugby Players: Relationship with Changes in Physical Qualities. *The Journal of Strength & Conditioning Research,* 33(9), 2361-2369.
51. **Weakley, J. J. S.,** Till, K., Darrall-Jones, J., Roe, G. a. B., Phibbs, P. J., Read, D. B. & Jones, B. L. (2017) The Influence of Resistance Training Experience on the Between-Day Reliability of Commonly Used Strength Measures in Male Youth Athletes. *The Journal of Strength & Conditioning Research,* 31 (7)**,** 2005-2010.
52. **Weakley, J. J. S.,** Till, K., Read, D. B., Roe, G. a. B., Darrall-Jones, J., Phibbs, P. J. & Jones, B. (2017) The effects of traditional, superset, and tri-set resistance training structures on perceived intensity and physiological responses. *European Journal of Applied Physiology,* 117 (9)**,** 1877-1889.
53. **Weakley, J. J. S.,** Wilson, K. M., Till, K., Read, D. B., Darrall-Jones, J., Roe, G. A., Phibbs, P. J. & Jones, B. L. (2019) Visual feedback attenuates mean concentric barbell velocity loss, and improves motivation, competitiveness, and perceived workload in male adolescent athletes. *The Journal of Strength & Conditioning Research,* 33(9), 2420-2425.
54. **Weakley, J. J**., Till, K., Read, D. B., Phibbs, P. J., Roe, G., Darrall-Jones, J. & Jones, B. L. (2020) The Effects of Superset Configuration on Kinetic, Kinematic, and Perceived Exertion in the Barbell Bench Press. *The Journal of Strength & Conditioning Research,* 34(1), 65-72.
55. **Weakley, J**., Till, K., Read, D., Leduc, C., Roe, G., Phibbs, P., Darrall-Jones, J., Jones, B. (2021). Jump Training in Rugby Union Players: Barbell or Hexagonal Bar? *J Strength Cond Res,* 35(3), 754-761.
56. **Weakley, J**., Wilson, K., Till, K., Banyard, H., Dyson, J., Phibbs, P., Read, D., Jones, B. Show me, Tell me, Encourage me: The Effect of Different Forms of Feedback on Resistance Training Performance.​ (2020). *Journal of Strength and Conditioning Research*. 34(11), 3157-3163.
57. **Weakley J**, Wilson, K., Till, K., Read, D., Scantlebury, S., Sawczuk, T., Neenan, C., Jones, B. (2018). Visual kinematic feedback enhances velocity, power, motivation and competitiveness in adolescent female athletes. *Journal Of Australian Strength and Conditioning*, 27(3), 16-22.
58. **Weakley J**, Till K, Sampson J, Banyard H, Leduc C, Wilson K, Roe G, Jones B. (2019) The Effects of Augmented Feedback on Sprint, Jump, and Strength Adaptations in Rugby Union Players Following a Four Week Training Programme. *International Journal of Sports Physiology and Performance.* 14(9), 1205-1211.
59. **Weakley J**, Fernández-Valdés B, Thomas L, Ramirez-Lopez C, Jones B. (2019). Criterion Validity of Force and Power Outputs for a Commonly Used Flywheel Resistance Training Device and Bluetooth App. *The Journal of Strength and Conditioning Research.* 33(5), 1180-1184.
60. **Weakley** **J**, Ramirez-Lopez C, McLaren S, Weaving D, Dalton-Barron N, Jones B, Till K, and Banyard HG. (2020) The effects of 10%, 20%, and 30% velocity loss thresholds on kinetic, kinematic, and repetition characteristics during the barbell back squat. *International Journal of Sports Physology and Performance.* 15(2), 180-188.
61. **Weakley, J.,** McLaren, S., Ramirez-Lopez, C., García-Ramos, A., Dalton-Barron, N., Banyard, H., Mann, B., Weaving, D., & Jones, B. (2020). Application of velocity loss thresholds during free-weight resistance training: Responses and reproducibility of perceptual, metabolic, and neuromuscular outcomes. *Journal of Sports Sciences*, *38(5), 477-485.*
62. **Weakley, J.,** Mann, B., Banyard, H., McLaren, S., Scott, T., & Garcia-Ramos, A. (2021). Velocity-Based Training: From Theory to Application. *Strength & Conditioning Journal*,43(2), 31-49.
63. **Weakley, J.,** Chalkley, D., Johnston, R., García-Ramos, A., Townshend, A., Dorrell, H., Pearson, M., Morrison, M., & Cole, M. (2020). Criterion Validity, and Interunit and Between-Day Reliability of the FLEX for Measuring Barbell Velocity During Commonly Used Resistance Training Exercises. *The Journal of Strength and Conditioning Research*, 34(6), 1519-1524.
64. **Weakley, J. J. S.,** Read, D. B., Fullagar, H. H. K., Ramirez-Lopez, C., Jones, B., Cummins, C., & Sampson, J. A. (2020). "How Am I Going, Coach?"-The Effect of Augmented Feedback During Small-Sided Games on Locomotor, Physiological, and Perceptual Responses. *International Journal of Sports Physology and Performance*, 15(5), 677-684.
65. Wilson, K. M., Helton, W. S., Joux, N. R. D., Head, J. R. & **Weakley, J. J**. **S.** (2017) Real-time quantitative performance feedback during strength exercise improves motivation, competitiveness, mood, and performance. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting,* 61 (1)**,** 1546-1550.
66. Wilson KM, Helton WS, de Joux NR, Head JR, and **Weakley JJ**. (2018) Presenting objective visual performance feedback over multiple sets of resistance exercise improves motivation, competitiveness, and performance. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*, 62 (1), 1306-1310.