Green Journals

International Approved Journals

Journal Information

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Classification History

Year	A+	A	B	C
2026		✓	✓	
2025		✓	✓	
2024		✓	✓	
2023		✓	✓	
2021/2022		✓	✓	
2020		✓	✓	
2019		✓	✓	
2018		✓		

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

Halftime Re–Warm-Up in Team Sports: Bridging the Gap Between Science and Dressing Room Reality
2026-10-20
Authors: João Bruno
DOI: 10.1519/ssc.0000000000001008

Heated Resistance Exercise Recommendations, Rewards, and Risks
2026-10-9
Authors: J. Luke Pryor, David P. Looney, Daniel K. Sweet et al.
DOI: 10.1519/ssc.0000000000001004

Introduction and Considerations for Conducting Athletic Performance Assessments and Monitoring
2026-10-9
Authors: David John Fish, Andrew Pustina, Michael Ramsey et al.
DOI: 10.1519/ssc.0000000000001005

Optimizing Multiple Hop Testing: Practical Insights and Performance Implications in Physical Assessment and Training Design
2026-9-15
Authors: Anthony P. Sharp, Jonathon Neville, John B. Cronin
DOI: 10.1519/ssc.0000000000000999

Exercise Preparation Skills in Resistance Training: What Must Occur Before Teaching Exercise Technique
2026-9-8
Authors: William J. Kraemer, Mike Nitka
DOI: 10.1519/ssc.0000000000001001

Quantifying Sprinting in Team Field Sports: A Narrative Review of Biomechanical Insights, Performance Demands, and Physical Development Strategies
2026-9-1
Authors: Ryan Mc Laughlin, Maria Faulkner, James Connolly et al.
DOI: 10.1519/ssc.0000000000000963

Striking in Mixed Martial Arts: Exploring Critical and Cumulative Strategies
2026-8-27
Authors: Niklas Celo, Matthew Cross, Seth Lenetsky et al.
DOI: 10.1519/ssc.0000000000000998

Sleep: The Overlooked Pillar of Muscle Hypertrophy—A Critical Review of Mechanistic and Observational Evidence
2026-8-21
Authors: Aaron Edwards, Meagan Rowlett, Juan Manuel Jerazano Mora et al.
DOI: 10.1519/ssc.0000000000001000

Beyond High-Intensity Interval Training: Optimizing Endurance Training Intensity Distribution to Enhance Warfighter Aerobic Fitness
2026-8-19
Authors: Jonpaul Nevin, Sam Blacker, Rob Orr
DOI: 10.1519/ssc.0000000000000997

An Integrated Framework for Plyometric Training: Synthesizing Physiological Adaptation, Mechanical Specificity, and Objective Monitoring for Long-Term Athletic Development
2026-7-30
Authors: Pengpeng Han, Nelio Alfano Moura, Tulio Bernardo Macedo Alfano Moura et al.
DOI: 10.1519/ssc.0000000000000993