PLUS4J · USER MANUAL

P4J - SEO Check

On-page SEO inspection of the pages of a Joomla 6 site: title, description, headings, indexing and the words each page really focuses on.

Version 1.0.0 · November 2026 · www.plus4j.com · info@plus4j.com

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1. Introduction and requirements

P4J - SEO Check inspects one page of the site at a time and shows at a glance what works and what needs attention from an on-page SEO point of view: two H1s or no H1, a title that is too long, a missing description, skipped heading levels, pages excluded from indexing, images without alternative text.

It also shows **which words the page really focuses on** and, if you enter a target keyword, **where it appears and where it is missing**: title, H1, address, description, start of the text, subheadings and image alt text.

The component is **read-only**: it does not write titles or descriptions, does not change articles or settings and saves nothing in the database. Every analysis is an on-the-fly check.

How it works

The page is downloaded by your browser, without the cookies of your session: you get the same page an anonymous visitor sees, with the template, the modules and everything Joomla adds. This matters, because many issues (an extra H1, for example) are not in the article but in the template or the page builder.

The analysis runs entirely in the browser: the content of the page is not sent to the server.

Requirements

- Joomla 6.0 or later.
- PHP 8.3 or later.
- An up-to-date browser (Chrome, Edge, Firefox, Safari) with JavaScript enabled.
- Login as a **Super User**.

Super Users only

The component lists every published menu item and article of the site. For this reason it is reserved to Super Users: other administrators do not see the menu item and get an access denied page.

2. Installation, updates and new versions

Installation

1. Download the package `com_seocheck_v1.0.0.zip` from your download area on plus4j.com.
2. In the administrator open **System → Install → Extensions**.
3. Drag the file onto the upload area, or select it with **Browse**.
4. When done, the message “P4J - SEO Check 1.0.0 is ready” appears with the link **Open P4J - SEO Check**.

There are no options to configure: the component is ready to use.

Updating

To update, install the new package over the existing one with the same procedure. There is no need to uninstall.

New versions

When a new version is released, Joomla reports it like any other extension (System → Update). Joomla's **Update** button does not download the package: the message it shows contains a link to the Plus4J download area, where you download the new version and install it as described above.

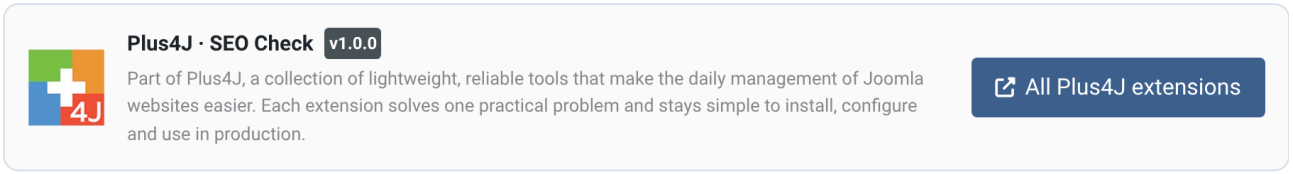
Uninstalling

In **System → Manage → Extensions** search for “P4J” and uninstall P4J - SEO Check. The component creates no tables and leaves no data in the database.

3. Opening the component

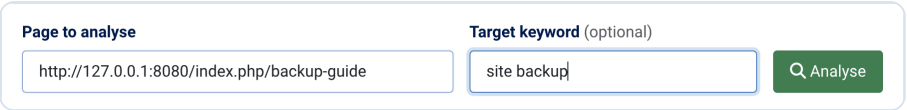
Open **Components → P4J - SEO Check**. All Plus4J products share the “P4J - ” prefix, so they are listed next to each other in the Components menu.

At the top of the page there is the Plus4J box with the installed version and a link to the extension catalogue. Below it you find the analysis form.



The Plus4J box with the installed version.

4. Analysing a page

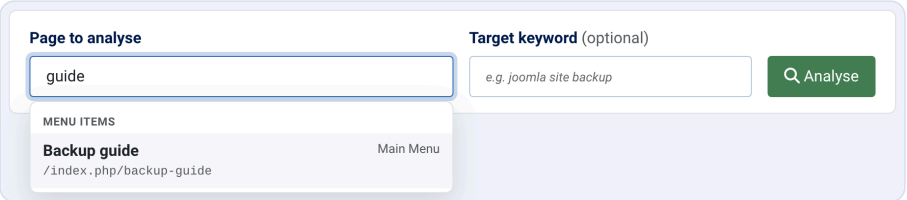


The analysis form.

Choosing the page

In the **Page to analyse** field you can:

- **type part of the title** of a menu item or an article: a list appears with published *Menu items* and *Articles*, each with its address. Pick one with the mouse or with the arrow keys and Enter;
- **click into the empty field**: the list shows the home page, the menu items and the most recently modified articles;
- **paste an address** of the site, either complete (`https://www.yoursite.com/services`) or starting from the slash (`/services`).



The page list while you type.

Article addresses are built with the SEF rules of the site, as on the frontend. Only pages of the same site can be analysed (same domain, same form with or without www), and not administrator pages.

Target keyword (optional)

Type the word or phrase you want the page to rank for, for example *site backup*. Articles, prepositions and very common words are ignored, and singular and plural are counted together (*page/pages*; in Italian *sito/siti*). If you leave the field empty you still get every check and the dominant words.

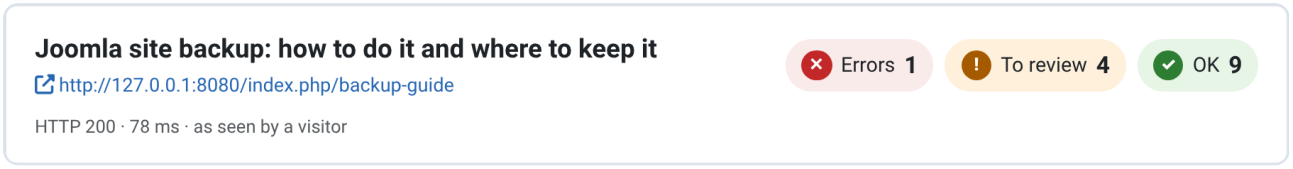
Running the analysis

Press **Analyse**. The result usually arrives in less than a second. You can change the page or the keyword and press Analyse again as often as you like: nothing is saved.

5. Summary and checks

Summary

At the top you find the page title, the analysed address (clickable, it opens in a new tab), the HTTP code, the response time and the number of checks per outcome.



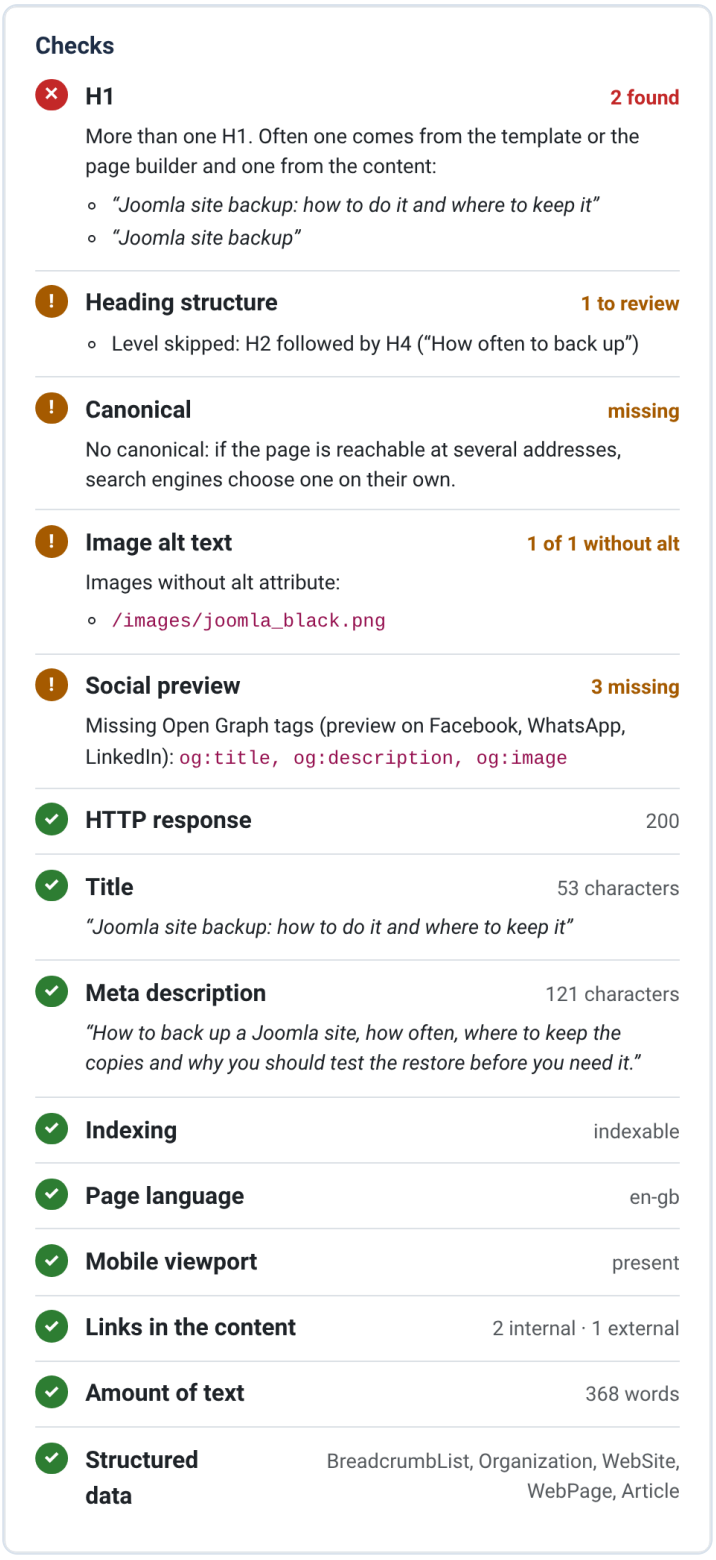
The analysis summary.

Outcomes use a traffic light, with a symbol that tells them apart even without colours:

Symbol	Meaning
Error	A problem to fix: for example two H1s, no H1, a page excluded from indexing.
To review	Something to evaluate: not always wrong, but worth a look.
OK	All fine.
Information	Useful data with no judgement (for example “no images in the main content”).

> There is no overall score: a number such as “87/100” pushes you to chase the number instead of understanding what to fix. Checks are sorted with errors at the top.

The checks



The Checks card: errors and items to review at the top, with details.

Check	What it verifies
HTTP response	That the page answers correctly. If the address redirects elsewhere, the final page is analysed and the redirect is reported.

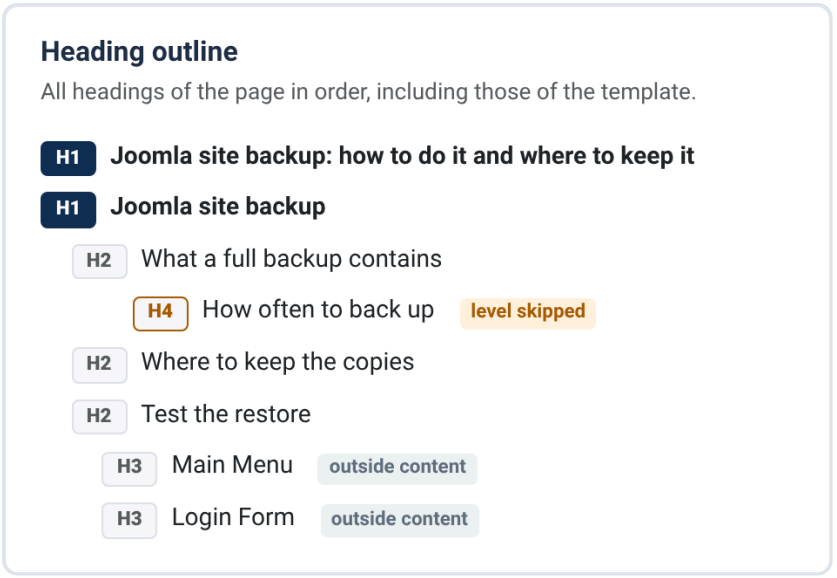
Title	Presence and length. Under 30 characters it is short; beyond about 60 search engines usually cut it.
Meta description	Presence, uniqueness and length: the suggested range is 70–160 characters.
H1	That there is exactly one H1 and it is not empty. If there are more, all of them are listed and those “outside content” (in the template) are marked.
Heading structure	Skipped levels (for example an H4 straight after an H2), empty headings, an H1 that is not the first heading of the page.
Canonical	Presence, uniqueness and whether it points to the page itself. A canonical pointing elsewhere declares the page a copy of that other address.
Indexing	`noindex` and `nofollow` in the robots meta tags and in the X-Robots-Tag HTTP header.
Page language	The `lang` attribute of the page.
Mobile viewport	The viewport meta tag, needed for proper display on smartphones.
Image alt text	Content images without an `alt` attribute. An empty `alt` is accepted, as it is correct for decorative images.
Links in the content	Internal and external links, links without readable text, no links to other pages of the site.
Amount of text	Words in the main content; under 300 words the text is reported as thin.
Social preview	The Open Graph tags `og:title`, `og:description`, `og:image` used by Facebook, WhatsApp and LinkedIn.
Structured data	The JSON-LD blocks found, with their declared types, and any invalid ones.

Main content

Images, links, amount of text and dominant words refer to the **main content**: the `<main>` area of the page, if the template uses it (Cassiopeia and most modern templates do). If it is missing, the whole page is used without header, menus, sidebars and footer, and the “Amount of text” check says so. Title, description, headings and indexing always refer to the whole page.

6. Heading outline

This card shows every heading of the page, H1 to H6, in the order they appear and indented by level. You see at once the structure search engines read.



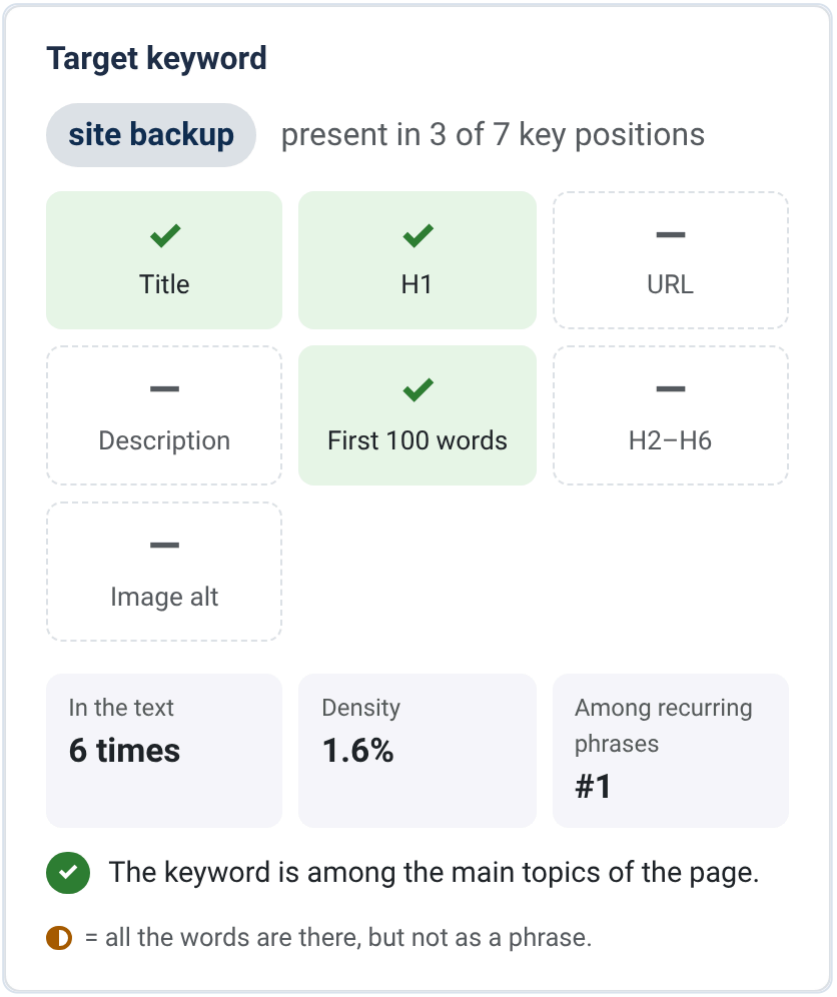
The heading outline of a page with two H1s and a skipped level.

- **H1** headings are highlighted.
- **level skipped** marks a heading that goes down more than one level from the previous one.
- **outside content** marks template headings (module titles, menus, footer). They are normal, but they help you find where an extra H1 comes from.

> Typical case: the template shows the article title as H1 and the article text contains another H1. The fix is to turn the one in the text into an H2, or to hide the title in the article or menu item options.

7. Target keyword

When you enter a target keyword, its card shows how well the page supports it.



Target keyword coverage.

Key positions

Seven boxes show where the target keyword appears:

Box	Where it looks
Title	The page title.
H1	The text of the H1 headings.
URL	The words of the address (for example `/joomla-site-backup`).
Description	The meta description.
First 100 words	The start of the main content.

H2–H6	The subheadings.
Image alt	The alt text of content images.

Each box has three states: **green** ✓ the phrase is there; **orange half circle** all the words are there, but not together as a phrase (only for multi-word keywords); **dashed —** missing.

Words may be separated by articles and prepositions: “site backup” also matches “site's backup”, while “backup site” does not, because the order is different.

Values under the boxes

- **In the text**: how many times the phrase appears in the main content.
- **Density**: occurrences per 100 words. Above 3% a warning about possible forced repetition appears.
- **Rank**: the position of the word among the dominant words (or of the phrase among recurring phrases), or “not present”.

Verdicts

- “The keyword is among the main topics of the page”: it is in the top 5.
- “The page mainly focuses on: …”: the keyword is far from the top or absent. The three words the page really focuses on are shown: the “I wanted to target X and the page talks about Y” case.
- “The keyword never appears in the main text”.
- “The words are in the text, but never together in this order”.

8. Dominant words and recurring phrases

Dominant words

The twelve words the page insists on most, excluding articles, prepositions and common words in English and Italian. The bar and the number show how many times the word appears in the main content; the grey badges (Title, H1, Description, URL, H2–H6) show where else it appears.



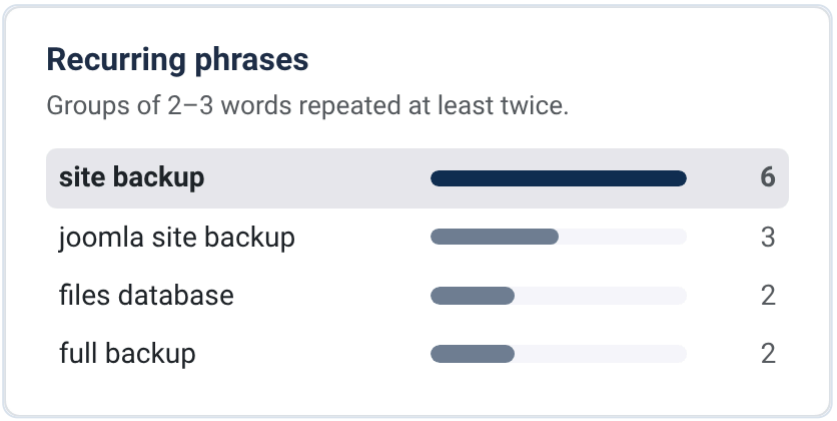
Dominant words with the positions where they appear.

The ranking considers both the number of occurrences and the important positions: a word found in the title and the H1 moves up, but a word used only once stays low. Singular and plural are counted together and the most used form is shown.

If your target keyword is a single word and it is among the twelve, its row is highlighted.

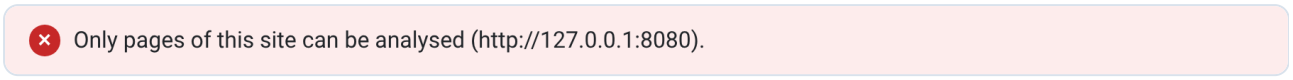
Recurring phrases

Groups of two or three words repeated at least twice in the main content, within the same sentence. They show the expressions the page insists on, often more telling than single words. If the target keyword is a phrase and it is among the recurring ones, its row is highlighted.



Recurring phrases, with the target keyword highlighted.

9. Messages and common issues



An error message under the form.

Message	What to do
Only pages of this site can be analysed	The address belongs to another domain. Use a page of the site where the component is installed.
The address uses a different form of the domain (with or without www)	The administrator is open on, say, `www.yoursite.com` and the address is `yoursite.com`. Pick the page from the list, or rewrite the address in the form given in the message.
Choose a page from the list, or enter an address starting with / or http	You typed some text without choosing a page. Choose one from the list.
The page answers with HTTP error ...	The address does not exist (404) or the page throws an error. Check the address and that the page is published.
The site is offline	With the site in maintenance mode visitors only see the login page: put the site back online to analyse it.
The page could not be downloaded	The page redirects to another domain (for example from http to https, or to www) or the hosting's security filter blocked the request. Open the address in the browser to see where it leads and analyse the final address.

Other cases worth knowing

- **Restricted pages.** The page is downloaded as an anonymous visitor: pages reserved to registered users show what a logged-out visitor would see (usually the login form).
- **Content loaded by JavaScript.** The component analyses the HTML sent by the server. Text loaded later by scripts in the browser is not read. Many search engines behave the same way on their first pass.
- **Hosting cache.** The browser skips its own cache, but some hosting proxies or cache systems may still serve a previously stored copy. If the result does not change after an edit, clear the hosting cache or wait a few minutes.

10. Frequently asked questions

Does the component change anything on the site?

No. It reads pages like a visitor and shows the result. It does not write to the database and does not save the analyses.

Why do I find two H1s when the article has only one?

Because the template, or the menu item with “Show Page Heading”, adds another H1. The heading outline shows which one is outside the content.

An article opened without its own menu item has an H1 different from its title. Is that normal?

Yes, it can happen: Joomla uses the settings of the nearest menu item and some templates show that item's page heading (for example “Home”) as H1. Linking the article to its own menu item solves it.

Can I analyse the whole site at once?

No, the component works on one page at a time, so the analysis stays light and immediate even on sites with hundreds of pages.

Why is there no score?

Because the checks do not all weigh the same, and a single number would hide exactly the details you need. Errors are at the top: start from those.

Are the thresholds (60 characters, 160 characters, 300 words, 3%) fixed rules?

No, they are widely used practical guidelines. A “to review” warning invites you to evaluate, it does not force a change.

Can other administrators use it?

No, only Super Users. Others do not see the menu item and are denied access.