

DAFTAR PUSTAKA

- Aalizadeh, A., S.Shirkhani, AF.Borazjani, SC.Ashtiyani, N.Mobaseri, A.Daneshi, S.Rahimi. 2015. The Effect of Short-Term Plyometric Training Program on Sprint, Strength, Power and Agility Performance in Non-Athletic Men. *Biosciences Biotechnology Research Asia*. 12(2): 1389–1395.
- Alfred, T., Y. Ben-Shlomo, R. Cooper. 2011. ACTN3 Genotype, Athletic Status, and Life Course Physical Capability: Meta-Analysis of the Published Literature and Findings from Nine Studies. *Human Gen Mutation*. 32(9) : 1008–1018.
- American College of Sports Medicine (ACSM). 2007. *ACSM's Health-Related Physical Fitness Assessment Manual*. 4th Ed. Baltimore: Lippincott Williams & Wilkins.
- Anwarudin, Suhardi. 2010. *Gerak Dasar Atletik untuk Usia 7-15 Tahun*. Bogor: PT Regina Eka Utama.
- Arga K. 2008. Pengaruh Plyometric Exercise Terhadap Peningkatan Daya Ledak Otot Lower Extremity. *Skripsi*. UPN Veteran Jakarta.
- Basuki, Sunarno. 2016. Kapasitas Vital Paru-Paru, Panjang Tungkai, Kekuatan Otot Tungkai Dan Prestasi Lari 800 Meter. *Jurnal Vidya Karya*. (3) : 64 – 71.
- Berman, S., Yemina, N., Kathryn, J. 2010. A Gene for Speed : The Emerging Role of α - actinin- 3 in Muscle Metabolisme. *Journal of Physiology*. 25(1) : 250-259.
- Bompa TO and Michael C. 2009. Methodology of Training. *Periodization: Theory and European Journal*. Vol(15).No:88–93.
- Botcazou, M., Christophe, Jacob., Arlette Gratas-Delamarche., Sophie, Vincent. 2007. Sex Effect on Catecholamine Responses to Sprint Exercise in Adolescents and Adults. *Journal of Pediatric Exercise Science*. 19(3) : 132-144.
- Charling, James. 2012. Physical Performance in Professional Soccer Match- Play: Factor Affecting, Characteristic and Consequence for Training and Preparation. *Thesis*. University of Central Lancashire.
- Clarkson PM, Hoffman EP, Zambraski E, Gordish-Dressman H, Kearns A et al. 2005. ACTN3 and MLCK genotype associations with exertional muscle damage. *Journal Applied Physiology*, (99): 564–569.
- Creekmur, C.C., JL.Haworth, RH.Cox, MS.Walsh. 2017. Effects of Plyometrics Performed During Warm-Up on 20 and 40 m Sprint Performance. *The Journal of Sports Medicine and Physical Fitness*, 57(5): 550–555.
- Dahlan, S. 2010. *Statistik untuk Kedokteran dan Kesehatan Uji Hipotesis dengan Menggunakan SPSS*. Jakarta: PT. Arkans.

- Daniel G., Mac, A., Kathryn, N. 2007. ACTN3: A Genetic Influence on Muscle Function and Athletic Performance. *Journal of Sport Medicine*. 35(1): 30 – 33.
- Dan, Benardot. 2006. *Advanced Sports Nutrition*., Illinois, USA : Human Kinetics.
- Darmawan, I. 2017. Upaya Meningkatkan Kebugaran Jasmani Siswa melalui Penjas. *Jurnal Ilmu Pendidikan*, 7(2) : 143-154.
- Davies, G., Riemann, B.L. & Manske, R. 2015. Current Concepts of Plyometric Exercise. *International Journal of Sports Physical Therapy* 10(6) : 760-786.
- Fattahi, Z. and H. Najmabadi. 2012. Prevalence of ACTN3 (the athlete gene) R577X Polymorphism in Iranian Population. *Iranian Red Crescent Medical Journal*. 14(10): 617-622.
- Fenanlampir, A., MM. Faruq. 2015. *Tes dan Pengukuran dalam Olahraga*. Yogyakarta : Andi.
- Ganong, W.F. 2012. *Buku Ajar Fisiologi Kedokteran*. Edisi 20. Jakarta: EGC.
- Gartner P. Hiatt JL. Muscle. 2007. *Color Textbook of Histology (Third Edition)*. Philadelphia: Saunders Elsevier.
- Ginovicence, V., Jakataine, A., Pranculis, A., Milasius, K. 2014. AMPD1 rs17602729 is Associated with Physical Performance of Sprint and Power in Elite Lithuanian Athletes. *Medicina (Kaunas)*. 47(5): 284–290.
- Gumilas, S.A.G., Susiana Candrawati, Mohammad Nanang HK. 2016. Hubungan Polimorfisme Gen ACTN3 Dengan Performa Otot Pada Atlet UKM Sepak Bola Universitas Jenderal Soedirman. *Jurnal Kedokteran brawijaya*. (29) : 74-78.
- Guyton AC, Hall JE. 2011. *Buku Ajar Fisiologi Kedokteran*. Edisi 12. Penerjemah: Irawati, Ramadani D, Indriyani F. Jakarta: Penerbit Buku Kedokteran EGC.
- Hanson, E., Ludlow, A. T., Sheaff, K., Park, J., Roth, M. 2010. ACTN3 Genotype Does not Influence Muscle Power. *International Journal Sports Medicine*. 31 (6) : 834– 838.
- Haugen, 2014. The Role and Development of Sprnting Speed in Soccer. *Thesis*. University of Sydney.
- Kenney WL, Wilmore JH, Costill DL. 2012. *Physiology of sport and exercise 5th ed*. Champaign : Human Kinetics.
- Kim, Hyojin. Keon Hyoung Song. Chul Hyun Kim. 2014. The ACTN3 R577X Variant in Sprint and Strength Performances. *Journal exercise. Nutrition. And Biochemical* vol (4) : 347 – 353.
- Kirkendall, D.T. 2004. Creatin, Carbs, and Fluids: How Important in Soccer Nutrition. *Sport Science Exchange*, 17(3): 1-6.

- Kothari Sweta T., Pratiksha Chheda, Swati Chawla, Leena Chatterjee, Sanjeev K. Chaudhry and Bibhu R. Das. 2011. ACTN3 R577X Polymorphism in Asian Indian Athletes. *International Journal Human Genetic*, 11(3): 149-153.
- Kreider, B. Richard *et al.*, 2007. International Society of Sports Nutrition Position Stand: Creatin Supplementation and Exercise. *Journal of the International Society of Sports Nutrition*. 4(6):1-8.
- MacArthur, D. G., Seto, J.T., Raftery, J.M., Quinlan, K. G., Huttley, G. A. 2007 Loss of ACTN3 Gene Function Alters Mouse Muscle Metabolism and Shows Evidence of Positive Selection in Humans. *Nature Genetics*. 39 (5) : 1261–1265
- Majumdar, AS. dan RA.Robergs. 2011. The Science of Speed : Determinants of Performance in the 100 m Sprint. *International Journal of Sport Science & Coaching* 6(3): 479-493.
- Markovic, G. and Mikulic, P. (2010) Neuro-musculoskeletal and performance adaptations to lower-extremity plyometric training. *Sports Medicine* (40) : 859-995.
- Martini. 2012. *Fundamental of anatomy and Physiology*, 9th edition. New Jersey: Prentice Hall Inc,
- Mayne, I. Eynon, M., Krinsten, Y. 2006. Examination of the ACE and ACTN3 Genes in UTC Varsity Athletes and Sedentary Students. *Journal of Applied Physiology*. 95 (5) : 865 – 897.
- McArdle, W., F.Katch, V.Katch.2010. *Exercise physiology*. Baltimore, MD: Lippincott Williams & Wilkins.
- Miller G Michael, Jeremy H Jerminan, Mark D Richard, Christhoper C, Cheatham and Timothy J Michael. 2006. The Effect Of A 6-Week Plyometric Training Program On Agility. *Journal of Sport Science and Medicine*.(5) : 459-465.
- Moran, C. N., Yang, N., Mark, E. S., Bailey, A., Tsiokanos, A., Jamurta, D. G. 2007. Association Analysis of The ACTN3 R577X Polymorphism and Complex Quantitative Body Composition and Performance Phenotypes in Adolescent Greeks. *European Journal of Human Genetics*. 15 (7) : 88–93.
- Nala, N. 2011. *Prinsip Pelatihan Fisik Olahraga*. Denpasar: Komite Olahraga Nasional Indonesia Daerah Bali.
- Nahak, B., A Pangkhahilla, S. Purnawati. 2014. Pelatihan Lari Interval 4 x 50 Meter di Pantai Berpasir Lebih Meningkatkan Kecepatan Lari 100 Meter daripada Pelatihan Lari interval 4 x 50 meter di Lapangan Pada Siswa Kelas X SMK N Kakuluk Mesak NTT. *Sport and Fitness Journal*. 2(2) : 29-38.

- Norman, B., M. Esbjornsson, H. Rundqvist, D. 2009. Strength, Power, Fiber Types, and mRNA Expression in Trained Men and Women with Different ACTN3 R577X Genotypes. *Journal of Applied Physiology*. 106(3) : 959-965
- Pereira, A., Costa, A.M., Santos, P., Figueiredo, T. and Joao, P.V. (2015) Training strategy of explosive strength in young female volleyball players. *Medicina (Kaunas)* (51) : 126-131.
- Pereira, A., Costa, A.M., Mikel Izquierdo, António J. Silva, Estela Bastos, Mário C. Marques. 2013. ACE I/D and ACTN3 R/X polymorphisms as potential factors in modulating exercise-related phenotypes in older women in response to a muscle power training stimuli. *American Aging Association*. (35) : 1949 – 1959.
- Purwanto, S. 2011. Hubungan Antara Kecepatan dan Kelincahan dengan Kemampuan Menggiring Bola dalam Permainan Sepakbola. *Skripsi*. Universitas Sebelas Maret.
- Pradana, A.A., 2013. Kontribusi Tinggi Badan, Berat Badan, dan Panjang Tungkai terhadap Kecepatan Lari Cepat (Sprint) 100 Meter Putra. *Jurnal Kesehatan Olahraga*, 1(1): 1-5.
- Prasetyo, D. A., Hidayat, C., Mulya, G. 2013. Korelasi Indeks Massa Tubuh dan Power Otot Tungkai terhadap Hasil Lari Jarak Pendek 100 Meter. *Skripsi*. Universitas Siliwangi.
- Radcliffe, J.C & Farentinos, R.C. 2002. Pliometrik untuk Meningkatkan Power. Terjemahan M. Furqon H. dan Muchsin Doewes. Surakarta : Program Studi Ilmu Keolahragaan, Program Pasca Sarjana Universitas Sebelas Maret, Surakarta.
- Rahim, A., Adam, S. 2012. Aplikasi Pendekatan Latihan Interval Teratur dalam Meningkatkan Kemampuan Kecepatan Lari. *Jurnal ILARA*. 27(1) : 47-54.
- Ratames, N. 2012. *ACSM's Foundation of Strength Training and Conditioning*. New Jersey: American College Of Sport and Medicine.
- Schiaffino, J., Stefano, A., Reggiani, C.. 2011. Fibers Type in Mamalian Skeletal Muscle. *Physiology Review*. 91 (8) : 1447–1531
- Seto, J.T., K.G.R. Quinlan., M. Lek., F. 2013. ACTN3 Genotype Influences Muscle Performance Through the Regulation of Calcineurin Signaling. *The Journal of Clinical Investigation*. 123(10): 4255-4263.
- Sherwood, L. 2016. *Fisiologi Manusia dari Sel ke Sistem*. Edisi 5. Jakarta: EGC.
- Souhail, M. C., Che'rif, N., Amar, K. 2010. Relationship of Peak Leg Power, 1 Maximal Repetition half Back Squat, and Leg Muscle Volume to 5-M Sprint Performance of Junior Soccer Players. *Journal of Strength and Conditioning Research*. 24(1): 266–271

- Sucipto, M. 2014. *Hubungan Polimorfisme Gen ACTN3 dengan Kecepatan pada Atlet Unit Kegiatan Mahasiswa Sepak Bola di Universitas Jenderal Soedirman*. Universitas Jenderal Soedirman. Purwokerto. (Tidak dipublikasikan)
- Sukadiyanto. (2010). *Pengantar Teori Dan Metodologi Melatih Fisik*. Bandung: CV Lubuk Agung.
- Sutisna, K. 2013. Pengaruh Pelatihan Interval terhadap Daya Tahan Kardiovaskular dan Kecepatan. *Skripsi*. Singaraja : Universitas Pendidikan Ganesha
- Sastroasmoro, S. and S. Ismael. 2011. *Dasar-Dasar Metodologi Penelitian Klinis*. Jakarta: Sagung Seto.
- Taheri, Eskandar, Asghar, Nikseresth, Ebrahim Khosnam. 2014. The Effect of 8 weeks of Plyometric and Resistance Training on Agility, Speed and Explosive Power in Soccer Player. *European Journal of Experimental Biology*.4(1): 383-386.
- Tahapary, J.M. 2012. Pelatihan Alternate Bounding with Single Arm Action dalam Meningkatkan Kecepatan Lari 100 Meter. *Multilateral Jurnal Pendidikan Jasmani dan Olahraga* 11(2): 65-76.
- Tipton, K.D., AE. Jeukendrup, P. Hespel. 2007. Nutrition for the sprinter. *Journal of Sports Sciences*, 25(1): 5–15.
- Vincent, B., De, B.K., Ramaekers, M. 2007. ACTN3 (R577X) Genotype is Associated with Fiber Type Distribution. *Physiology Genomics*. 32 : 58–63.
- Widodo, S. 2011. Cara Mengembangkan Kecepatan Lari. *Skripsi*. Universitas Sebelas Maret.
- Widhiyanti, Komang Ayu Tri, dkk. 2013. Pelatihan Pliometrik Alternate Leg Bound dan Double Leg Bound Meningkatkan Daya Ledak Otot Tungkai Pada Siswa Putra Kelas VII SMP NEGERI 3 SUKAWATI Tahun Pelajaran 2012/2013. *Sport and Fitness Journal*. 1(2):19-26.
- Wittenberg JB, Wittenberg BA. 2003. Myoglobin function reassessed. *Journal Experimental Biology*. (206) : 2011-2020.
- WHO. 2000. Redefining Obesity and its Treatment. *International Association For The Study of Obesity*.