

DAFTAR PUSTAKA

- Aalizadeh, A., S Shirkhani, A.F. Borazjani, S.C. Ashtiyani, N. Mobaseri, A. Daneshi, S. Rahimi. 2015. The Effect of Plyometric Training Program on Sprint, Strength, Power, and Agility Performance in Non-Athletic Men. *Biosciences Biotechnology Research Asia*. 12 (2): 1389-1395.
- Adisasmita, Y. H. 1992. *Olahraga Pilihan Atletik*. Jakarta: Departemen Pendidikan Nasional.
- American College of Sport Medicine (ACSM). 2010. *ACSM: Resource Manual for Guidelines for Exercise Testing and Prescription 6th ed.* USA: Lippincott Williams & Wilkins.
- Asadi, A. dan R.R. Campilo. 2016. Effect of Cluster vs. Traditional Plyometric Sets on Maximal-Intensity Exercise Performance. *Journal of Medicina*. 52 : 41-45.
- Ashok, C. 2008. *Step Test. Test Your Physical Fitness*. Delhi: Kalpaz Publications.
- Bryantara, O.F. 2016. Faktor yang Berhubungan dengan Kebugaran Jasmani Atlet Sepakbola. *Jurnal Berkala Epidemiologi*. 4(2) ; 237-249.
- Budiman, I. 2007. Perbandingan Tes Lari 15 Menit dengan Tes Lari 15 Menit Balke dengan Tes Ergometer Sepeda Astrand. *Jurnal Kesehatan Masyarakat*. 7: 91-94
- Chu dan Mayer. 2013. *Plyometrics. Jumping Into Plyometric 2nd ed.* United State Of America: Human Kinetic.
- Cook, C. M. dan M. D. Haub. 2007. Low-Carbohydrate Diets and Performance. *Current Sports Medicine Reports*. 6(4): 225-9.
- Dahlan, S. 2010. *Statistik untuk Kedokteran dan Kesehatan Uji Hipotesis Dengan Menggunakan SPSS*. Jakarta: PT.Arkans.
- Davies, G., et al. 2015. Current Concepts of Plyometric Exercise. *International Journal of Sports Physical Therapy*. 10(6): 760–786.
- Departemen Kesehatan Republik Indonesia (DEPKES RI). 2008. *Petunjuk Teknis Pengukuran Kebugaran Jasmani*. Jakarta : Departemen Kesehatan Republik Indonesia.
- Dwifantari, T. 2015. Korelasi VO₂ max dengan Perubahan Kadar Asam Laktat Darah Mahasiswa Kedokteran. *Skripsi*. Fakultas kedokteran Universitas Jendral Soedirman.
- Fatah, M.A.N. 2014. Survei Tentang Kondisi Fisik dan Kemampuan Teknik Dasar pada SSB Se-Kecamatan Jepara Kabupaten Jepara. *Journal Physical Education Sport, Health and Recreation*. 3(11): 1412-1419.
- Giam, C.K. 1993. *Ilmu Kedokteran Olahraga*. Jakarta : Bina Rupaaksara.

- Guyton, A. & J.E. Hall. 2012. *Buku Ajar Fisiologi Kedokteran 11th ed.* Jakarta: EGC.
- Helgerud, J. K. et al. 2007. Aerobic High-Intensity Intervals Improve VO₂ Max More Than Moderate Training. *American College of Sports Medicine*. 39: 665-671.
- Hoeger, W.K. dan Hoeger, S. 2011. *Lifetime Physical Fitness And Wellness: A Personalized Program 11thed.* Belmont: Wadsworth.
- Kadir, Akmarawita. 2012. Adaptasi Kardiovaskuler terhadap Aktivitas Fisik. *Jurnal Fakultas Kedokteran Universitas Wijaya Kusuma Surabaya*.
- Katch, V.L, W.D. Mcardle, F. I. Katch. 2011. *Essential Of Exercise Physiology.* USA : Lipincot William And Wilkins.
- Kenney, W.L., J.H. Wilmore, D.L. Costill. 2015. *Physiology of Sport and Exercise 6th ed.* United States Of America : Human Kinetics.
- Laughin, M.H.B dan Roseguini. 2008. Mechanism of Exercise Training-Induced Increased in Skeletal Muscle Blood Flow Capacity : Different with Interval Sprint Training Versus Aerobic Endurance Training. *Journal of Physiology & Pharmacology*. 59(7): 71-88.
- Memarzadeh, A., M. Mogadhasi, K. Zare. 2015. Effect of Plyometric Training on Skill Performance in Soccer Player. *International Journal of Current Research and Academic Review*. 2 (9) : 242-247.
- Nielman, D. 2011. *Physical Fitness and Health Defined. Exercise Testing and Prescription 7th ed.* New York : Mc Graw Hill.
- Ortega, F.B., J.R. Ruiz, M.J. Castillo, M. Sjostrom. 2008. Physical Fitness in Childhood and Adolescence: A Powerful Marker of Health. *International Journal of Obesity*. 32: 1-11.
- Pratama, I.R., Nasuka, Hadi. 2017. Pengaruh Latihan Plyometrics terhadap Peningkatan Kecepatan, Kelincahan dan VO₂max. *Unnes Journal Of Sport Sciences*. 4(2) : 28-33
- President's Council on Physical Fitness and Sports (PCPFS), 2017. *Definitions: Health, Fitness, and Physical Activity*. Available at <https://www.hhs.gov>
- Putra, K.P. 2013. Pengaruh Program Pelatihan Fisik Militer terhadap VO₂ Max Siswa Pendidikan Pertama Tentara Nasional Indonesia Angkatan Laut (Studi di Puslatdiksamil Kobangdikal Surabaya). *E-Journal Universitas Negeri Surabaya*. 1(1): 1-5.
- Ramadan, W.A. dan A.A.E. Elsayed. 2017. The Combined Influence of Plyometric and Explosive Speed Training on VO₂ Max and Running Economy. Available at www.ijsa-gezira.com
- Rivera, A. dan W.Frontera. 2012. Principle of Exercise Physiology : Response to Acute Exercise and Long Term Adaptation to Training. *American Academy of Principal Medicine and Rehabilitation*. 4: 797-804.

- Rizaldy, Afriwardi, Yessy. 2016. Hubungan Perilaku Merokok dengan Ketahanan Kardiorespirasi (Ketahanan Jantung-Paru) Siswa SMKN 1 Padang. *Jurnal Kesehatan Andalas*. 5(2): 325-329.
- Saltin, Bengt. 1986. *Physiological Adaptation to Physical Conditioning*. Wiley Online Library. Available at <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.0954-6820.1986.tb08928.x>.
- Sharkey, B. 2011. *Kebugaran dan Kesehatan Edisi 2*. Jakarta : Raja Grafindo Persada
- Sharkey, B. J. dan S. E. Gaskill. 2007. *Fitness and Health 6th ed*. Illinois : Human Kinetic.
- Shekar, M dan H. Alderman. 2011. Nutrition, Food, Security and Health. *Journal of Nutrition Science*. 19:270-274.
- Stull, A. 1980. *Encyclopedia of Physical Education, Fitness, and Sport*. Utah: Brighton Publishing Company.
- Sugiarto. 2012. Hubungan Asupan Energi, Protein dan Konsumsi Suplemen dengan Tingkat Kebugaran. *Jurnal Media Ilmu Keolahragaan*. 2: 94-101.
- Suharjana. 2012. Pentingnya Kebugaran Aerobik Bagi Setiap Atlet yang Bertanding pada Kejuaraan Multi Event. *Medikora*. 9(1):10-19.
- Sukadiyanto. 2009. *Metode Melatih Fisik Petenis*. Yogyakarta: Fakultas Ilmu Kesehatan Universitas Negeri Yogyakarta.
- Warburton, D.E., C.W. Nicol, dan S.S. Bredin. 2006. Health Benefits of Physical Activity: The Evidence. *Canadian Medical Association Journal*. 174(6): 801-809.
- Williams, M.H., D.E. Anderson, E.S. Rawson. 2013. *Nutrition for Health and Fitness 10th ed*. New York: Mcgraw Hill.
- World Heart Organization (WHO). 2004. Appropriate Body Mass Index for Asian Population and Its Implication for Policy and Intervention Strategies. *Lancet*. 363(9403): 157.