

DAFTAR PUSTAKA

- Aditi, S., Majumdar, S., Robert A., Robergs. 2011. The Science of Speed: Determinants of Performance in the 100 m Sprint. *International Journal of Sports Science & Coaching*. 6(3): 479 – 493.
- Ahmetov, I., Olga, N., Fedovtorskaya, N. 2012. Sports genomics: Current state of knowledge and future directions. *Journal of Cellular and Molecular Exercise Physiology*. 1(1): 1-16.
- 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. Lippincott Williams & Wilkins : Baltimore.
- Berman, S., Yemina, N., Kathryn, J. 2010. A Gene for Speed : The Emerging Role of α -actinin-3 in Muscle Metabolism. *Journal of Physiology*. 25(1) : 250-259.
- Bhasin, S., Thomas, W., Berman, N. 1996. The Effects of Supra Physiologic Doses of Testosterone on Muscle Size and Strength in Normal Men. *Journal of Endocrinology*. 335(3) : 1 – 7.
- 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.
- Buchheit, M., Alberto, M. V., Marc, Q., and Ahmaidi, S. 2010. Improving Acceleration and Repeated Sprint Ability in Well-Trained Adolescent Handball Players: Speed Versus Sprint Interval Training. *International Journal of Sports Physiology and Performance*. 5(3) : 152-164
- Burgomaster K. A., Howarth K. R.. 2008. Similar Metabolic Adaptations During Exercise After Low Volume Sprint Interval and Traditional Endurance Training in Humans. *Journal of Physiology*. 586 (2) :151–160.
- Charling, James. 2012. Physical Performance in Professional Soccer Match- Play: Factor Affecting, Characteristic and Consequence for Training and Preparation. *Thesis*. University of Central Lancashire.
- Canadian Medical Association or its licensors. 2012. [Online], www.cmaj.ca/lookup/doi/10.1503/cmaj.109-4064, [07Maret 2015].
- Cieszczyk, P., Eider J., Ostanek., Arczewska, Agata, L., Stanistaw, A. 2011. Association of the ACTN3 R577X Polymorphism in Polish Power-Orientated Athletes. *Journal of Human Kinetics*. 28(1): 55 – 61.

- Daniel G., Mac, A., Kathryn, N. 2006. ACTN3: A Genetic Influence on Muscle Function and Athletic Performance. *Journal of Sport Medicine*. 35(1): 30 – 33.
- Delecluse, C., Van Coppenolle, E. Williams, M. Van Leemput. R, Diels, M., Goris. 1995. Influence of High-Resistance and High-Velocity Training on Sprint Performance. *Medical Science of Sports Exercercise*. 27(6) :1203–1209.
- Driller, M. W., Fell, J. W., Gregory, J. R., Shing, C. M., Williams A. D. 2009. The Effects of High Intensity Interval Training in Welltrained Rowers. *International Journal of Sports Physiology Performance*. 4 (3) : 110–121.
- Eynon, N., Duarte, J. A., Oliveira, J., Femia, P. 2009. ACTN3 R577X Polymorphism and Israeli Top-Level Athletes. *International Journal of Sports Medicine*. 30(9): 695-698.
- Eynon, N., Jonatan R., Ruiz, P., Femia, Vladimir P., Pushkarev., 2012. The ACTN3 R577X Polymorphism across Three Groups of Elite Male European Athletes. *International Journal of Sports Medicine*. 7(8) : 1-6.
- 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.
- Frey, N., Olson E. 2002. Calsarcin-3, a Novel Skeletal Muscle-Specific Member of The Calsarcin Family, Interacts with Multiple Z-Disc Proteins. *Journal Biology Chemical*. 277 (7) : 13998–14004.
- Gibala, J., Martin, P., Jonathan, M., Hawley, A., John. 2012. Physiological Adaptations to Low-Volume, High-Intensity Interval Training in Health and Disease. *British Journal of Pharmacology and The Scandinavian Journal of Medicine and Science in Sports*. 43 (5) : 1077 – 1084.
- 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.
- Guiraud, T., Nigam, A., Gremeaux, J. 2012. High Intensity Interval Training in Cardiac Rehabilitation. *Journal of Sports Medicine* 42(7) : 587-605.
- 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.
- Hirvonen, J., Rehunen, S., and Rusko, H. 1987. Breakdown of High-Energy Phosphate Compounds and Lactate Accumulation During Short Supramaximal Exercise. *European Journal of Applied Physiology*. 56 (6) : 253-259.
- Hogarth, M. 2015. α -Actinin-3: A Novel Genetic Modifier of Duchenne Muscular Dystrophy. *Thesis*. Faculty of Medicine. University of Sydney. 166 hal.

- Kholil. 2012. Hubungan Warisan Genetik terhadap Performa Fisik. *Thesis*. Universitas Negeri Sebelas Maret. (Tidak dipublikasikan).
- Iriadi, A, C., 2014. Pengaruh Polimorfisme Gen ACTN3 terhadap kecepatan sprint. Fakultas kedokteran Unsoed. *Skripsi*. Universitas Jenderal Soedirman..
- Kim, H., Keon, H., Song, and Chul, H. Kim. 2014. The ACTN3 R577X Variant in Sprint and Strength Performance. *Journal of Exercise Nutrition Biochem*. 18(4):347-353.
- Kirsten A., Burgomaster K. R., Howarth S. M., Phillips, K. 2008. Similar Metabolic Adaptations During Exercise After Low Volume Sprint Interval and Traditional Endurance Training in Humans. *Journal of Physiology*. 586 (1) : 151–160.
- Korhonen, Alexander Cristea, Markku Alén, Keijo Häkkinen. 2006. Aging, Muscle Fiber Type, and Contractile Function in Sprint-Trained Athletes. *Journal Applied Physiology*. 101 (13) :906-917.
- Kothari, S. T. P., Chheda, S., Chawla, L., Chatterjee, K., Sanjeev, D. 2011. ACTN3 R577X Polymorphism in Asian Indian Athletes. *International Journal of Human Genetics*. 11(3): 149-153.
- Laughlin, M.H., Roseguini, B. 2008. Mechanisms for Exercise Training-Induced Increases in Skeletal Muscle Blood Flow Capacity : Difference with Interval Sprint Training Versus Aerobic Endurance Training. *Journal of Physiology Pharmacology*. 59(7): 71–88.
- Laursen, P.B. 2010. Training for Intense Exercise Performance: High-Intensity or High-Volume Training?. *Scandinavian Journal Medicine Science Sports*. 20 (2): 1–10.
- Lucia, A., Gallego, G. F., Santiago, C. 2006. ACTN3 Genotype in Professional Endurance Cyclist. *International Journal of Sport Medicine*. 27 (8) : 1-5.
- Lucía, A., María, M., He, Z., Jonatan R., Ruiz. 2010. Elite Athletes: Are the Genes Champions?. *International Journal of Sports Physiology and Performance*. 5(7) : 98-102.
- Ma, F., Y. Yang, X. Li. 2013. The Association of Sport Performance with ACE and ACTN3 Genetic Polymorphisms: A Systematic Review and Meta-Analysis. *PLoS ONE*. 8(1): 1-9.
- 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.
- March, J., Smith, K. 2008. *Sprint Interval Training it's a HIIT : A Research Paper Discussing the Superior Health and Performance Benefits of High Intensity Intermittent Exercise Over Low- to Moderate-Intensity Continuous Exercise*.

- Marko, T., Krohonen, A. M., Harri, S., 2007. Age-Related Differences in 100-m Sprint Performance in Male and Female Master Runners. *Journal of Physical Fitness and Performance*. 154(4) : 1419 – 1428
- Markovic, G., Jukic I., Milanovic, D., Metikos, D. 2007. Effect of Sprint and Plyometric Training on Muscle Function and Athletic Performance. *Journal of Strength and Conditioning Research*. 21(2) 543–549
- Martini. 2012. *Fundamental of anatomy and Physiology*, 9th edition. Prentice Hall Inc, New Jersey.
- Mauras, N., Hayes, V., Welch, S., Rini, A., Helgeson, K., Dokler, M., Veldhuis J. D., Urban, R. J., 1998. Testosterone Deficiency in Young Men: Marked Alterations in Whole Body Protein Kinetics, Strength and Adiposity. *Journal of Clinical Endocrinology and Metabolism*. 83(6) : 1886–1892.
- 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.
- Mero, A. P. V., Komi, R. J., Gregor. 1992. Biomechanics of Sprint Running. *Sports Medicine*. 13 (8) :376–392.
- Mills, M. N., Yang, R., Weinberger, D. L., Woude, A. H., Beggs, S. 2001. Differential Expression of The Actin-Binding Proteins, Alpha Actinin-2 and -3, in Different Species: Implications for The Evolution of Functional Redundancy. *Human Molecular Genetics*. 10(13): 1335-1346.
- 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.
- Nicholas, H., Gist, M. V., Fedewa, R. K., Dishman, K. J., Cureton, S. 2013. Sprint Interval Training Effects on Aerobic Capacity: A Systematic Review and Meta-Analysis. *Journal of Sports Medicine*. 9 (8) : 77–82.
- 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.
- Pimenta, E.M., D.B. Coelho, I.R. Cruz, M. 2012. The ACTN3 Genotype in Soccer Players in Response to Acute Eccentric Training. *European Journal of Applied Physiology*. 3(1) : 12-25.
- Pereira, A., A.J. Silva., A.M. Costa, J. 2012a. ACTN3 R577X Polymorphism and Muscle Phenotypes. *Motricidade*. 8(1) : 67-72.
- Pradana, A., Wahyudi, H., 2014. Kontribusi Tinggi Badan, Berat Badan dan Panjang Tungkai terhadap Kecepatan Lari Cepat (Sprint) 100 Meter Putra. *Skripsi*. Universitas Negeri Surabaya.

- 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.
- Purwanto, S. 2011. Hubungan Antara Kecepatan dan Kelincahan dengan Kemampuan Menggiring Bola dalam Permainan Sepakbola. *Skripsi*. Universitas Sebelas Maret.
- Puype, J., Proeyoen, K., Marc, J., Deldicque, L. 2013. Sprint Interval Training in Hypoxia Stimulates Glycolytic Enzyme Activity. *Journal of Medicine & Science in Sports & Exercise*. (3) : 2166 – 2173.
- Rahim, A., Adam, S. 2010. Aplikasi Pendekatan Latihan Interval Teratur dalam Meningkatkan Kemampuan Kecepatan Lari. *Jurnal ILARA*. 27(1) : 47-54.
- Rebecca E., Machperson, H., Tom O. V., Paterson, D. 2010. Run Sprint Interval Training Improves Aerobic Performance but Not Maximal Cardiac Output. *Journal of Medicine & Science in Sports & Exercise*. 10 (10) : 115 – 122.
- Sastroasmoro, S. and S. Ismael. 2011. *Dasar-Dasar Metodologi Penelitian Klinis*. Jakarta: Sagung Seto.
- Schiaffino, J., Stefano, A., Reggiani, C.. 2011. Fibers Type in Mamalian Skeletal Muscle. *Physiology Review*. 91 (8) : 1447–1531
- Schoenfeld, B., Dawes, J. M. S., 2009. High-Intensity Interval Training: Applications for General Fitness Training. *National Strength and Conditioning Association*. 31(6): 44 – 46.
- Serrano, A. L., Murgia, M., Pallafacchina, G., Calabria, E., Coniglio, P., Lomo, T., Schiaffino, S., 2001. Calcineurin Controls Nerve Activity-Dependent Specification of Slow Skeletal Muscle Fibers but Not Muscle Growth. *Proceedings of the National Academy of Sciences*. 98 (8) : 13108–13113.
- 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. 2012. *Human Physiology: From Cells to Systems 7th ed*. Canada: Cengage Learning.
- 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
- Subarjah, H., 2011. Latihan Kondisi Fisik. *Laporan Penelitian*. Universitas Pendidikan Indonesia. (Tidak dipublikasikan)
- Stetpto, Nigel., Hawley., John. A., Dennis. 1999. Effect of Different Interval Training Programs on Cycling Time-Trial Performance. *Official Journal of the American College of Sport Medicine*. 31(5) : 736 – 741.

- Sutisna, K. 2013. Pengaruh Pelatihan Interval terhadap Daya Tahan Kardiovaskular dan Kecepatan. *Skripsi*. Singaraja : Universitas Pendidikan Ganesha
- Synder, P. J., Peachey, H., Hannoush, P., Berlin, J. A., Loh, L., Lenrow, D. A., Holmes, J. H., Dlewati, A., Santanna, J., Rosen, C. J., & Strom, B. L. 1999. Effect of Testosterone Treatment on Body Composition and Muscle Strength in Men Over 65. *Journal of Clinical Endocrinology and Metabolism* 84.(7) : 2647–2653.
- Tortora, G.J., dan Derrickson, B.H., 2012. *Principles of Anatomy and Physiology*. 13th Edition. Asia: Wiley.
- Trapp, E. G., Chisholm, D.J., Freund, J., and Boutcher, S. H. 2008. The Effects of High-Intensity Intermittent Exercise Training on Fat Loss and Fasting Insulin Levels of Young Women. *International Journal of Obesity*. 32 (5) : 684–691.
- Tucker, R., Jordan, S. C., Malcolm, C.. 2013. The Genetic Basis for Elite Running Performance. *Journal of Sports Medicine*. 47 (5) :545–549.
- Vincent, B., De, B.K., Ramaekers, M. 2007. ACTN3 (R577X) Genotype is Associated with Fiber Type Distribution. *Physiology Genomics*. 32 : 58–63.
- Westerblad, H., Joseph, D., Bruton, A. K. 2010. Skeletal Muscle: Energy Metabolism, Fiber types, Fatigue and Adaptability. *Elsevier*. 128 (14) : 3093 – 099.
- Widodo, S. 2011. Cara Mengembangkan Kecepatan Lari. *Laporan Penelitian*. Universitas Sebelas Maret.
- Wiemann, K., Tidow, G., 1995. Relative Activity of Hip and Knee Extensor in Sprinting—Implications for Training. *New Study Athletics*. 10 (9) :29–49.
- Yang, N., Daniel, G., Mac, A., Jason, P., Gulbin, A G., Hahn, H. 2003. ACTN3 Genotype Is Associated with Human Elite Athletic Performance. *Journal of Human Genetics*. 73 (6) : 627–631.