

DAFTAR PUSTAKA

- Astrand P. O., and K. Rodahl. 1986. *Textbook of Work Physiology*. 3rd ed. New York : McGraw-Hill Book Company. p. 355-382.
- Brooks G. A., and T. D. Fahey. 1985. *Exercise Physiology : Human Bioenergetics and It's Applications*. New York : Macmillian Publishing Co. p. 221-339.
- Faizati Karim. 2002. *Panduan Kesehatan Olahraga bagi Petugas Kesehatan*.
[Http://www.depkes.go.id/downloads/
Panduan%20kesehatan%20olahraga.pdf](http://www.depkes.go.id/downloads/Panduan%20kesehatan%20olahraga.pdf).10 Juli 2007.
- Fox E. L. R. W. Bowers, and M. L. Foss. 1988. *The Physiological Basic of Physical Education and Athletics*. 4th ed. New York : Saunders College Publishing. p. 89-90, 100, 102, 123, 159, 204-207, 209, 212, 242, 251-255, 676-683.
- Guyton A. C. and J. E. Hall. 1997. *Buku Ajar Fisiologi Kedokteran. Edisi 9*. Jakarta : Penerbit Buku Kedokteran EGC. h. 1340-1343, 134701351, 1353.
- Lamb D. R. 1984. *Physiology of Exercise Response and Adaptions*. 2nd edition. New York : Macmillian Publishing Co. p. 5-8, 137-141, 144, 145-149, 162-168, 366, 368, 370-381.
- Wilmore J. H. and D. L. Costill. 1994. *Physiology of Sport and Exercise Human Kinetics*. USA. p. 176-184, 216-223, 226-234,-446-448.