

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. Fahley. 1985. *Excercise Physiology : Human Bioenergetics and Its Applications*. New York : Macmillian Publishing Co. P. 221-339.
- Clarke D. H. 1975. *Exercise Physiology*. Englewood Cliffs. New Jersey : Prentice-Hall, Inc. P. 47-48, 51, 167-171, 175-177, 182, 190-195
- Fox E. L., R. W. Bowers, and . L. Foss. 1998. *The Physiological Basis of Physicval Education and Athletics*. 4th ed. New York : Saunders College Publishing. P. 89-90, 100, 102, 12, 159, 204-207, 209, 212, 242, 251-255, 676-683.
- Guyton A. C., and J. E. Hall. 2007. Buku Ajar Fisiologi Kedokteran. Edisi 11. Jakarta : Penerbit Buku Kedokteran EGC. H. 1340-1343, 1347-1351, 1353.
- Lamb D. R. 1984. *Physiology of Exercise response and adaptation*. 2nd ed. New York : MacMillan Publishing Company. 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
- Faizati Karim. 2002. Panduan Kesehatan Olahraga bagi Perugas Kesehatan. [Http://www.depkes.go.id/downloads/Panduan%20Kesehatan%20Olahraga.pdf](http://www.depkes.go.id/downloads/Panduan%20Kesehatan%20Olahraga.pdf).30 Januari 2010