

DAFTAR PUSTAKA

- Anwari, I. (2007). *Cairan Tubuh, Elektrolit & Mineral*. Retrieved from Retrieved from <http://www.pssplab.com/journal/01.pdf>
- Balke, B. (1963). *A Simple Field Test for The Assessment of Physical fitness*. Oklahoma City: Federal Aviation Agency.
- C.Nancy, & Andrews. (2000). Iron metabolism : Iron Deficiency and Iron Overload. *Genomics and Human Genetics 1*, 75-98.
- Classification*. (n.d.). Retrieved from United State Department of Agriculture: <http://plants.usda.gov/java/ClassificationServlet?source=profile&symbol=CONU&display=31>
- Costanzo, L. (2011). *Board Review Series Physiology 5th edition*. Virginia: Lippincot.
- Ewan, H., & Michael, B. (2003). Functional Properties Of Whey, Whey Components, And Essensial Amino Acids : Mechanisms Underlying Health Benefits For Active People. *The Journal of Nutritional Biochemistry 14*, 251-258.
- Guyton, A., & Hall, J. (2007). *Buku Ajar Fisiologi Kedokteran. Edisi 11*. Jakarta: EGC.
- Hanson, P. (1984). *Clinical Exercise Training. In: Sport Medicine*. Philadelphia: Saunders Company.
- Hatch, K. E. (2011). Retrieved from [digitalcomons@etal.uri.edu: http://digitalcommons.uri.edu/cgi/viewcontent.cgi?article=1212&context=srhonorsprog](http://digitalcommons.uri.edu/cgi/viewcontent.cgi?article=1212&context=srhonorsprog)
- Hill, Robin. (2012). What Sample Size is “Enough” in Internet Survey Research?. *IPCT-J vol. 6 no3-4*, 1-10.
- Kalman, D., Feldman, S., Kringer, D., & Bloomer, R. (2012). Comparison of Coconut Water and a Carbohydrate-Electrolyte Sport Drink on Measure of Hydration and Physical Performance in Exercise-Trained Man. *Journal of the International Society of Sport Nutrition*, 1-10.

- Lännergren, J., Westerblad, H., & Allen, D. (2006). Mechanisms of Fatigue as Studied in Single Muscle Fibres. 3-9.
- Manjunatha, S., & Raju, P. (2013). Modelling the Rheological Behaviour of Tender Coconut (*Cocos nucifera* L) Water and Its Concentrates. *International Food Research Journal* 20(2), 731-743.
- Mardiana, Kartini, A., & Widjasena, B. (2012). Pemberian Cairan Karbohidrat Elektrolit, Status Hidrasi dan Kelelahan pada Pekerja Wanita. *Media Medika Indonesiana volume 46 nomor 1*, 6-11.
- Martins, A., & Waldschutz, D. (2012). Coconut Water as a Sports Drink and Its Effects on the Fitness of Aging Athletes. *Asian Journal of Exercise & Sports Science 2012 vol. 9 no.2*, 1-12.
- Murray, R., Granner, D., Mayes, P., & Rodwell, V. (2009). *Harper's Illustrated Biochemistry 26th edition*. USA: Lange Medical Books.
- Powers, Scott K., Howley, Edward T. (2007). *Exercise Physiology Theory and Application to Fitness and Performance 6th edition*. New York : McGraw-Hill.
- Prades, A., Dornier, M., Diop, N., & Pain, J.-P. (2012). Coconut Water Uses, Composition and Properties. *Fruits vol 67 (2)*, 87-102.
- Priya, S., & Ramaswamy, L. (2014). Tender Coconut Water- Natures Elixir to Mankind. *International Journal of Recent Scientific Research*, 1485.
- Pummer, S., Heil, P., Maleck, W., & Petroianu, G. (2001). Influence of Coconut Water on Hemostasis. *Am. J. Emerg. Med* 19, 287-289.
- Reddy, P., & Lakshmi, T. (2014). Coconut Water - Properties, Uses, Nutritional Benefits in Health and Wealth and in Health and Disease. *Journal of Current Trends in Clinical Medicine & Laboratory Biochemistrty*, 6-15.
- Saat, M., Singh, R., Siringhe, R., & Nawawi, M. (2002). Rehydration After Exercise with Fresh Young Coconut Water, Carbohydrate-Electrolyte Beverage and Plain Water. *Journal of Physiological Anthropology and Applied Human Science*, 21 (2), 93-104.
- Sherwood, L. (2012). *Fisiologi Manusia dari Sel ke Sistem Edisi 8*. Jakarta: EGC.

- W.H. Jean, Y., Liya, G., Yan, F., & Swee, N. (2009). The Chemical Composition and Biological Properties of Coconut (*Cocos nucifera* L.) Water, *Molecules*. *14*, 5144-5164.
- World Health Organization (WHO). 2005. Nutrients in Drinking Water : Protection of the Human Environment-Water, Sanitation and Health. *WHO Press*, Geneva, Switzerland, pp. 186.
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. Jakarta: PT RajaGrafindo Persada.

