

DAFTAR PUSTAKA

- Astrand P.O., and K. Rodahl. 1986. *Textbook of Work Physiology*. 3rd ed. New York: McGraw-Hill Book Company. p. 185-187, 355-382.
- Brooks George A., and T. D. Fahey. 1985. *Exercise Physiology: Human Bioenergetics and Its Applications*. New York: Macmillian Publishing Co. p. 287-288, 304, 321, 323, 555.
- Clarke D.H. 1975. *Exercise Physiology*. Englewood Cliffs, New Jersey: Prentice-Hall, Inc. p. 47-48, 166-171, 175, 191-192, 268.
- 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) . 6 Juli 2009.
- Fox E., R. W. Bowers, M. L. Foss. 1988. *The Physiological Basis of Physical Education and Athletics*. 4th ed. New York: Saunders College Publishing. p. 62-65, 72-79, 89-90, 100, 102, 123, 159-163, 204-209, 212, 242, 248, 251-255, 289-293, 677-683.
- Guilford, J. P. 1956. *Fundamental Statistic in psychology and education*. New York: Mc Graw-Hill Book Company, Inc.
- Guyton A. C., J. E. Hall. 2007. *Buku Ajar Fisiologi Kedokteran*. Edisi 11. Jakarta: Penerbit Buku Kedokteran EGC. h. 74, 76, 80-81, 84, 244,248, 1112, 1119, 1121, 1123.
- Lamb D. R. 1984. *Physiology of Exercise: Response and Adaptations*. 2nd edition. New York: MacMillan Publishing Company. p. 5-8, 19, 137-141, 144, 145-149, 162-168, 177-178, 366, 368, 370-381.
- Nani Cahyani Sudarsono. 2008. *Kebugaran*. [Http://staff.ui.ac.id/internal/140222109/material/KEBUGARAN.pdf](http://staff.ui.ac.id/internal/140222109/material/KEBUGARAN.pdf). 6 Juli 2009.

Wilmore J. H. and D. L. Costill. 1994. *Physiology of Sport and Exercise Human Kinetics*. USA. p. 177-180, 220-222.