

DAFTAR PUSTAKA

- Adriskanda B, Yunus F, Setiawan. 1997. Perbandingan nilai kapasitas difusi paru antara orang yang terlatih dan tidak terlatih. *Jurnal Respirologi Indonesia*. 17:76-83.
- Azad A, Gharakhanlou R, Niknam A, Ghanbar A. 2011. Effects of Aerobic Exercise on Lung Function in Overweight and Obese Students. *Tanaffos*, 10(3): 24-31.
- Chaitra B, Narhare P, Puranik N, Maitri V. 2012. Moderate intensity aerobics training improves pulmonary function in young Indian men. *Biomedical Research*, 23(2):231-3.
- Cooper, KH. 1983. *Aerobik*. 5th. ed. Jakarta : PT. Gramedia.
- Daniel SW, Widjaya P. 2007. *Anatomi Tubuh Manusia*. Bandung: Graha Ilmu Publishing.
- Departemen Kesehatan Republik Indonesia. 2003. *Profil Kesehatan Indonesia*. Jakarta: Departemen Kesehatan RI. <http://www.gizi.depkes.go.id>.
- Dewi, Chaterina M. 2006. *Hubungan antara peningkatan kekuatan otot dada dengan peningkatan nilai arus puncak ekspirasi*. <https://core.ac.uk/download/pdf/11719614.pdf>.
- Dunham C, Harms CA. 2011. Effects of high-intensity interval training on pulmonary function. *Eur J Appl Physiol*.
- Elly, Irenne MS. 2006. *Perubahan denyut nadi pada mahasiswa setelah aktivitas naik turun tangga*. <http://eprints.undip.ac.id/20417/1/Irenne.pdf>.
- Fatima SS, Rehman R, Saifullah, Khan Y. 2013. Physical activity and its effect on forced expiratory volume. *J Pak Med Assoc*, 63(3):310-312.
- Fox EL, Bowers RW, Foss ML. 1993. *The Physiological Basis for Exercise and Sport*. 5 th. ed. Boston-USA. WCB/McGraw-Hill.
- Ganong, William. 2003. *Review of Medical Physiology*. 21th. ed. India: The McGraw-Hill.

- Germann WJ & Stanfield CL. 2002. *Principles of Human Physiology*. Pearson Education: San Francisco.
- Guyton AC, & Hall JE. 2007. *Buku Ajar Fisiologi Kedokteran*. 11th ed. Jakarta:EGC.
- Herman. 2010. *Pengaruh latihan terhadap fungsi otot dan pernapasan*. <http://digilib.unm.ac.id/files/disk1/7/universitas%20negeri%20makassar-digilib-unm-herman-321-1-4.herman.pdf>.
- Indriawati, Ratna. 2005. Hubungan Tingkat Kebugaran Jasmasni dan Kapasitas Vital Paru pada Kelompok Remaja dengan Faal Paru Normal. *Majalah Ilmu Faal*, 4(3):135-142.
- Irandoost K. 2015. The Effects of Selected Aerobic Exercises on Pulmonary Functions of High School Obese Girls. *Int J School Health*, 2(4):32-6.
- Johns DP, Pierce R. 2011. *Pocket Guide to Spirometry*. New York: McGraw-Hill.
- Khosravi M, Tayebi SM, Safari H. 2013. Single and Concurrent Effects of Endurance and Resistance Training on Pulmonary Function. *J Basic Med Sci*, 16: 628-34.
- Klika B, Jordan C. 2013. High-intensity circuit training using body weight: Maximum results with minimal investment. *ACSM's Health & Fitness Journal*, 17(3):8-13.
- Miller GJ, Saunders MJ, Gilson RJC, Ashcroft MT. 1977. Lung function of healthy boys and girls in Jamaica in relation to ethnic composition, test exercise performance, and habitual physical activity. *Thorax*, 32:486-496.
- Paulsen F, Waschke J. 2013. *Sobotta Atlas Anatomi Manusia : Anatomi Umum dan Muskuloskeletal*. Jakarta : EGC.
- Powers SK, Howley, Edward T. 2007. *Exercise physiology:Theory and application to fitness and performance*. 6th. ed. New York: McGraw-Hill.
- Schoenfeld BJ, Dawes J. 2009. High-Intensity Interval Training:Applications for General Fitness Training. *National Strength and Conditioning Association*, 31(6):44-46.

- Shashi M, Anterpreet AK, Pankaj G. 2013. Effect of aerobics training on pulmonary functions in young male adults of Punjab. *Pak J Physiol*, 9(2):23–5.
- Sherwood L. 2011. *Fisiologi manusia: dari sel ke sistem*. 6th. ed. Jakarta:EGC.
- Silbernagl S, Despopoulos A. *Color atlas of physiology*. 6th. ed. New York: Thieme; 2008. p. 106-20.
- Situmorang BA, Lintong F, Supit W. 2014. Perbandingan forced vital capacity paru pada atlet renang Manado dan bukan atlet renang di Sulawesi Utara. *Jurnal e-Biomedik (eBM)*, 2(2):485–8.
- Suma'mur, PK. 2009. *Higiene Perusahaan dan Kesehatan Kerja*. Jakarta: Gunung Agung.
- Suyono, Joko. 1995. *Deteksi Dini Penyakit Akibat Kerja*. Jakarta:EGC.
- Tim Penulis PDSKO. 2014. *Buku Praktis: Pemenuhan Kebutuhan Cairan. Dalam Latihan Fisik*. Jakarta:PDSKO (Perhimpunan Dokter Spesialis Kedokteran Olahraga).
- Tortora GJ, Derrickson B. 2012. *Principles of anatomy and physiology*. USA: John Wiley & Sons Inc.
- Vahlberg T, Kalliokoski KK, Hannukainen J. C. 2015. Affective Responses to Repeated Sessions of High-Intensity Interval Training. *Journal of the American College of Sports Medicine*.1–8.
- Woolson, RF. 1987. *Statistical methods for the analysis of biomedical data*. New York:John Wiley and Sons.
- Yunus F. 1997. Faal paru dan olahraga. *J Respir Indo*, 17(2):100-105.
- European Lung Foundation. 2016. Your lungs and exercise. www.europeanlung.org.
- WebMD. 2016. Slideshow: The 7-Minute Workout. <http://www.webmd.com/fitness-exercise/ss/the-7-minute-workout-slideshow>.

Weight Watchers International. 2016. Exercise Intensity Levels : How to measure exercise intensity.
http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=20971

World Health Organization. 2016. Physical activity.
<http://www.who.int/mediacentre/factsheets/fs385/en/>.

