

## DAFTAR PUSTAKA

1. Duthey BB, Ph D. Priority Medicines for Europe and the World " A Public Health Approach to Innovation " Update on 2004 Background Paper Written by Saloni Tanna Background Paper 6 . 11 Alzheimer Disease and other Dementias. 2013;(February).
2. Ahlskog JE, Geda YE, Graff-Radford NR, Petersen RC. Physical exercise as a preventive or disease-modifying treatment of dementia and brain aging. *Mayo Clin Proc.* 2011;86(9):876–84.
3. Michele Olson, Ph.D., FACSM C. Tabata It's a HIIT! 2014;18(5):17–24.
4. Tsukamoto H, Suga T, Takenaka S, Tanaka D, Takeuchi T, Hamaoka T, et al. Repeated high-intensity interval exercise shortens the positive effect on executive function during post-exercise recovery in healthy young males. *Physiol Behav* [Internet]. 2016;160:26–34. Available from: <http://dx.doi.org/10.1016/j.physbeh.2016.03.029>
5. Khaerunnisa R, Siregar S, Magister P, Kedokteran I. Fungsi Eksekutif Otak. 2015;1–2.
6. Richard L. Drake, PhD F, A. Wayne Vogl, PhD F, Adam W. M. Mitchell, MBBS, FRCS F. *Gray's Anatomy* 2nd edition.
7. Philipp Mergenthaler<sup>1</sup>, Ute Lindauer<sup>2</sup>, Gerald A. Dienel<sup>3</sup> and AM. Sugar for the brain: the role of glucose in physiological and pathological brain function. 2014;36(10):587–97.
8. Proia P, di Liegro CM, Schiera G, Fricano A, Di Liegro I. Lactate as a metabolite and a regulator in the central nervous system. *Int J Mol Sci.* 2016;17(9).
9. Dienel GA. Brain lactate metabolism: The discoveries and the controversies. *J Cereb Blood Flow Metab* [Internet]. 2012;32(7):1107–38. Available from: <http://dx.doi.org/10.1038/jcbfm.2011.175>
10. Flora R. Pengaruh Latihan Fisik Anaerobik Terhadap Kadar Laktat Plasma dan Kadar Laktat Jaringan Otot Jantung Tikus Wistar Effect Anaerobic Exercise on The Blood Lactate Levels and Myocardium Levels in Wistar

- Rats. *Biomed J Indones*. 2017;1(1):40–2.
11. Goodwin ML, Harris JE, Hernández A, Gladden LB. Blood lactate measurements and analysis during exercise: A guide for clinicians. *J Diabetes Sci Technol*. 2007;1(4):558–69.
  12. Schmolesky MT, Webb DL, Hansen RA. The effects of aerobic exercise intensity and duration on levels of brain- derived neurotrophic factor in healthy men. *J Sport Sci Med [Internet]*. 2013;12(3):502–11. Available from: <https://www.scopus.com/inward/record.uri?eid=2-s2.0-84883179126&partnerID=40&md5=f0685ac8dec0f221f14c95b99dd94ace>
  13. K.I E. Aerobic fitness is associated with hippocampal volume in elderly humans. *Aerob Fit is Assoc with hippocampal Vol Elder humans*. 2009;
  14. Richard S. Snell, MD P. *Anatomi Klinis*. 2012.
  15. Lauralee Sherwood. *Introduction to Human Physiology*. 8th ed. 193 p.
  16. Lionel Ginsberg. *Lecture Note : Neurology*. 8th ed. 2008.
  17. Yogev-Seligmann G, Hausdorff JM, Giladi N. The role of executive function and attention in gait. *Mov Disord*. 2008;23(3):329–42.
  18. Diamond A. Executive Functions. *Annu Rev Clin Psychol*. 2014;64:135–68.
  19. Narwold MK. *Early Childhood Executive Functions : Components , risk factors , and interventions by*. 2016;
  20. Burgess P. Theory and methodology in executive function research. *Methodol Front Exec Funct [Internet]*. 1997;(January 1997):81–116. Available from: <http://discovery.ucl.ac.uk/43608/>
  21. Hanna N. *Executive Function: Generational and Environmental Influences*. 2014;(May).
  22. Miller EK, Wallis JD. Executive Function and Higher-Order Cognition: Definition and Neural Substrates. *Encycl Neurosci*. 2010;4:99–104.
  23. Angie McCalla, MS, CCC-SLP C. *Executive Functioning – Where is it Controlled and How Does it Develop? / Remediation Techniques for Deficits and Dysfunction [Internet]*. Available from: <https://www.rainbowrehab.com/executive-functioning/>
  24. Miller EK, Cohen JD. *An Integrative Theory of Prefrontal Cortex Function*.

- Annu Rev Neurosci. 2001;167–202.
25. Stuss DT. Self, awareness and the frontal lobes: a neuropsychological perspective. *Self Interdiscip Approaches*. 1991;255–78.
  26. Reitan R. Trail Making Test Part A. 2004;43(4).
  27. Setyawan R. Effect of High-Intensity Interval Training ( HIIT ) to the Improvement of Maximal Oxygen Uptake ( VO2 max ). 2014;(October):6.
  28. Konno J, Bayraktar D, Journal IF, Chi A, Chi A, Chi A, et al. Defining Different Types of Interval Training: Do we need to use more specific terminology? 2014;(May):161–3.
  29. Goes MF, Sinhoreti MA, Consani S, Silva MA. Morphological effect of the type, concentration and etching time of acid solutions on enamel and dentin surfaces. *Braz Dent J*. 1998;9(1):3–10.
  30. Emberts T, Porcari J, Doberstein S, Steffen J, Foster C. Exercise intensity and energy expenditure of a tabata workout. *J Sport Sci Med*. 2013;12(3):612–3.
  31. World Human Organization. Physical activity. Fact sheet. 2018. [Internet]. Available from: <http://www.who.int/news-room/fact-sheets/detail/physical-activity>
  32. How To Build Explosive Strength For Running And Life [Internet]. [cited 2018 Jul 30]. Available from: <http://blog.anytimefitness.com/build-explosive-strength-running-life/>
  33. Workout Plank [Internet]. 2015. Available from: <http://forgetthegym.ie/1-minute-plank-choose-level/1006-2pc-workout-plank/>
  34. Effects of Jumping Jacks Exercises for Your Body [Internet]. 2016. Available from: <https://www.yabibo.com/effects-of-jumping-jacks-exercises-for-your-body/>
  35. How to Reduce Thighs in a Week [Internet]. Available from: <http://www.newhealthadvisor.com/How-to-Reduce-Thighs-in-a-Week.html>
  36. At Home Workout for Women [Internet]. Available from: <https://www.spotebi.com/exercise-guide/jump-rope/>
  37. Bodyweight Two-Legged Hop over a Line [Internet]. Available from:

- <http://camykennedy.com/spring-loaded/>
38. How to Do Push Ups [Internet]. Available from: <https://www.quora.com/A-day-or-two-after-doing-push-ups-my-muscles-hurt-Should-I-do-the-push-ups-while-the-muscles-are-hurting-or-wait-till-the-pain-ceases>
  39. Bott R. Guyton and Hall Textbook of Medical Physiology 13ed. Igarss 2014. 2014. 1-5 p.
  40. Ouattas A, Haddad M, Riahi MA, Paunescu M, Goebel R. Aerobic or Resistance Exercise Training to Improve Cognitive Function? Short Review. Icpesk 2015 - 5Th Int Congr Phys Educ Sport Kinetotherapy [Internet]. 2016;11:90–5. Available from: [http://www.futureacademy.org.uk/files/images/upload/ICPEsk\\_2015\\_13\\_309.pdf](http://www.futureacademy.org.uk/files/images/upload/ICPEsk_2015_13_309.pdf)
  41. Tabata I, Nishimura K, Kouzaki M, Hirai Y, Ogita F, Miyachi M, et al. Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO<sub>2</sub>max. *Med Sci Sports Exerc.* 1996;28(10):1327–30.
  42. Erickson KI, Kramer AF. Aerobic exercise effects on cognitive and neural plasticity in older adults. *Br J Sports Med.* 2009;43(1):22–4.