

DAFTAR PUSTAKA

- Aram V,dkk. 2003. *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. <http://www.jama.ama-assn.org/>., (diakses 22 Desember 2011).
- Arsdiani. 2006. *Pengaruh Olahraga Terprogram Terhadap Tekanan Darah Pada Mahasiswa Fakultas Kedokteran Universitas Diponegoro Yang Mengikuti Ekstrakurikuler Basket*. <http://eprints.undip.ac.id/20415/> (diakses 19 Februari 2012).
- Bompa T.O. 1990. *Theory and Methodology of Training. The Key of Athletic Performance*. Iowa : Kendall Hunt Publishing Company.
- Boron W. F., Boulpaep E. L. 2005. *Medical Physiology*. Philadelphia: Elsevier Saunders: p. 1081-1085
- Brooks George A., and T. D. Fahey. 1985. *Exercise Physiology : Human Bioenergetics and Its Applications*. New York: MacMillan Publishing Co. p. 287-288, 304, 321.
- Canada's Physical Activity Guide to Healthy Active Living, Health Canada*. 1998. <http://www.hcsc.gc.ca/hppb/paguide/pdf/guideEng.pdf> (diakses 14 Maret 2012).
- Canadian Society of Excercise Physiology*. 2011. *The Canadian Physical Activity, Fitness, and Lifestyle Approach. 3rd Edition*.
- Cooper, K.H. 1994. *Antioxidant revolution*. Thomas Nelson Publishers, Nashville-Atlanta-LondonVancouver.
- Elbert Shani. 2009. *Pengaruh Harvard Step Up Test Terhadap Tekanan Darah Pada Pria Dewasa*. <http://repository.maranatha.edu/1784/8/0410104> (diakses 21 Desember 2011)
- Eroschenko V. P. 2000. *Di Fiore's Atlas of Histology with Functional Correlations. 9th ed*. Philadelphia: Lippincott William and Wilkins.
- Faizati Karim. 2002. *Panduan Kesehatan Olahraga bagi Petugas Kesehatan*. <http://www.depkes.go.id/downloads/Panduan%20Kesehatan%20Olahraga.pdf> (diakses 14 Maret 2012).

- Fox E.L., Bowers R. W., Foss M. L. 1988. *The physiological Basic of Physical Education and Athletics. 4th ed.* New York: Saunders College Publishing. p. 260-266, 313-325.
- Ganong, W.F. 2008. *Buku Ajar Fisiologi Kedokteran.* Jakarta: EGC. Ed 20. Hal 552, 549, 560, 564-565, 575-579.
- Gardner, F.S. 2007. *Smart Treatment for High Blood Pressure.* Jakarta : Prestasi Pustaka Publisher. Hal 1, 53, 60, 103-172.
- Giam, C. K. dan Teh, K. C. 1992. *Ilmu Kedokteran Olahraga.* Alih Bahasa: Hartono Satmoko. Jakarta: Binarupa Aksara.
- Griwijoyo, H.Y.S.S. 2005. *Ilmu Faal Olahraga, Bahan perkuliahan Mahasiswa FPOK-UPI.*
- Guyton A.C., Hall J.E. 2008. *Buku Ajar Fisiologi Kedokteran.* Edisi 11. Jakarta : EGC. Hal 137-140, 217-224, 234, 260-263, 1111-1123.
- Harrison & Balkemore, 1989. *Instructional Strategis,* second edition WM. C.Brown Publisher All Rights.
- Hayens, B.R., 2003. *Buku Pintar Menaklukkan Hipertensi.* Jakarta : Ladang Pustaka dan Intimedia.
- Houssay. 1955. *Human Physiology.* New York, Toronto, London : McGraw-Hill Book Company, Inc. p. 182-185, 497.
- Hull, Arison. 1986. *Fisiologi Kedokteran.* Jakarta : EGC.
- Ibnu Masud. 1989. *Human Physiology.* New York, Toronto, London : McGraw-Hill Book Company, Inc. p. 182-185, 497, 1113-1114.
- Irenne Elly M. S. 2006. Perbedaan Denyut Nadi Pada Mahasiswa Setelah Aktivitas Naik Turun Tangga. <http://eprints.undip.ac.id/20417/Irenne.pdf> (diakses 19 Februari 2012).

- Kelley G. *Dynamic resistance exercise and resting blood pressure in adults: a meta-analysis*. J Appl Physiology 1997; 82. pp. 1559-65.
- Lamb D. R. 1984. *Physiology of Exercise : Response and Adaptations*. 2nd Edition. New York: MacMillan Publishing Company. P19, 137-141, 370-381.
- Made Astawan. *Cegah Hipertensi dengan Pola Makan*. <http://www.depkes.go.id/index.php?option=articles&task=viewarticle&artid=20&Itemid=3> - 23k -(diakses 11 Juni 2012).
- Maricopa. *Skeletal and Smooth muscle Review*. <http://www.gwc.maricopa.edu/class/bio201/Histology/HistoRev0a.htm> (diakses 16 Agustus 2012).
- Mohammad Yogiantoro. 2006. *Hipertensi Esensial*. Dalam Aru W Sudoyo, Bambang Setiyohadi, Idrus Alwi, Marcellus Simandibrata K, Siti Setiadi : Buku Ajar Ilmu Penyakit Dalam. Edisi 4. Jakarta : Pusat Penerbitan Departemen Ilmu Penyakit Dalam Fakultas Kedokteran Universitas Indonesia. Hal 610-614.
- Mohrman, D. E. & Heller, L. J. 2003. *Cardiovascular Physiology*. 5th Ed. New York : Lange Medical Books / McGraw-Hill. p. 8, 11, 64-66, 110-114, 165-167.
- Mansjoer Arif. 1999. *Kapita Selekta Kedokteran*. Jakarta: EGC.
- Nani Cahyani Sudarsono. 2008. *Active Living*. <http://staff.ui.ac.id/internal/140222109/material/activelivingNASKAH.pdf> (diakses 12 Desember 2011).
- Notoatmodjo, Soekidjo, 2005. *Pendidikan dan Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Nyquist J. 2007. *Muscle Anatomy and Structure*. <http://www.jnyquistfitness.com/Muscle%20Structure%20and%20Function.htm>. (diakses 21 Agustus 2012).
- Pearce, Evelyn. 1999. *Anatomi dan Fisiologi Untuk Paramedis*. Jakarta: PT Gramedia Utama.
- Sadoso Sumosardjuno. (1995). *Pengetahuan Praktis Kesehatan dalam Olahraga 3*.

- Jakarta: PT Gramedia Pustaka Utama. Hal 93-94.
- Semple, P. 1996. *Tekanan Darah Tinggi*. Jakarta : Arcan. Hal 30-32.
- Sheps, Sheldon G. 2005. *Mayo Clinic Hipertensi, Mengatasi Tekanan Darah Tinggi*. Jakarta: PT Intisari Mediatama.
- Smeltzer, S.C. and Bare, B. G. 2001. *Buku Ajar Keperawatan Medikal Bedah*. Edisi 8. Jakarta: EGC.
- Sherwood, Lauralee. 2007. *Human Physiology: From Cells To Systems*. 6th edition. California: Brooks/Cole. p. 139.
- Vita Health. 2004. *Hipertensi*. Jakarta: Penerbit PT.Gramedia Pustaka Utama.
- WHO. 2011. *Physical activity*. http://www.who.int/topics/physical_activity/en/ (diakses 8 Januari 2012).
- Wilmore J. H. And D. L. Costill. 1994. *Physiology of Sport and Exercise Human Kinetics*. USA. Young R.E. 2007. *Muscle Physiology Lecture Site*. <http://www.mona.uwi.edu/fpas/courses/physiology/muscles/Filament%20Fine%20Structure.htm>., (diakses 21 Agustus 2012).