

## DAFTAR PUSTAKA

- Ardika, IMY., Kanca, IN., & Sudarmada, IN. 2015. Pengaruh circuit training terhadap kelincahan dan daya ledak otot tungkai. *E-jurnal jurnal IKOR Universita Ganesha Jurusan Ilmu Keolahragaan (Volume II Tahun 2015)*.
- Azizi, MM. 2014. Kontribusi kekuatan otot tungkai, berat badan, dan tinggi badan terhadap kemampuan lompat jauh gaya berjalan di udara. *Jurnal kesehatan olahraga volume 2 nomor 2 tahun 2014 halaman 180-188*
- Candotti, CT., Loss, JF., Silva, RE., Melo, MDO., Teixeira RB., Delwing, GB., & Noll, M. 2012. Lower Limb force, Power, and Performance in Skateboarding. *V. 34, n. 3, p. 697-711*
- Casajus, JA., Leiva, MT., Vllarroya, A., Legas, A., & Moreno, LA. Physical performance and school physical education in overweight Spanish children. *Ann Nutr Metab 2007;51:288-296*
- Clayton, N., Drake, J., Larkin, S., Linkul, R., Martino, M., Nutting, M., & Tumminello, M. National Strength and Conditioning Association (NSCA). 2015. Foundations of Fitness Programming. Colorado Springs
- Dias, MA., Carvalho, PS., & Vianna DM. 2016. Using Image Modelling to Teach Newton's Laws with the Ollie trick. *Phys. Educ. 51 (2016) 045008 (6pp)*
- Frederick, EC., Determan, JJ., Whittlesey, SN., & Hamil, J. 2006. Biomechanics of Skateboarding. *Journal of applied biomechanics, 22:33-40*
- Frohlich, M., Felder, H., & Reuter, M. 2014. Training effects of plyometric training on jump parameters in D- and D/C-squad badminton players. *Journal of sport research 1(2): 22-23*
- Habut, MY., Nurmawan, IPS., & Wiryanthini, IAD. 2016. Hubungan indeks massa tubuh dan aktivitas fisik terhadap keseimbangan dinamis pada mahasiswa fakultas kedokteran Universitas Udayana. *Majalah ilmiah fisioterapi Indonesia volume 2, nomor 1*
- Herzog, W. 2014. The roll of titin in eccentric muscle contraction. *The journal of experimental biology (2014) 217, 2825-2833 doi:10.1242/jeb.099127*
- Jasal, DM. 2016. Pengaruh Pemberian Latihan Plyometric Jump to Box Terhadap Perubahan Kecepatan Lari pada Pemain Persis Bina Bola Makassar. Skripsi. Universitas Hasanuddin Makassar

- Keilani, M., Krall, C., Lipowec, L., Posch, M., Komanadj, T., & Crevenna, R. 2010. Skateboarding Injuries in Vienna : location, frequency, and severity. *Journal of Physical Medicine and Rehabilitation*, 2, 619-624
- Kim, S. 2013. An effect of the elastic energy stored in the muscle-tendon complex at two different coupling-time conditions during vertical jump. *Department of physical education*, vol. 3, no. 1, 10-14
- Kisner, C & Colby, LA. 2012. Therapeutic Exercise Foundations and Techniques. Sixth Edition
- Kuleshov, AS. 2010. Various Schemes of the Skateboard Control. *Procedia Engineering*, 2, 3343-3348
- Kutz, MR. 2007. Theoretical and practical issues for plyometric training. *Journal NSCA performance training*, vol.2, number 2
- Lesmana, SI. 2012. Perbedaan pengaruh metode latihan beban terhadap kekuatan dan daya tahan otot biceps brachialis ditinjau dai perbedaan gender (studi komparasi pemberian latihan beban metode delorme dan metode oxford pada mahasiswa fakultas ilmu kesehatan dan fisioterapi). Online. <http://www.esaunggul.ac.id/wp-content/uploads/kalins-pdf/singles/perbedaan-pengaruh-metode-latihan-beban-terhadap-kekuatan-dan-daya-tahan-otot-biceps-brachialis-ditinjau-dari-perbedaan-gender-studi-komparasi-pemberian-latihan-beban-metode-delorme-dan-metode-oxford.pdf>. 28/11/2016
- Lim, JY. 2016. Therapeutic potential of eccentric exercise for age-related muscle atrophy. *Integr med res* 5 (2016) 176-181
- Markovic, G & Mikulic, P. 2010. Neuro-Musculoskeletal and Performance Adaptations to Lower-Extremity Plyometric Training. *Sport Med* 2010; 40 (10): 859-895
- Muchlisa, N. 2016. Pengaruh Latihan Pliometrik Depth Jump Terhadap Tendangan Jarak Jauh Pada Pemain Sepakbola Indonesia Sulawesi (PERSIS) Bina Bola Makassar. Skripsi. Program Studi Fisioterapi. Fakultas Kedokteran Universitas Hasanuddin Makassar. Makassar
- Negara, IGTDJ., Dantes, N., & Kanca, IN. 2014. Pengaruh Pelatihan Plyometric Terhadap Kemampuan Lompat Jauh Gaya Jongkok Ditinjau dari Daya Ledak Otot Tungkai pada Siswa Kelas X SMA Negeri 1 Sukasada Tahun Pelajaran 2013/2014. Vol 4
- Nugroho, F. 2014. Hubungan Daya Ledak (Power) Otot Tungkai dengan Kemampuan Jump Shoot pada Permainan Bola Basket di SMP NEGERI

1 CURUP TIMUR. Skripsi. Program Studi Pendidikan Jasmani dan Kesehatan. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Bengkulu. Bengkulu

- Okubo, Y., Kaneoka, K., Shina, I., Tatsumura, M., & Miyakawa, S. 2013. Abdominal muscle activity during a standing long jump. *Journal of orthopaedic & sport physical therapy, volume 43, number 8*
- Owen, Tony. 2013. The Evolution Of Skateboarding – A History From Sidewalk Surfing To Superstardom. Online. [www.skateboardingmagazine.com/the-evolution-of-skateboarding-a-history-from-sidewalk-surfing-to-superstardom/](http://www.skateboardingmagazine.com/the-evolution-of-skateboarding-a-history-from-sidewalk-surfing-to-superstardom/). 27/10/2016
- Patel, NN. 2014. Plyometric Training: A Review Article. *Int J Cur Res Rev, Vol 6, Issue 15.* Online. <http://paneljurusan.fik.unesa.ac.id/jurnal/penkep/plyometric-training-review-article.pdf>. 29/11/2016
- Potach, DH., Kastavelis, D., Karst, GM., Latin, RW., & Stergiou, N. 2009. The effect of a plyometric training program on the latency time of the quadriceps femoris and gastrocnemius short-latency responses. *the journal of sport medicine an physical fitness vol. 49 – No. 1*
- Putra, INK. 2013. Pengaruh Pelatihan Plyometrics Zig-zag Drills terhadap Daya Ledak dan Kekuatan Otot Tungkai pada Siswa Putra Kelas VIII SMP N 1 Mengwi tahun pelajaran 2012/2013. Online. <http://ejournal.undiksha.ac.id/index.php/JJIK/article/1579>. 10/11/2016
- Rauch, R., Veileux, LN., Rauch, F., Bock, D., Welisch, E., Filler, G., Robinson, T., Burril, E., & Norozi, K. 2012. Muscle force and power in obese and overweight children. *J musculoskelet Neuronal Interact 2012; 12(2):80-83*
- Razzi, N. 2012. *Anatomy Revision of The Upper Limb, Lower Limb & Back.* Second edition. Online. <http://www.slideshare.net/medicationdotnet/anatomy-revision-of-the-upper-limb-lower-limb-back>. 1/12/2016
- Reiater, UH. 2012. Hubungan Power Tungkai dengan Hasil Lompatan Tinggi. *Vol 05. No 03*
- Rezaimanesh, D., Amiri-Farsani, P., & Saidian, S. 2011. The Effect of a 4 Week Plyometric Training Period on Lower Body Muscle EMG Changes in Futsal Players. *Procedia social and behavioral science 15, 3138-3142*

- Riyadi, S. 2008. *Pengaruh Metode Latihan dan Kekuatan terhadap Power Otot Tungkai*. Tesis. Program studi ilmu keolahragaan. Program pasca sarjana. Universitas Sebelas Maret. Surakarta
- Sagala, RB. 2014. Berjenjang, dari basic sampai pro. Online. <http://nasional.sindonews.com/read/930643/149/berjenjang-dari-basic-sampai-pro-1417245754.09/11/2016>
- Sari, DRK & Rahayu, UB. 2008. Pengaruh Latihan Plyometric “Dept Jump” Terhadap Peningkatan Vertical Jump pada Atlit Bola Voli Putri Yunior di Klub Vita Surakarta. *Vol 8. No 2*
- Sawacha, Z., Spolaor, F., Negretto, M., & Cobell, C. 2013. Biomechanical Analysis of Squat and Counter Movement Jump in Skater. XXIV Congress of International Society of Biomechanics, XV Brazillian Congress of Biomechanics
- Silva, RE., Teixeira, RB., Candotti, CT., Melo, MO., Delwing, GB., Loss, JF., Torre, ML., & Pasini, M. 2007. Lower Limb Force, Power and Performing in Skateboarding. Brazil.
- Swandari, NML., Nurwaman, IPS., & Sundari, LPR. 2016. Pelatihan propioseptif efektif dalam meningkatkan keseimbangan dinamis pada pemain sepak bola dengan functional ankle instability di SSB Pegok
- Vorlicek, M., Svoboda, Z., & Prochazkova, M. 2015. Analysis of Muscle Activity in Various Performance Level of Ollie jumps in Skateboarding: a pilot study. *Acta Gymnica vol. 45, no. 1*
- Walsh, M., Boling, MC., McGrath, M., Blackburn, JT., & Padua, DA. 2012. Lower extremity muscle activation and knee flexion during a jump–landing task. *Journal of Athletic Training 2012;47(4):406-413*
- Waters, T. 2008. *Secrets of Skateboarding*. United States of America: Secrets Skateboarding Inc
- Welinder, P & Whitley, P. 2012. *Mastering Skateboarding*. United States of America: Human Kinetics
- Wibintoro, NG. 2009. Perbedaan Pengaruh Latihan Plyometric dengan Istirahat 1:5 dan Istirahat 1:10 Terhadap Peningkatan Power Otot Tungkai pada Pemain Putri Usia 10-14 Tahun Club Bola Voli Vita Surakarta. Skripsi. Universitas Sebelas Maret
- Wilson, JM., Loenneke, JP., Jo, E., Wilson, GJ., Zourdos, MC., & Kim, JS. 2011. The effect of endurance, strength, and power training on muscle fiber

type shifting. *The journal of strength & conditioning research*  
26(6):1724-9

Yokozawa, T & Yuda, J. 2008. Muscle activities of the support leg during side jump test for speed skaters. *ISBS conference 2008*