

DAFTAR PUSTAKA

- Armstrong N dan Welsman J R. 1994. Assesment and Interpretation of Aerobic Fitness in Children and Adolescents. *Exerc Sport Sci Rev*. Vol 22:435-76.
- Bacon A P, Carter R E, Ogle E A & Joyner M J. 2013. VO₂max trainability and high intensity interval training in humans: a meta-analysis. *PLoS One* 8, e73182.
- Barbero-Alvarez C J, D'ottavio S, Vera J G dan Castagna C. 2009. Aerobic Fitness In Futsal Players of Different Competitive Level. *Journal of Strength and Conditioning Research*. Vol 23. No: 7. Oktober 2009:2163-2166.
- Basset D R dan Howley E T. 2000. Limiting Factor for Maximum Oxygen Uptake and Determinants of Endurance Performance. *Medicine and Science in Sports and Exercise*. Vol 32. No: 1, pp. 2000:70-84.
- Bell G J & Wenger H A. 1988. The effect of one-legged sprint training on intramuscular pH and nonbicarbonate buffering capacity. *Eur J Appl Physiol Occup Physiol* 58, 158–164.
- Conrad B. 2015. Biomechanics of Basketball Agillity. *Sport Research Review*. Issue 01. 2014
- Council of Europe. *The European Sports Charter(revised)*. Brussels: Council of Europe.
- Dogramaci S N, Watsford M L dan Murphy A J. 2011. Time-Motion Analysis of International and National Level Futsal. *Journal of Strength and Conditioning Research*. Vol 25. No: 3. Maret 2011:646-651.
- East D B. 2002. *Biomechanical Pathway of Creatine and Creatine Phospate*. Senior Honors Paper. Knoxville: University of Tennessee.
- Edgett B A, Ross J E D, Green A E, Macmillan N J, Milne K J dan Gurd B J. 2013. The effect of Recreational Sport on VO₂ Peak, VO₂ Kinetics and Submaximal Exercise Performance in Males and Females. *Eur J Appl Physiol*. Vol 113. 2013:259-266.
- Daussin F N, Dufour S P, Ponsot E, Lonsdorfer-Wolf E. 2007. Improvement of VO₂max by Cardiac Output and Oxygen Extraction Adaptation during Intermittent versus Continuous Endurance Training. *European Journal of Applied Physiology*. Vol 101. (2007) 377-383.
- Gibala M J, Macinnis J M. 2017. Physiological Adaptations to Interval Training and The Role of Exercise intensity. *J Physiol* 595.9 (2017) pp 2915-2930.
- Gormley S E, Swain D P, High R, Spina R J, Dowling E A, Kotipalli U S dan Gandrakota R. 2008. Effect of Intensity of Aerobic Training on VO₂max. *Medicine & Science in Sports & Exercise*. Vol 40(7). 1336-1343.

- Helgerud J, Høydal K., Wang E, Karlsen T dan Berg P. 2007. Aerobic high-intensity intervals improve VO₂max more than moderate training. *Medicine and Science in Sports and Exercise*. 39(4), 665-671.
- Joyner M J. and Coyle E F. 2008. Endurance exercise performance: the physiology of champions. *Journal of Applied Physiology*. 586 (1), 35-44
- Kim, C-H., Wheatley C M, Behnia M, & Johnson B D. 2016. The Effect of Aging on Relationships between Lean Body Mass and VO₂max in Rowers. *PLOS ONE*. Vol 11(8), e0160275.
- Lhaksana J. 2011. *Taktik dan Strategi Futsal Modern*. Jakarta: Be Champion.
- Li Lun. 2014. Basket Training Via Behaviour Analysis in Basketball Match Video. *BTAIJ*. Vol 10. Issue 16. 2014: 9398-9403.
- Makaje N, Arkarapanthu A, Ruangthai R, Yoopat P. 2012. Physiological demands and Activity Profiles during Futsal Match Play According to Competitive Level. *J Sports Med Phy Fitness*. 2012;52:366-74
- McDonough P dan Moffatt R J. 1999. Smoking-Induced Elevations in Blood Carboxyhaemoglobin Levels. *Sports Medicine*. Vol 27 Issue 5, 275-283.
- Mcmahon S dan Jenkins D. 2002. Factor Affecting the Rate of Phosphocreatine Resynthesis Following Intense Exercise. *Sports Med*. Vol 32. No: 12. 2002: 761-784.
- Milanovic Z, Nebojsa T, Goran S. 2011. Differences in Agility Performance Between Futsal and Soccer Players. *Sport Science*. 2: 55-59.
- Namrata P. 2018. Comparison of VO₂ Max on Balke Test in Light Smokers & Non Smokers. *International Journal of Science and Research*. Vol 7 Issue 9.
- Narazaki K, Berg K, Stergiou dan Chen B. 2008. Physiological Demand of Competitive Basketball. *Scand J Med Sci Sports*. Vol 19. No: 3. 2008: 425-32.
- Naser N, Ali A, Macadam P. 2017. Physical and Physiological Demands of Futsal. *Journal of Exercise Science and Fitness*. 15 (2017) 76-80.
- Pauweni M. 2012. Pengembangan Model Permainan Bola Basket Taki sebagai Media Pembelajaran Pendidikan Jasmani, Olahraga dan Kesehatan Siswa Sekolah Dasar Kelas Atas di Kota Gorontalo. *Journal of Physical Education and Sports*. Vol 1. No: 1. 2012:60-67.
- Poole D C, Wilkerson D P dan Jones A M. 2007. Validity of Criteria For Establishing Maximal O₂ Uptake During Ramp Exercise Tests. *Eur J Appl Physiol*. Vol 102. No: 4. 30 Oktober 2007: 403-10.

- Proctor D N dan Joyner M J. 1997. Skeletal muscle mass and the reduction of VO₂max in trained older subjects. *J Appl Physiol*. 82: 1411–1415.
- Ross R, Hudson R, Stotz PJ & Lam M (2015). Effects of exercise amount and intensity on abdominal obesity and glucose tolerance in obese adults. *Ann Intern Med*. 162, 325.
- Scribbans T D, Vecsey S, Hankinson P B, Foster W S dan Gurd B J. 2016. The Effect of Training Intensity on VO₂max in Young Adult: A Meta-Regression and Meta-Analysis. *Int J Exerc Sci*. Vol 9(2). 230-247.
- Sharma H B dan Kailashiya J. 2017. Gender Difference in Aerobic Capacity and the Contribution by Body Composition and haemoglobin Concentration: A Study in Young Indian National Hockey Players. *J Clin Diagn Res*. Vol 11(6):ZZ02.
- Sinamo E C. 2012. *Hubungan Antara Status Gizi, Asupan Gizi dan Aktifitas Fisik dengan VO₂ Max pada Mahasiswa Program Studi Gizi FKM UI Tahun 2012*. Skripsi. Depok: Universitas Indonesia.
- Slordahl S A, Madslie V O, Stoylen A, Kjos A, Helgerud J and Wisloff, U. 2004. Atrioventricular plane displacement in untrained and trained females. *Medicine and Science in Sports and Exercise*. 36(11), 1871-1875.
- Sumantri Y. 2013. *Pengaruh Permainan Futsal terhadap Kemampuan VO₂ Max Siswa di SMP*. Skripsi. Pontianak: Universitas Tanjung Pura.
- Suminski R R, Wier L T, Poston W, Arenare B, Randles A dan Jackson A S. 2006. The Effect of Habitual Smoking on Measured and Predicted VO₂max. *Journal of Physical Activity and Health*. Vol 6 667-673.
- Tomlin D L dan Wenger H A. 2001. The Relationship Between Aerobic Fitness and Recovery From High Intensity Intermittent Exercise. *Sports Med*. Vol 31. No: 1. 2001:1-11.
- Warburton D, Nicol C W dan Bredin S. 2006. Health Benefits of Physical Activity: the Evidence. *CMAJ*. Vol 174. No: 6. 2006:801-9.
- Werdihartohadi F A. 2011. *Menjadi Pemain Bola Basket Hebat*. Jakarta: Be Champion.
- Weston K S, Wisloff U & Coombes J S. 2014. High-intensity interval training in patients with lifestyle-induced cardiometabolic disease: a systematic review and meta-analysis. *Br J Sports Med* 48, 1227–1234.
- Wikipedia. 2016. *Sampel (Statistika)*. Diakses: 5 Desember 2016. [https://id.wikipedia.org/wiki/Sampel_\(statistika\)](https://id.wikipedia.org/wiki/Sampel_(statistika))
- Wikipedia. 2016. *VO₂ Max*. Diakses: 1 Desember 2016. https://en.wikipedia.org/wiki/VO2_max

Zuhl M dan Kravitz L. 2012. HIIT vs Continuous Endurance Training: Battle of The Aerobic Titans. *IDEA Fitness Journal* 9(2), 34-40.