

DAFTAR PUSTAKA

- Ailhaud G, Beck B, Bougneres PF, Charles MA, Frelut ML, Martinoswky M, et al. Synthesis and Recommendations. Childhood Obesity: Screening and Prevention. French Institute of Health and Medical Research (Inserm);2000: 1-37.
- Astrand, P.O. & Ryhming, I. (1954) A nomogram for calculation of aerobic capacity (physical fitness) from pulse rate during submaximal work. *J Appl Physiol*, 7, p. 218-221.
- Astrand, P.D. & Rodahl, K., 1986. *Textbook of Work Physiological Basic of Exercise*. New York: Mc.Graw Hill Brooks Company
- Astran, P.O. 2008. Astran Treadmill tes. Diunduh 21 Agustus 2011 dari <http://www.brianmac.co.uk/astrand.htm>.
- Astran, P.O. 2008. Astran-Ryhming Cycle ergometer tes. Diunduh 21 Agustus 2011 dari <http://www.topendsport.com/testing/tests/astrand.htm>.
- Battinelli T. *Physique, fitness, and performance*. Florida: CRC Press; 2000.
- Cooper, K.H.(1983). *The Aerobic Ways*, New York: M Evans and Company, Inc: 30.
- Cooper, K.H. 1968, Cooper 12 minute run tests, The Original Article that describes this test, A mens of assessing maximal oxygen uptake. *Journal of the American Medical Association* 203:201-204.
- Departemen Ilmu Faal Unair, Modul Pemeriksaan Kebugaran dalam Seminar Dan Pelatihan Pendidikan Jasmani Dan Gizi Untuk Meningkatkan Kualitas SDM Sejak Dini, 2010, Departemen Ilmu Faal Fakultas Kedokteran Unair Surabaya
- Documents and Settings/VIP/Desktop/cara mengukur cooper tes « JOQUFI's.htm
- Elizabet Q, About.com Guide.10 ways to Recover Quickly After Exercise, diunduh 2 maret 2011 dari <http://sportsmedicine.about.com/od/samleworkouts/a/After-Exercise.htm>
- Fox E.L, Bowers R.W, Foss M.L, 1993. *The physiological basic of phisical education and athletic*. USA, Sauders College-publishing.
- Goodwin ML, 2007. Blood Lactate Measurement and Analysisi during Exercise : A Guide for Clinician. *J of Diabetes Sci and Tech* 1 (4).

HEYWOOD, V. (1998) *The Physical Fitness Specialist Certification Manual, Advance Fitness Assessment & Exercise Prescription*, 3rd Ed. Leeds: Human Kinetics. p. 48

<http://202.146.5.33/ver1/Olahraga/0701/09/212529.htm>

<http://www.guruolahraga.co.cc/2009/10/dalam-olahraga-istilah-vo2max-tentu.html>

<http://www.thefitmap.co.uk/exercise/tests/advanced/aerobic/treadmill.htm>

<http://www.brianmac.co.uk/cycle6min.htm>

Johnson B, Nelson J. *Practical measurements for evaluation in physical education*. 4th ed. New York : Macmillan Publishing Company ; 1986.

Kerbs NF, Baker RD, Greer FR, Heyman MB, Jaksic T, Lifshitz F. *Prevention of Pediatric Overweight and Obesity*. *Pediatrics*. 2003; 112(2). 424-27.

Kuntaraf. (1992). *Olahraga Sumber Kesehatan*, Indonesia Publishing House, Bandung : 105 & 178.

Lam DR, 1984. *Physiology of Exercise : Responses and Adaptations*. New York : MacMillan Publishing Company, pp 173-188

Lilik H, Choesnan E, 2011. *Manual of Physiology Experimental*. Physiology Department Medical Fakultas-Airlangga University

MACKENZIE, B. (2007) *Astrand 6 minute Cycle Test* [WWW] Available from: <http://www.brianmac.co.uk/cycle6min.htm> [Accessed 27/9/2011]

Muchsin Doewes , Kiyatno, Suradi : *Kontribusi Sistem Respirasi terhadap VO2 Maks Studi Korelasional Pada Atlet Berbagai Cabang Olahraga di Surakarta*

Nurhasan. 2001. *Tes dan Pengukuran Dalam Pendidikan Jasmani*. Jakarta Pusat: Departemen Pendidikan Nasional

Official Journal of The American Society of Exercise Physiologists (ASEP) ISSN 1097-9751. *An International Electronic Journal* Volume 3 Number 4 October 2000

Pasiyan, R. *Faal Paru Kelompok Olahragawandan Non Olahragawan*. Seminar Ilmiah X IAIFI, Abstrak: 1995

Purnomo Ananto. 2000. *Kesegaran Jasmani dan Kesehatan Mental*. Jakarta Pusat : Departemen Pendidikan Nasional

- Pusat Kesegaran Jasmani dan Rekreasi Departemen Pendidikan dan Kebudayaan. Penilaian kesegaran jasmani dengan tes A.C.S.P.F.T untuk siswa SLTP dan remaja berusia setingkat SLTP. Jakarta: Departemen Pendidikan dan Kebudayaan; 1977
- Pusat kesegaran jasmani dan rekreasi, 1992. Departemen Pendidikan dan Kebudayaan.
- Pyke, Frank. *Better Coaching*. 1st ed. Australian Coaching Council, Incorporated, 1991
- Plowman SA, Smith DL, Exercise Physiology: for Health, Fitness, and Performance, 2nd Edition, 2003, Glenview, IL.*
- Roberg RA and Keteyian SJ, 2003. Fundamentals of Exercise Physiology for Fitness, Performance, and Health. Mc Graw Hill, Boston.*
- Sajoto, M. 1988. *Perkembangan dan Pembinaan Kondisi Fisik dalam Olahraga*. Jakarta : Depdikbud, Dirjen Dikti. P2LPTK
- Saltin, B, & Astran, P.O. 1997. Maximal Oxygen Uptake in Athletes. *J. Physiol.*
- Sastropanoelar S 1988. Penentuan Tes Lapangan Yang Sederhana Untuk Menaksir Besarnya Kapasitas Aerob Maksimal, Fakultas Pasca Sarjana Universitas Airlangga Surabaya. Hal.82-104.
- Seidel, Beverly L., Fay R. Biles, G.E. Figley, and B.J. Neuman. (1975). *Sport Skill ; A conceptual Approach to Meaningfull movement*. Iowa : Wm.C. Broen Co. Publisher.
- Sudarno. 1992. *Pendidikan Kesegaran Jasmani*. Jakarta : Departemen Pendidikan dan Kebudayaan
- Sudigdo S. dan Ismael. 2000. *Dasar-dasar Metodologi dalam penelitian Klinis*. Jakarta: Bagian Ilmu Kesehatan Anak Fakultas Kedokteran Universitas Indonesia.
- Sukarman,R, 1987. *Dasar Olahraga: Untuk Pembina Pelatih dan Atlet*. Jakarta. PT. Indayu. Press.
- The Cooper Institute for Aerobics Research, The Physical Fitness Specialist Manual. Dallas, TX. 2005.*
- V. H. Heyward, Advanced Fitness Assessment and Exercise Prescription, Fifth Edition, 2006, Champaign, IL: Human Kinetics.*
Original Source:

Widyah N 2003. Perbandingan Ambilan Oksigen Maksimal Antara Mahasiswa FIK UNESA Yang Diterima Jalur PMDK, SPMB, dan Nonreguler. *Jurnal IKOR* (1) : 3 : 102-109.

WILMORE, J.H. and COSTILL, D.L. (2005) *Physiology of Sport and Exercise*. 3rd ed. Champaign, IL: Human Kinetics.

Zainuddin, 2000. *Metodologi Penelitian Surabaya* : Airlangga Pres.