

DAFTAR PUSTAKA

- Adil, A. *Kontribusi Kekuatan Otot Tungkai dan Kelentukan Terhadap Kemampuan Sepak Mula Pada Permainan Sepaktakraw Pada Siswa SMP Negeri 30 Makasar*. Jurnal Ilara. 2012;3(2): 40-46.
- Appleton, B. *Stretching and Flexibility*. Massachusetts Institute of Technology. 2009
- Arifin, Z. Analisis Gerakan Servis Atas Dalam Permainan Sepaktakraw Berdasarkan Konsep Biomekanika. Jurnal Pendidikan Olahraga. 2014;3(1): 94-103.
- Ayala, F., Sainz de Baranda, P., De Ste Croix, M., Santonja, F. *Reproducibility and Criterion-Related Validity of the Sit and Reach Test and Toe Touch Test for Estimating Hamstring Flexibility in Recreationally Active Young Adults*. Physical Therapy in Sport. 2012;13: 219-226.
- Az-zahra, N., Ichsani, F. Efektivitas Antara Latihan Kontraksi Eksentrik Hydrotherapy Dengan Latihan Ballistic Stretching Untuk Fleksibilitas Otot Hamstring Pada Remaja Putri. Jurnal Fisioterapi. 2016;16(1): 29-39.
- Bailey, D. *Spikes In Acute Workload Are Associated With Increased Injury Risk In Elite Cricket Fast Bowlers*. Br J Sports Med. 2014;48:708-12
- Beltaci, G., Un, N., Besler, A., Gerceker, S. *Comparison of Three Different Sit and Reach Test for Measurment of Hamstring Flexibility in Female University Student*. BMJ Publishing Group. (2015). 59-61.
- Beltran, L., Ghazikhanian, V., Padron, M., Beltran, J. *The Proximal Hamstring Muscle-Tendon-Bone Unit : A Review of the Normal Anatomy, Biomechanics, and Pathophysiology*. European Journal Of Radiology. 2012;81: 3772-3779.
- Castro- Pinero, J., Chillón, P., Montesinos, J.L., Sjostrom, M., Ruiz, J.R. *Criterrion-Related Validity of Sit-and-Reach and Modified Sit-and-Reach Test for Estimating Hamstring Flexibility in Children and Adolescents Aged 6-17 Years*. (2009). 658-662
- Chen, S., Dai, H., Tang, J., Xiao, R. *Physiological Profile of Sepaktakraw University Players*. Topics in Education, Culture and Social Development (TECSD). 2017;1(1): 63-66.
- Chen, Sheng., Xiao, R. *Physiological Profile of Filipino Sepak Takraw College Players*. Asia Pacific Journal of Education, Arts and Sciences. 2017;4(4): 69-74.

- Davis, D. S., Quinn, R. O., Whiteman, C. T., Williams, J. D., & Young, C. R. *Concurrent validity of four clinical tests used to measure hamstring flexibility.* Journal of Strength and Conditioning Research. 2008;22(2): 583-588.
- Dorge, H. C., Bullandersen, T. B., Sorensen, H., and Simonsen, E. B. *Biomechanical differences in soccer kicking with the preferred and the non-preferred leg.* Journal of Sports Sciences. 2002;20: 293-299.
- Evangelidis, P. E. *Hamstring Muscle Anatomy and Function, and Implication for Strain Injury.* 2015.
- French, G., Grayson, C., Sanders, L., Williams, T., Ward, M. *A Comparative Analysis of the Traditional Sit-and-Reach Test and the R.S. Smith Sit-and-Reach Design.* The Corinthian: The Journal of Student Research at Georgia College. 2016;17: 74-80.
- Gago, A.P., Vasconcelos A.A.P., Carban and Saccoll. *The Effect Of Time And Frequency Of Passive Stretching On Flexibility Of The Hamstring Muscles.* Brazilian Journal of Medical and Biological Research. 2012;42: 949-953.
- Hakim, A. Aziz. *Analisis Perolehan Angka dalam Permainan Sepak Takraw.* Jurnal Pelangi Ilmu. 2007;1.
- Herman, H. Perbedaan Ketepatan Servis Melalui Latihan Sepak Sila Dan Pantulan Bola Ke Tembok Dalam Permainan Sepaktakraw. 2012.
- Jamalong, A. *Hubungan Antara Power Otot Tungkai dan Kelentukan Togok Dengan Kemampuan Servis Bawah Dalam Permainan Sepaktakraw Pada Atlet Sepaktakraw Klub Tunas Muda Kabupaten Mempawah.* Jurnal Pendidikan Olahraga. 2016;4(1): 20-34.
- Kisner, C. And Cloby L. *Terapi Latihan Dasar dan Teknik.* EGC. 2014;2(6).
- Kubo, Y., Nakazato, K., Koyama, K., Tahara, Y., Funaki, A., Hiranuma, K. *The Relation Between Hamstring Strain Injury and Physical Characteristics of Japanese Collegiate Sepaktakraw Player.* Internasional Journal Sport Med. 2016
- López-Miñarro, P. A., Andújar, P. B., & Rodríguez-García, P. L. *A Comparison of the Sit-and-Reach Test and the Back-Saver Sit-and-Reach Test in University Students.* Journal of Sports Science & Medicine. 2009;8(1): 116-122.

- Munir, A., Hermawan, T.A. *Sumbangan Kekuatan Otot Tungkai dan Kelentukan Terhadap Kemampuan Servis Bawah Sepak Takraw*. *Unnes Journal of Sport Sciences*. 2015;4(1): 1-6.
- Panteleimon, B., Panagiotis, I., Fotis, B. *Evaluation of Hamstring Flexibility by Using Two Different Measuring Instrument*. *Sport Logia*. 2010;6(2): 28-32.
- Santosa, Giriwijoyo. *Ilmu Faal Olahraga (Fungsi Tubuh Manusia Pada Olahraga)*. 2005.
- Saputro, D.B., Supriyadi. *Pengembangan Variasi Latihan Sepak Sila Sepaktakraw Untuk Tingkat Pemula*. *Indonesia Performance Journal*. 2017;1 (2): 112-118
- Sato, K., Nimura, A., Yamaguchi, K., Akita, K. *Anatomical Study of the Proximal Origin of Hamstring Muscles*. *The Japanese Orthopaedic Association*. 2012;17: 614-618.
- Sopiyudin, D. *Statistik Untuk Kedokteran Dan Kesehatan* Edisi 6. 2014.
- Stillman, B. C., Tully, E. A., & McMeeken, J. M. *Knee Joint Mobility and Position Sense in Healthy Young Adults*. *Physiotherapy*. 2002;88 (9): 553–560.
- Suhartiwi. *Pengaruh Kelentukan, Kekuatan Otot Tungkai dan Koordinasi Mata-Kaki Terhadap Keterampilan SepakSila Pada Atlet Sepaktakraw Sulawesi Selatan*. 2017
- Sujae, I. H and Koh, M. *Technique Analysis of the Kuda and Sila Serves in Sepaktakraw*. *Sport Biomechanics*. 2008;7(1): 72–87.
- Sulaiman. *Alat Tes Keterampilan Sepaktakraw Bagi Atlet Sepaktakraw Jawa Tengah*. *Journal of Physical Education, Health and Sport*. 2014;1(2).
- Waterworth, S. *Hamstring: Measurment, Stretching and Injury Susceptibility*. 2013
- Wismanto. *Pelatihan Metode Active Isolated Stretching Lebih Efektif Dari Pada Contract Relax Stretching Dalam Meningkatkan Fleksibilitas Otot Hamstring*. *Jurnal Fisioterapi*. 2011;11(1): 77-95.