

DAFRTAR PUSTAKA

- Adibpour, N., Bakht, H. N., & Behpour, N. (2012). Comparison of the Effect of Plyometric and Weight Training Programs on Vertical Jumps in Female Basketball Players. *World Journal of Sport Sciences* 7 (2): 99-104, 2012, 7(2), 99–104. <https://doi.org/10.5829/idosi.wjss.2012.7.2.1173>
- Afrizal, S., & Soniawan, V. (2021). *A Contribution of Leg Muscle Explosion Power and Flexibility to Football Shooting Accuracy*. 35(Icssht 2019), 1–6. <https://doi.org/10.2991/ahsr.k.210130.001>
- Amaro, C. M., Castro, M. A., Roseiro, L., Mendes, R., & Amaro, A. M. (2021). Gastrocnemius activation throughout the competitive season in athletes of different experience levels. *Applied Sciences (Switzerland)*, 11(3), 1–10. <https://doi.org/10.3390/app11030984>
- Andreoli, C. V., Chiamonti, B. C., Buriel, E., Pochini, A. D. C., Ejnisman, B., & Cohen, M. (2018). Epidemiology of sports injuries in basketball: Integrative systematic review. *BMJ Open Sport and Exercise Medicine*, 4(1). <https://doi.org/10.1136/bmjsem-2018-000468>
- Arkininstall, M. (2010). *Macmillan VCE Physical Education 1: Units 1 & 2*. Macmillan Education Australia, 2010.
- Barber Foss, K. D., Myer, G. D., & Hewett, T. E. (2014). Epidemiology of basketball, soccer, and volleyball injuries in middle-school female athletes. *Physician and Sportsmedicine*, 42(2), 146–153. <https://doi.org/10.3810/psm.2014.05.2066>
- Blazevich, A. (2010). SPORTS BIOMECHANICS THE BASICS: OPTIMISING HUMAN PERFORMANCE. In *Syria Studies* (Vol. 7, Issue 1). A&C Black Publishers Ltd. https://www.researchgate.net/publication/269107473_What_is_governance/link/548173090cf22525dcb61443/download%0Ahttp://www.econ.upf.edu/~renyal/Civil_wars_12December2010.pdf%0Ahttps://think-asia.org/handle/11540/8282%0Ahttps://www.jstor.org/stable/41857625
- Bordoni, B., & Varacallo, M. (2018). Anatomy, Bony Pelvis and Lower Limb, Gastrocnemius Muscle. *StatPearls*, December. <http://www.ncbi.nlm.nih.gov/pubmed/30422541>
- Brockett, C. L., & Chapman, G. J. (2016). Biomechanics of the ankle. *Orthopaedics and Trauma*, 30(3), 232–238. <https://doi.org/10.1016/j.mporth.2016.04.015>
- Carolyn Kisner, L. A. C. (2012). *THERAPEUTIC EXERCISE FOUNDATION AND TECHNIQUES*. F. A. Davis Company 1915 Arch Street Philadelphia, PA 19103 www.fadavis.com.
- Dahlan. (2014). *Dahlan, Sopiudin. 2014. Statistik Untuk Kedokteran Dan Kesehatan Edisi 6. Jakarta: Salemba Medika.*

- Darmiento, A., Galpin, A. J., & Brown, L. E. (2012). Vertical jump and power. *Strength and Conditioning Journal*, 34(6), 34–43. <https://doi.org/10.1519/SSC.0b013e3182752b25>
- Dendir, S. (2016). When do soccer players peak? A note. *Journal of Sports Analytics*, 2(2), 89–105. <https://doi.org/10.3233/jsa-160021>
- Ferris, R. M., & Hawkins, D. A. (2020). Gastrocnemius and Soleus Muscle Contributions to Ankle Plantar Flexion Torque as a Function of Ankle and Knee Angle. *Sports Injuries & Medicine*, 4(01), 1–7. <https://doi.org/10.29011/2576-9596.100063>
- FIBA Central Board. (2020). 2020 Official Basketball Rules. In *Fiba* (pp. 1–101). International Basketball Federation (FIBA).
- Gapeyeva, H. (2015). *Calf muscle strength and postural stability in young male athletes* Сила мышц голени и постральная стабильность у юных спортсменов *Calf muscle strength and postural stability in young male athletes*. November.
- García-Ramos, I. Š. (n.d.). *Predicting Vertical Jump Height from Bar Velocity*. ©Journal of Sports Science and Medicine (2015).
- Harato, K., Morishige, Y., Kobayashi, S., Niki, Y., & Nagura, T. (2022). Biomechanical features of drop vertical jump are different among various sporting activities. *BMC Musculoskeletal Disorders*, 23(1), 1–6. <https://doi.org/10.1186/s12891-022-05290-0>
- Hawley, V. S. (2016). *The Relationship Between Foot Anthropometry and Jump Performance*. 26.
- Jeremy D.Wong, M. F. B. (2016). *Optimizing the Distribution of Leg Muscles for Vertical Jump* (pp. 1–15). Wong, J. D., Bobbert, M. F., Van Soest, A. J., Gribble, P. L., & Kistemaker, D. A. (2016). Optimizing the distribution of leg muscles for vertical jumping. *PLoS ONE*, 11(2). <https://doi.org/10.1371/journal.pone.0150019>
- Keller, K., & Engelhardt, M. (2013). Strength and muscle mass loss with aging process. Age and strength loss. *Muscles, Ligaments and Tendons Journal*, 3(4), 346–350. <https://doi.org/10.11138/mltj/2013.3.4.346>
- Kinser, A. M., Ramsey, M. W., O'Bryant, H. S., Ayres, C. A., Sands, W. A., & Stone, M. H. (2008). Vibration and stretching effects on flexibility and explosive strength in young gymnasts. *Medicine and Science in Sports and Exercise*, 40(1), 133–140. <https://doi.org/10.1249/mss.0b013e3181586b13>
- Kraemer, W. J., & Looney, D. P. (2012). Underlying mechanisms and physiology of muscular power. *Strength and Conditioning Journal*, 34(6), 1–7. <https://doi.org/10.1519/SSC.0b013e318270616d>
- Lesmana, S. I. (2012). 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 Pada Mahasiswa Fakultas Ilmu Kesehatan dan Fisioterapi. *Universitas Esa Unggul*, 5(1), 1–31. <http://www.esaunggul.ac.id/article/perbedaan-pengaruh-metode-latihan-beban-terhadap-kekuatan-dan-da%0Aya-tahan-otot-biceps-brachialis-ditinjau-dari-perbedaan-gender-studi-komparasi-pemberian-latihan-beban%0A-metode-delorme-dan-metode-oxford/>
- Linthorne, N. P. (2001). Analysis of standing vertical jumps using a force platform. *American Journal of Physics*, 69(11), 1198–1204. <https://doi.org/10.1119/1.1397460>
- Lynn S. Lippert, MS, P. (2006). Clinical and Anatomy Study. In *Bosnian Journal of Basic Medical Science*.
- Matthew Carrol, Wi. J. (2013). *Assesment of foot and ankle muscle strength using hand held dynamometry in patients with established rheumatoid arthritis* (pp. 1–4). *Journal of foot and ankle research*. <https://doi.org/10.1186/1757-1146-6-10>
- McKay, M. J., Baldwin, J. N., Ferreira, P., Simic, M., Vanicek, N., Burns, J., Nightingale, E., Pourkazemi, F., Sman, A., Hiller, C., Mousavi, S., Nicholson, L., Rose, K., Chard, A., Mackey, M., Moloney, N., Raymond, J., Yan, A. F., Hübscher, M., ... Quinlan, K. (2017). Normative reference values for strength and flexibility of 1,000 children and adults. *Neurology*, 88(1), 36–43. <https://doi.org/10.1212/WNL.0000000000003466>
- P. Grimshaw. (2007). *Sport and Exercise Biomechanics*. Taylor & Francis Group In US: 270 Madison Avenue, New York, NY 10016 In UK: 2 Park Square, Milton Park Abingdon, Oxon OX14 4RN.
- Panoutsakopoulos, V., Kotzamanidou, M. C., & Papaiakevou, G. (2021). *Rentang Gerak Sendi Pergelangan Kaki dan Pengaruhnya Terhadap Kinerja Lompat Jongkok Dengan dan Tanpa Ayunan Lengan Pada Pemain Bola Voli Remaja Putri*.
- Panoutsakopoulos, V., Kotzamanidou, M. C., Papaiakevou, G., & Kollias, I. A. (2021). The ankle joint range of motion and its effect on squat jump performance with and without arm swing in adolescent female volleyball players. *Journal of Functional Morphology and Kinesiology*, 6(1). <https://doi.org/10.3390/jfmk6010014>
- Prilutsky, B. I. (2008). Eccentric Muscle Action in Sport and Exercise. *Biomechanics in Sport*, 56–86. <https://doi.org/10.1002/9780470693797.ch4>
- Quraisy, A. (2022). Normalitas Data Menggunakan Uji Kolmogorov-Smirnov dan Saphiro-Wilk. *J-HEST Journal of Health Education Economics Science and Technology*, 3(1), 7–11. <https://doi.org/10.36339/jhest.v3i1.42>
- Spink, M. J., Fotoohabadi, R., & Menz, H. B. (2010). *Foot and Ankle Strength Assessment Using Hand-Held Dynamometry: Reliability and Age-Related Differences*. 525–532. <https://doi.org/10.1159/000264655>
- Stark, T., Walker, B., Phillips, J. K., Fejer, R., & Beck, R. (2011). Hand-held

- dynamometry correlation with the gold standard isokinetic dynamometry: A systematic review. *PM and R*, 3(5), 472–479. <https://doi.org/10.1016/j.pmrj.2010.10.025>
- Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016). The Importance of Muscular Strength in Athletic Performance. *Sports Medicine*, 46(10), 1419–1449. <https://doi.org/10.1007/s40279-016-0486-0>
- Villalon-gasch, L., Penichet-tomas, A., Jimenez-olmedo, J. M., Sebastia-amat, S., & Pueo, B. (2022). *Postactivation Performance Enhancement (PAPE) Increases Vertical Jump in Elite Female Volleyball Players.*
- Yun, S. J., Kim, M. H., Weon, J. H., Kim, Y., Jung, S. H., & Kwon, O. Y. (2016). Correlation between toe flexor strength and ankle dorsiflexion rom during the countermovement jump. *Journal of Physical Therapy Science*, 28(8), 2241–2244. <https://doi.org/10.1589/jpts.28.2241>
- Ziv, G., & Lidor, R. (2010). Vertical jump in female and male basketball players- A review of observational and experimental studies. *Journal of Science and Medicine in Sport*, 13(3), 332–339. <https://doi.org/10.1016/j.jsams.2009.02.009>