

DAFTAR PUSTAKA

- Amazine.co - online popular knowledge*, ‘3 Jenis & 6 Manfaat Latihan Anaerobik’, <<http://www.amazine.co/18745/3-jenis-6-manfaat-latihan-anaerobik/>>.
- Amazine.co - online popular knowledge*, ‘Tips Bugar & Sehat: Ketahui 10 Manfaat Latihan Aerobik’, <<http://www.amazine.co/18713/tips-bugar-sehat-ketahui-10-manfaat-latihan-aerobik/>>.
- Battinelli T. Physique, fitness, and performance. Florida: CRC Press; 2000.
- Braden D.S, Carroll J F. Normative cardiovascular respons to exercise in children. Pediatr cardiol. 1999; 20: 4-10.
- Brown JD, Lawton M. Stress and well-being in adolescence: the moderating role of physical exercise. J Hum stress 1986; 12(3): 125-131.
- Colan SD. Exercise. In: Fyler DC editor. Nadas’ pediatrics cardiology. Hanley & Belfus, Inc. Philadelphia: 1992. p 187-91.
- Departemen Kemahasiswaan Universitas Esa Unggul, 2015
- Frediks AM, Buuren SV, Wit JM, Verloove-Vanhorick SP. Body Index Measurements in 1996-7 Compared with 1980. Arch dis child. 2000; 82: 107-12
- Freedson P, Bunker L. Physical activity and sport in the lives of girls physical and mental health dimensions from an interdisciplinary approach. Washington DC: Tucker center; 1997
- F. Suharjana dan P. Heri 2008, ‘Kebugaran Jasmani Mahasiswa D II PGSD PENJAS FIK UNY’, *Jurnal Pendidikan Jasmani Indonesia*, vol. 5, no. 2, November, hh. 65-66.
- Heyward Y, Stolarczyk L. Applied body composition assesment. USA: Human kinetics; 1996.
- Jafar, N 2005, ‘Pertumbuhan remaja’, Program Studi Ilmu Gizi Fakultas Kesehatan Masyarakat Universitas Hasanuddin, hh. 1-21.
- Lifestyles statistics team 2014, *Statistics on Obesity, Physical Activity and Diet: England 2014*, Health and Social Care Centre, United Kingdom.
- Mackenzie, B 2005, *101 Performance evaluation tests*, Eletric World plc., London.

Masud, I. 1989, *Dasar-dasar fisiologi kardiovaskuler*, Penerbit Buku Kedokteran EGC, Jakarta.

Mihardja L. Sistem energi dan zat gizi yang diperlukan pada olahraga aerobik dan anaerobik. Gizi Medik Indonesia. 2004; 3. 9-13

Montoye HJ. Energy costs of exercise and sport. Nutrition in sport. Vol. VII. Ronald J. Maughan. Blackwell scinence. Oxford; 2000. p 53-9.

Muryono S. Anatomi fungsional sistem lokomosi (pengantar kinesiologi). Semarang : Bagian Anatomi Fakultas Kedokteran Universitas Diponegoro; 2001

Nieman D. The exercise test as a component of the total fitness evaluation. Primary care clinics in office practice. 2001; 28: 1-13

Rivera-Brown, Anita M. & Frontera, Walter R. 2012, 'Principles of exercise physiology: responses to acute exercise and long-term adaptations to training', *Principles of Exercise Physiology*, vol. 4, November, hh. 797-804

Rosenbaum M. Obesity in children. Endotext.com 2002. 1-23.

Ruiz, J 2007, *Cardiorespiratory fitness and cardiovascular disease risk factors in children and adolescents*, the Department of Biosciences and Nutrition, Unit for Preventive Nutrition, Karolinska Institutet, Stockholm, Sweden.

Thompson PD, Buchner D, Pina IL, Balady GJ, Williams MA, Marcuss BH, et al. Exercise and physical activity in the prevention and treatment of atherosclerotic cardiovascular disease a statement from the council on clinical cardiology (subcommittee on exercise, rehabilitation, and prevention) and the council on nutrition, physical activity, and metabolism (subcommittee on physical activity). AHA Scientific Statement. Circulation. 2003;107: 3109-116. Available at <http://circulationaha.org>

U.S. Department of Health and Human Services 1996, *Physical activity and health: a report of the surgeon general*, laporan oleh Audrey F. Manley, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Atlanta, GA.

World Health Organization, *Global Physical Activity Questionnaire (GPAQ)*, Department of Chronic Diseases and Health Promotion Surveillance and Population-Based Prevention, Geneva, Switzerland.

World Health Organization 2003, 'WHO definition of health', last amended 1948, <http://www.who.int/about/definition/en/print.html>