

DAFTAR PUSTAKA

- Akuthota, V.Fereiro A., Moore, T., et al. (2008). Core Stability Exercise Principle. Current Sport Medicine Report. Vol 7 No. 1, pp.39-44
- Almatsier, Sunita.2016 PRINSIP DASAR ILMU GIZI. GM 203 01.686
- Arovah NI. Prinsip Dasar Program Olahraga Kesehatan. 2014. [cited 2014 Nov 28]. Available from:http://staff.uny.ac.id/sites/default/files/132300162/13.Prinsip_Dasar_Olahraga_Kesehatan.pdf.
- Barnes, D.E., 2011. Program Olahraga Diabetes. Yogyakarta: Citra Aji Parama
- Benowitz, NL. Nicotine Addiction. N Engl J Med, 2010; 362:2295-303.
- Estevan, I., Falco, C., Álvarez, O., & Molina, G., J. (2012). Effect of Olympic Weight Category on Performance in the Roundhouse Kick to the Head in *Taekwondo*. J Hum Kinet, 31(1), 37–43.
- Estevan, I., & Falco, C. (2013). Mechanical analysis of the roundhouse kick according to height and distance in *Taekwondo*. Biol Sport, 30(4), 275–9.
<https://mscsportscience.weebly.com/energy-systems.html>
- <https://sinta.unud.ac.id>
- http://www.riskesdas.litbang.depkes.go.id/laporan_2010/reg.php [23 Maret 2012].
- Marks D, Marks A, Smith C. Pemeliharaan Kadar Glukosa Darah. Dalam: Suyono J, Sadikin V, Mandera L, editor bahasa Indonesia. Biokimia Kedokteran Dasar. Jakarta: EGC; 2000. p. 462-77.
- Pasurney, L.P. 2001. Latihan Fisik Olahraga. Pusat Pengembangan & Penataran bidang penelitian & Pengembangan KONI Pusat, Jakarta.
- PERKENI, 2011. Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia. www.perkeni.org. (31 Mei 2013).
- Pieter w, H. J. (2000). Scientific Coaching for Olympic *Taekwondo*. 2nd ed. Aachen: Meyer and Meyer Sport.
- Rachmad Kriyantono, Teknis praktis Riset Komunikasi (Jakarta: Kencana Prada Media, 2008)
- Ria Listina, Olahraga mengajarkan *Taekwondo*, (Jakarta Timur: PT Balai Pustaka Persero: 2012) h.2.

- Soekidjo Notoadmojo, Metode penelitian kesehatan (Jakarta: Rineka Cipta, 2010).
- Santoso, L. D. 2010. Rahasia Diet 2: the home gym. Jakarta: PT BPK Gunung Mulia
- Sugiyono. Metodologi penelitian kuantitatif kualitatif dan R&D. (Bandung: Alfabeta. 2010).
- Wąsik, J., et al. (2018). The influence of gender, dominant lower limb and type of target on the velocity of taekwon-do front kick. *Acta Bioeng Biomech*, 20(2), 133–8, (Online), (<http://www.ncbi.nlm.nih.gov/pubmed/30220721>).
- Wąsik, J., Shan, G. (2015). Target effect on the kinematics of *Taekwondo* Roundhouse Kick-Is the presence of a physical target a stimulus, influencing muscle-power generation. *Acta Bioeng Biomech*, 17(4), 115– 20.
- WHO, 2013. Physical Activity. www.who.int (5 juni 2013).

Widiyanto. Glukosa Darah Sebagai Sumber Energi [Skripsi]. Yogyakarta: Universitas Negeri Yogyakarta, 2007. [cited 2014 Nov 21]. Available from: <http://ejournal. UNM.ac.id/>.

