

## DAFTAR PUSTAKA

- Abubakar, R. (2021). Pengantar Metodologi Penelitian. In *Antasari Press*. SUKA-Press UIN Sunan Kalijaga.
- Aka, K. A. (2019). Integration Borg & Gall (1983) and Lee & Owen (2004) models as an alternative model of design-based research of interactive multimedia in elementary school. *Journal of Physics: Conference Series*, 1318(1). <https://doi.org/10.1088/1742-6596/1318/1/012022>
- Arifin, M. B. U. B., & Nurdyansyah. (2018). *Buku Ajar Metodologi Penelitian Pendidikan* (E. F. Fahyuni (ed.)). UMSIDA Press.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: theory and methodology of training* (5th ed.). Human Kinetics.
- Borich, G. D. (2017). *Effective Teaching Methods: Research-Based Practice*. Pearson Education, Inc. or its affiliates.
- Chen, A. (2013). Effects of exergaming and the physical education curriculum. In *Journal of Sport and Health Science*. <https://doi.org/10.1016/j.jshs.2013.03.001>
- Coker, C. (2018). Kinematic Effects of Varying Adolescents' Attentional Instructions for Standing Long Jump. *Perceptual and Motor Skills*, 125(6), 1093–1102. <https://doi.org/10.1177/0031512518802903>
- Din, C., & Paskevich, D. (2013). An Integrated Research Model of Olympic Podium Performance. *International Journal of Sports Science & Coaching*, 8(2), 431–444. <https://doi.org/10.1260/1747-9541.8.2.431>
- Edwards, L. C., Bryant, A. S., Keegan, R. J., Morgan, K., & Jones, A. M. (2017). Definitions, Foundations and Associations of Physical Literacy: A Systematic Review. *Sports Medicine*, 47(1), 113–126. <https://doi.org/10.1007/s40279-016-0560-7>
- Gunawan. (2020). *Pengembangan Model Pembelajaran Keterampilan Bola Voli Berbasis Multimedia Interaktif*. Universitas Negeri Jakarta.
- Hansen, D., & Kennelly, S. (2017). *Plyometric anatomy*. Human Kinetics. <http://library1.nida.ac.th/termpaper6/sd/2554/19755.pdf>
- Hariyanti, W., Astra, I. K. B., & Suwiwa, I. G. (2019). Pengembangan Model Latihan Fleksibilitas. *Penjaroka*, 6(1), 57–64.

- Hidayatullah, F., & Kristiyanto, A. (2017). The Journal of Educational Development Physical Education in Primary School. *The Journal of Educational Development*, 5(36), 172–182.
- Indrajaya, F. A., Sugiyanto, S., & Kristiyanto, A. (2019). The Development of Gateball Basic Technique Training Model based on Adobe Flash Player (Development Studies at Gateball Club in Semarang City). *International Journal of Multicultural and Multireligious Understanding*, 6(5), 996. <https://doi.org/10.18415/ijmmu.v6i5.1132>
- Kalab, K. A. (1992). Playing gateball: A game of the Japanese elderly. *Journal of Aging Studies*, 6(1), 23–40. [https://doi.org/10.1016/0890-4065\(92\)90025-2](https://doi.org/10.1016/0890-4065(92)90025-2)
- Kang, H. W., Park, M., & Wallace (Hernandez), J. P. (2016). The impact of perceived social support, loneliness, and physical activity on quality of life in South Korean older adults. *Journal of Sport and Health Science*, 7(2), 237–244. <https://doi.org/10.1016/j.jshs.2016.05.003>
- Kang, K. Y. (2014). Indoor gateball's influence on life satisfaction and the prevention of falls by the elderly. *Journal of Physical Therapy Science*, 26(12), 1885–1886. <https://doi.org/10.1589/jpts.26.1885>
- Kee, Y. H. (2019). Reflections on athletes' mindfulness skills development: Fitts and Posner's (1967) three stages of learning. *Journal of Sport Psychology in Action*, 10(4), 214–219. <https://doi.org/10.1080/21520704.2018.1549640>
- Klämpl, M. K., Lobinger, B. H., & Lehmann, T. (2020). Exploring the phenomenological, environmental, and task-related aspects of the Yips in Tennis, Miniature Golf, Darts, and Archery. *International Journal of Sport Psychology*, 51(4), 359–382. <https://doi.org/10.7352/IJSP.2020.51.359>
- Ledur, J. A., & Begossi, T. D. (2020). Traçados Históricos Da Prática Do Gateball No Brasil: O Caso De IVOTI/RS (1980-2010). *Caminhos Da História*, 1, 41–57. <https://doi.org/https://doi.org/10.38049/issn.2317-0875v25n1p.41-57>
- Li, X., Tang, N., Yu, R., Jiang, H., & Xie, H. (2022). The Effect of Playing Gateball Sports on Older Chinese People's Wellbeing in the Context of Active Aging—Based Mediation of Social Capital. *International Journal of Environmental Research and Public Health*, 19(19). <https://doi.org/10.3390/ijerph191912254>

- Lloyd, R. S., & Oliver, J. L. (2012). The youth physical development model: A new approach to long-term athletic development. *Strength and Conditioning Journal*, 34(3), 61–72. <https://doi.org/10.1519/SSC.0b013e31825760ea>
- Mahfud, I., & Yuliandra, R. (2020). Pengembangan Model Gerak Dasar Keterampilan Motorik Untuk Kelompok Usia 6-8 Tahun. *SPORT-Mu: Jurnal Pendidikan Olahraga*, 1(01), 54–66. <https://doi.org/10.32528/sport-mu.v1i01.3055>
- Merrell-mcbride, M. (2022). *Clinician perspectives on integrating motor learning theory and principles into rehabilitation*.
- Mohamed, R. A. K., Ali, A. H., & Nasir, M. (2021). Aplikasi Ranah Kognitif Anderson & Krahthwohl dalam Pengajaran dan Pembelajaran Pantun di Sekolah Dasar. *Journal of Humanities and Social Sciences*, 3(3), 110–118. <https://doi.org/10.36079/lamintang.jhass-0303.286>
- Muslimin, A. M., & Lestari, T. (2021). Perancangan Alat Timbangan Digital Berbasis Arduino Leonardo Menggunakan Sensor Load Cell. *Jurnal Natural*, 17(1), 50–63.
- NSCA. (2017). *NSCA: All-American Strength and Conditioning Athletes of the Year*.
- Nur Harsono, T. (2017). Development of Stick and Ball Sports on Gateball How to Cite. *Journal of Physical Education, Sport, Health and Recreations Indriyanti*. *Journal of Physical Education, Sport, Health and Recreation Indriyanti et Al*. *Journal of Physical Education, Sport, Health and Recreation, 6(633)*, 164–170. <http://journal.unnes.ac.id/sju/index.php/peshr>
- Palmer, H. A., Newell, K. M., Gordon, D., Smith, L., & Williams, G. K. R. (2018). Qualitative and quantitative change in the kinematics of learning a non-dominant overarm throw. *Human Movement Science*, 62(July), 134–142. <https://doi.org/10.1016/j.humov.2018.10.004>
- Pimentel, M. A. F., Clifton, D. A., Clifton, L., & Tarassenko, L. (2014). A review of novelty detection. *Signal Processing*, 99, 215–249. <https://doi.org/10.1016/j.sigpro.2013.12.026>
- Putranto, D., & Andriadi, A. (2019). Pengembangan Model Latihan Passing ADE Sepakbola. *SPORTIVE: Journal Of Physical Education, Sport and*

- Recreation*, 2(2), 73. <https://doi.org/10.26858/sportive.v2i2.9514>
- Richard A. Magill, & Anderson, D. I. (2014). *Motor Learning and Control: Concepts and Applications* (X). The McGraw-Hill Companies, Inc.
- Rombot, O., Boeriswati, E., & Suparman, M. A. (2020). Improving Reading Comprehension Skills of International Elementary School Students through Blended Learning. *Al Ibtida: Jurnal Pendidikan Guru MI*, 7(1), 56. <https://doi.org/10.24235/al.ibtida.snj.v7i1.6045>
- Rules, G. (2020). *Q & A Guide: The rules made clear! All your questions answered! Explaining the 2019 Game Rules*. World Gateball Union. url: <http://www.gateball.or.jp/jguweb/wgu/%0APrinted>
- Runswick, O. R., Roca, A., Williams, A. M., Bezodis, N. E., & North, J. S. (2018). The effects of anxiety and situation-specific context on perceptual-motor skill: a multi-level investigation. *Psychological Research*, 82(4), 708–719. <https://doi.org/10.1007/s00426-017-0856-8>
- Sari, P., & Ampera, D. (2018). Pengembangan Model Pembelajaran Berbasis IDI (Instructional Development Institute). *Seminar Nasional Royal (SENAR)*, 1(1), 573–576. <https://jurnal.stmikroyal.ac.id/index.php/senar/article/view/244>
- Sazly, S. Z. S., Jambari, H., Noh@seth, N. H., Pairan, M. R., Ahyan, N. A. M., Hamid, M. Z. A., & Osman, S. (2021). Development of augmented reality applications in teaching and learning for a topic of current and voltage division for technical and vocational education. *Journal of Technical Education and Training*, 13(3 Special Issue), 125–132. <https://doi.org/10.30880/jtet.2021.13.03.012>
- Selbst, A. D., Boyd, D., Friedler, S. A., Venkatasubramanian, S., & Vertesi, J. (2019). Fairness and abstraction in sociotechnical systems. *FAT\* 2019 - Proceedings of the 2019 Conference on Fairness, Accountability, and Transparency*, 59–68. <https://doi.org/10.1145/3287560.3287598>
- Silalahi, A. (2018). Development Research (Penelitian Pengembangan) dan Research & Development (Penelitian & Pengembangan) Dalam Bidang Pendidikan/Pembelajaran. *Research Gate*, July, 1–13. <https://doi.org/10.13140/RG.2.2.13429.88803/1>

- Simorangkir, W. P., Irfan, M., & Valianto, B. (2022). Management Analysis on Gateball Sport Coaching in Pergatsi North Sumatera. *Proceedings of the 6th Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2021)*, 591(Aisteel), 79–82. <https://doi.org/10.2991/assehr.k.211110.064>
- Skinner, J., Edwards, A., & Corbett, B. (2015). *Research Methods for Sport Management*. Routledge Taylor & Francis Group.
- Sri Wahyu Ningrum, N. L. P., Agus Dharmadi, M., & Budi Darmawan, G. E. (2022). Kontribusi Kekuatan Otot Lengan dan Fleksibilitas Pergelangan Tangan pada Pukulan Tengah ke Gate dalam Gateball. *Jurnal Pendidikan Kepelatihan Olahraga Undiksha*, 13(1), 1–9. <https://doi.org/10.23887/jjpko.v13i1.52204>
- Sugiyono. (2010). *Metode penelitian Pendidikan: Pendekatan Kuantitatif, Kualitatif, dan R&D* (11th ed.). Alfabeta.
- Sugiyono. (2013). *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif dan R&D*. Alfabeta.
- Sumertajaya, I. K. S. W. (2022). Implikasi Perubahan Undang-Undang Keolahragaan Terhadap Pengupahan Bagi Olahragawan Profesional. *Jurnal Raad Kertha Vol.5*, 5(2), 30–41.
- Sunanda, N., Hrushikesava Raju, S., Faiayaz Waris, S., & Koulagaji, A. (2020). Smart Instant Charging of Power Banks. *IOP Conference Series: Materials Science and Engineering*, 981(2). <https://doi.org/10.1088/1757-899X/981/2/022066>
- Syahban, A. (2017). Kontribusi Kekuatan Otot Lengan dan Keseimbangan Badan Terhadap Kemampuan Servis Atas Bolavoli pada Mahasiswa Program Studi Pendidikan Jasmani, Kesehatan Dan Rekreasi STKIP Paris Barantai Kotabaru. *Cendekia: Jurnal Ilmiah Pendidikan*, 1–13. <http://ejurnal.stkip-ktb.ac.id/index.php/jurnal/article/view/45/0>
- Syahban, A. (2018). Kontribusi Kekuatan Otot Tungkai dan Koordinasi Mata-Kaki Terhadap Kemampuan Sepak Sila Permainan Sepak Takraw Pada Mahasiswa Putra STKIP Paris Barantai Kotabaru. *Jurnal Ilmiah Pendidikan STKIP Paris Barantai*, 6(9), 8–14. <http://ejurnal.stkip-ktb.ac.id/index.php/jurnal/article/view/45/0>

- ktb.ac.id/index.php/jurnal/article/view/103
- Wang, L., Ai, D., & Zhang, N. (2017). Exercise dosing and prescription-playing it safe: Dangers and prescription. In *Advances in Experimental Medicine and Biology* (Vol. 1000). [https://doi.org/10.1007/978-981-10-4304-8\\_19](https://doi.org/10.1007/978-981-10-4304-8_19)
- WGU. (2019). *Official Gateball Rules Guide For Refrees*. WORLD GATEBALL UNION. [http://gateball.or.jp/wgu/%0A\(WGU\)](http://gateball.or.jp/wgu/%0A(WGU))
- Widiastuti. (2011). *Tes dan pengukuran olahraga*. PT. Bumi Timur Jaya.
- Ziegler, A., Chandler, K. L., Vialle, W., & Stoeger, H. (2017). Exogenous and Endogenous Learning Resources in the Actiotope Model of Giftedness and Its Significance for Gifted Education. *Journal for the Education of the Gifted*, 40(4), 310–333. <https://doi.org/10.1177/0162353217734376>
- Zielinski, D. (2019). Can playing games help students master concepts from general psychology classes? *International Journal of Game-Based Learning*. <https://doi.org/10.4018/IJGBL.2019040104>

