

DAFTAR PUSTAKA

- Abdurrojak, H., & Imanudin, I. (2016). Hubungan Antara Reaction Time Dan Kekuatan Maksimal Otot Lengan Dengan Kecepatan Pukulan Pada Cabang Olahraga Tinju. *Jurnal Terapan Ilmu Keolahragaan*, 1(2), 53. <https://doi.org/10.17509/jtikor.v1i2.2681>
- Abdurrojak, H., Imanudin, I., & Indonesia, U. P. (2016). Hubungan Antara Reaction Time Dan Kekuatan. *Jurnal Terapan Ilmu Keolahragaan*.
- Adi, S. (2016). Latihan Mental Atlet Dalam Mencapai Prestasi Olahraga Secara Maksimal. *Prosiding Seminar Nasional*.
- Afandi, M. (2013). Model dan Motode Pembelajaran. In *Unissula press*.
- Aji, W. N. (2016). MODEL PEMBELAJARAN DICK AND CARREY DALAM PEMBELAJARAN BAHASA DAN SASTRA INDONESIA. *Kajian Linguistik Dan Sastra*. <https://doi.org/10.23917/cls.v1i2.3631>
- Al-Tabany, T. I. B. (2014). *Mendesain model pembelajaran Inovatif, Progresif, dan Kontekstual* (T. T. T. Trianto (Ed.); 1st ed.). Prenadamedia Group.
- Anam, K., Adiatmika, I. P. G., Griadhi, I. P. A., Muliarta, I. M., Sundari, L. P. R., & Purnawati, S. (2019). PELATIHAN PUKULAN BAYANGAN LEBIH BAIK DARI PADA PUKULAN BIASA DALAM MENINGKATKAN VO2MAX DAN DAYA TAHAN OTOT LENGAN PADA ATLET TINJU AMATIR KABUPATEN LOMBOK TENGAH (NTB). *Sport and Fitness Journal*. <https://doi.org/10.24843/spj.2019.v07.i03.p04>
- Anggriawan, N. (2015). PERAN FISILOGI OLAHRAGA DALAM MENUNJANG PRESTASI. *Jurnal Olahraga Prestasi*.
- Appelbaum, L. G., & Erickson, G. (2018). Sports vision training: A review of the state-of-the-art in digital training techniques. *International Review of Sport and Exercise Psychology*, 11(1), 160–189. <https://doi.org/10.1080/1750984X.2016.1266376>
- Arifin, R., & Warni, H. (2019). MODEL LATIHAN KELINCAHAN SEPAKBOLA. *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*. <https://doi.org/10.20527/multilateral.v17i2.5702>
- Arikunto, S. (2008). *Penilaian Program Pendidikan*. Bumi Aksara.
- Arseneau, E., Mekary, S., & Léger, L. A. (2011). Requirements of Boxing Exercises. *Journal of Strength and Conditioning Research*, 25(2), 348–359. <https://doi.org/10.1519/JSC.0b013e3181ef64cb>
- AZMI, U. (2015). *PENERAPAN METODE THINK PAIR AND SHARE (BERPIKIR-BERPASANGAN-BERBAGI) UNTUK MENINGKATKAN PRESTASI BELAJAR SISWA PADA MATA PELAJARAN AKIDAH AKHLAK SMP MUHAMMADIYAH 02 LAMONGAN*. [http://eprints.umg.ac.id/2787/3/BAB II.pdf](http://eprints.umg.ac.id/2787/3/BAB%20II.pdf)
- Bangsbo, J., & Mohr, M. (2015). *Fitness Testing in Football: Fitness Training in Soccer II*. Bangsbosport.
- Bayu Purwo Adhi, S. & T. S. (2017). Pengaruh Metode Latihan dan Kekuatan Otot Tungkai terhadap Power Otot Tungkai. *Journal of Physical Education and Sports*, 6(1). <https://journal.unnes.ac.id/sju/index.php/jpes/article/view/17315/8739>

- Beauchez, J. (2016). In the Shadow of the Other: Boxing, Everyday Struggles and the Feeling of Strangeness. *Sociology*, 50(6), 1170–1184. <https://doi.org/10.1177/0038038515587638>
- Bingul, B. M., Bulgan, C., Tore, O., Bal, E., & Aydin, M. (2018). The Effects of Biomechanical Factors to Teach Different Hook Punch Techniques in Boxing and Education Strategies. *Journal of Education and Training Studies*, 6(3a), 8. <https://doi.org/10.11114/jets.v6i3a.3153>
- Bohnsack, M., Wilharm, A., Hurschler, C., Rühmann, O., Stukenborg-Colsman, C., & Wirth, C. J. (2004). Biomechanical and kinematic influences of a total infrapatellar fat pad resection on the knee. *American Journal of Sports Medicine*, 32(8), 1873–1880. <https://doi.org/10.1177/0363546504263946>
- Bompa, T. O., & Haff, G. G. (2013). *Periodization Theory and Methodology of Training* (M. S. Bahrke (Ed.); Fifth Edit). Human Kinetics.
- Borg, W. R., & Gall, M. D. (1983). *Educational Research: An Introduction 4th*. Longman Inc.
- Breivik, G. (2016). The role of skill in sport. *Sport, Ethics and Philosophy*, 10(3), 222–236. <https://doi.org/10.1080/17511321.2016.1217917>
- Bruce Joyce, Marsha Weil, and E. C. (2008). *Models of Teaching*. Hew Jersey: Ajlyn & Bacon.
- Budiwanto, S. (2006). *Dasar-dasar Metodologi Penelitian dalam Ilmu Keolahragaan*. Departemen Pendidikan Nasional Universitas Negeri Malang Lembaga penelitian.
- Bugdadi, A., Sawaya, R., Olwi, D., Al-Zhrani, G., Azarnoush, H., Sabbagh, A. J., Alsideiri, G., Bajunaid, K., Alotaibi, F. E., Winkler-Schwartz, A., & Del Maestro, R. (2018). Automaticity of Force Application During Simulated Brain Tumor Resection: Testing the Fitts and Posner Model. *Journal of Surgical Education*, 75(1), 104–115. <https://doi.org/10.1016/J.JSURG.2017.06.018>
- Buško, K., & Nikolaidis, P. T. (2018). Biomechanical characteristics of Taekwondo athletes: Kicks and punches vs. Laboratory tests. *Biomedical Human Kinetics*, 10(1), 81–88. <https://doi.org/10.1515/bhk-2018-0013>
- Chaabène, H., Tabben, M., Mkaouer, B., Franchini, E., Negra, Y., Hammami, M., Amara, S., Chaabène, R. B., & Hachana, Y. (2015). Amateur Boxing: Physical and Physiological Attributes. In *Sports Medicine*. <https://doi.org/10.1007/s40279-014-0274-7>
- Coker, C. A. (2004). *Motor Learning and Control for Practitioners*. Mc Graw Hill.
- Dhawale, A. K., Smith, M. A., & Ölveczky, B. P. (2017). The Role of Variability in Motor Learning. *Annual Review of Neuroscience*, 40(1), 479–498. <https://doi.org/10.1146/annurev-neuro-072116-031548>
- Dian Vanagosi, K. (2016). KONSEP GERAK DASAR UNTUK ANAK USIA DINI. In *Jurnal Pendidikan Kesehatan Rekreasi* (Vol. 1, Issue 1). IKIP PGRI Bali.
- Dick, W. (1996). The Dick and Carey model: Will it survive the decade? *Educational Technology Research and Development*. <https://doi.org/10.1007/BF02300425>
- 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>
- Dinu, D., Millot, B., Slawinski, J., & Louis, J. (2020). An Examination of the Biomechanics of the Cross, Hook and Uppercut between Two Elite Boxing Groups. *Proceedings*, 49(1), 61. <https://doi.org/10.3390/proceedings2020049061>
- Drljača, D. P., & Latinović, B. (2010). ADDIE model. *Zbornik Radova ITeO2010*.
- El-Ashker, S., and Nasr, M. (2012). Boxers, Effect of boxing exercises on physiological and biochemical responses of egyptian elite. *Journal of Physical Education and Sport*, 12(1).
- Et, J. Al. (2012). (12) United States Patent (54) (75) (73) (*) (21) (22) (65) (63) (51) (52) (58) INTERACTIVE SYSTEM AND METHOD FOR BOXING AND MARTIAL ARTS.
- Fadde, P. J., & Zaichkowsky, L. (2018). Training perceptual-cognitive skills in sports using technology. *Journal of Sport Psychology in Action*, 9(4), 239–248. <https://doi.org/10.1080/21520704.2018.1509162>
- Fadhil Farhan, A., Justine, M., & Kamil Mahammed, S. (2013). Effect of training program on physical performance in junior male Malaysian soccer players. *Journal of Physical Education and Sport*, 13(2), 238–243. <https://doi.org/10.7752/jpes.2013.02039>
- Fardiansah, D. (2015). Pembinaan Olahraga Tinju Amatir Di Sasana Delta Boxing Camp Kabupaten Tegal Dan Sasana Pertina Kota Tegal Tahun 2013. *E-Jurnal Physical Education, Sport(Health and Recreation)*, 1714–1718. <https://doi.org/10.15294/active.v4i4.4852>
- Frank, G. (2009). *Soccer Training Programs*. Meyer & Meyer Sport.
- Ghosh, A. K., Goswami, A., and Ahuja, A. (2011). Heart Rate and blood lactate response in amateur competitive boxing. . . *Indian Journal of Medical Research*, 12(3), 102.
- Goodway, J. D., Ozmun, J. C., & Gallahue, D. L. (2013). Motor development in young children. In *Handbook of Research on the Education of Young Children*. <https://doi.org/10.4324/9780203841198>
- Gusril. (2016). *Penelitian Pengembangan dan Ilmu Keolahragaan*. Kencana.
- Haibach, P., Collier, D., & Reid, G. (2012). Motor Learning and Development. *Brockport Bookshelf*. <https://digitalcommons.brockport.edu/bookshelf/22>
- Halperin, I., Hughes, S., & Chapman, D. W. (2016). Physiological profile of a professional boxer preparing for Title Bout: A case study. *Journal of Sports Sciences*, 34(20), 1949–1956. <https://doi.org/10.1080/02640414.2016.1143110>
- Hanafy, M. S. (2014). KONSEP BELAJAR DAN PEMBELAJARAN. *Lentera Pendidikan : Jurnal Ilmu Tarbiyah Dan Keguruan*. <https://doi.org/10.24252/lp.2014v17n1a5>
- Hariono, A. (2013). *METODE MELATIH FISIK PENCAK SILAT*.
- Hermawan, A. (2017). Konsep Belajar Dan Pembelajaran Menurut Al-Ghazali. *Qathrunâ*.
- Husdarta. (2013). *Belajar dan Pembelajaran*. ALFABETA.
- Ibnu, S. (2003). *Dasar-Dasar Metodologi Penelitian*. Universitas Negeri Malang.

- Imanudin, I. (2014). *Bahan Ajar Ilmu Kepeleatihan Olahraga*. Universitas Pendidikan Indonesia (UPI).
- Iswana, B. (2013). MODEL LATIHAN KETERAMPILAN GERAK PENCAK SILAT ANAK USIA 9-12 TAHUN A TRAINING MODEL FOR PENCAK SILAT MOVEMENT SKILLS OF CHILDREN AGED 9-12 YEARS. In *26-Jurnal Keolahragaan* (Vol. 1, Issue 1). <https://journal.uny.ac.id/index.php/jolahraga/article/view/2343>
- JUNAEDI, A. (2016). Survei Tingkat Kemajuan Pendidikan Jasmani, Olahraga, Dan Kesehatan Di Sma, Smk, Dan Ma Negeri Se-Kabupaten Gresik. *Jurnal Pendidikan Olahraga Dan Kesehatan*.
- Kadir. (2015). *Statistika Terapan Konsep, Contoh dan Analisis Data dengan Program SPSS/Lisrel dalam Penelitian*. PT. Raja Grafindo Persada.
- Kee, Y. H. (2019). Reflections on athletes' mindfulness skills development: Fitts and Posner's (1967) three stages of learning. <https://doi.org/10.1080/21520704.2018.1549640>, 10(4), 214–219. <https://doi.org/10.1080/21520704.2018.1549640>
- Kemi, O. J., Rogmo, O., Amundsen, B. H., Stordahl, S., Richardson, R. S., Helgerud, J., & Hoff, J. (2011). One-arm maximal strength training improves work economy and endurance capacity but not skeletal muscle blood flow. *Journal of Sports Sciences*, 29(2), 161–170. <https://doi.org/10.1080/02640414.2010.529454>
- Khanna, G. L. and Manna, I. (2009). Study of physiological profile of indian boxers. *Journal of Sports Science and Medicine. Journal of Sports Science and Medicine*, 5(1), 90–98.
- Kimm, D., & Thiel, D. V. (2015). Hand speed measurements in boxing. *Procedia Engineering*. <https://doi.org/10.1016/j.proeng.2015.07.232>
- Kontribusi Fisiologi Olahraga Mengatasi Resiko Menuju Prestasi Optimal. (2013). *Kontribusi Fisiologi Olahraga Mengatasi Resiko Menuju Prestasi Optimal*. <https://doi.org/10.15294/miki.v3i1.2659>
- Kravitz, L., Greene, L., Burkett, Z., & Wongsathikun, J. (2003). Cardiovascular response to punching tempo. *Journal of Strength and Conditioning Research*. [https://doi.org/10.1519/1533-4287\(2003\)017<0104:CRTPT>2.0.CO;2](https://doi.org/10.1519/1533-4287(2003)017<0104:CRTPT>2.0.CO;2)
- L.R. Gay, E. A. (2012). *Educational Reseach competencias for Analysis Applications*. Pearson.
- Lamintuarso, R. (2013). *Teori kepeleatihan olahraga*. Lankor.
- Lauh, W. D. A. (2014). Dimensi olahraga pendidikan dalam pelaksanaan penjasorkes di sekolah. *Jurnal Pendidikan Olah Raga*.
- Lee, R. A. S. and T. D. (2005). *Motor Control and Learning*. Human Publisher.
- Lee, R. A. S. and T. D. (2020). *Motor Learning and Performance* (sixth edit). Human Kinetics Publisher, Inc. https://books.google.co.id/books?hl=en&lr=&id=iFSwDwAAQBAJ&oi=fnd&pg=PR1&dq=motor+learning&ots=cYyZ3-m-C3&sig=qCV8S--vbq4MNjBR1zPbd_ru_Lo&redir_esc=y#v=onepage&q=motor+learning&f=false
- Legrain, P., D'Arripe-Longueville, F., & Gernigon, C. (2011). The influence of trained peer tutoring on tutors' motivation and performance in a French boxing

- setting. *Journal of Sports Sciences*, 21(7), 539–550. <https://doi.org/10.1080/0264041031000101872>
- Lloyd, R. S., & Oliver, J. L. (2019). *STRENGTH AND CONDITIONING FOR YOUNG ATHLETES. SCIENCE AND APPLICATION.*
- Luhut Sinaga, M., Ramadi, D., Pd, S., Kes, M., Juita, A., & Pd, M. (2016). THE IMPROVEMENT OF ARMS MUSCLE POWER AND SHOULDER BY USING THE PULL DOWN EXERCISE FOR WOMAN BOXING ATHLETE CLUB HISTOM BOXING AT CAMP RUMBAI The Sport Coaching Education Faculty Of Teaching And Education Riau University. In *Jurnal Online Mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Riau* (Vol. 3, Issue 2). Riau University.
- Lumba, A. J. F. (2018). Peningkatan Kualitas Latihan Daya Tahan Atlet Tinju. *Prosiding Seminar Nasional IPTEK Olahraga*,.
- Magill, R. A., & Anderson, D. I. (2016). *MOTOR LEARNING AND CONTROL. Concepts and Applications.*
- Main, A., & Durkin, K. (2015). Discipline-based study skills support for first-year undergraduate students. *Active Learning in Higher Education*, 3(1), 24–39.
- Maksum, A. (2012). *Metodologi Penelitian dalam Olahraga*. Unesa University Press.
- Matei, A., & Matei, L. (2014). Instructional Design for Administrative Sciences. A Case Study for Civil Servants Training. *Procedia - Social and Behavioral Sciences*. <https://doi.org/10.1016/j.sbspro.2014.01.497>
- Matrosly, M., Matrosly, H., Hasnan, N., Davis, G. M., & Husain, R. (2017). Exergaming boxing versus heavy-bag boxing: Are these equipotent for individuals with spinal cord injury? *European Journal of Physical and Rehabilitation Medicine*, 53(4), 527–534. <https://doi.org/10.23736/S1973-9087.17.04456-2>
- Meric Bingul, B., Bulgan, C., Tore, O., Bal, E., & Aydin, M. (2018). The Effects of Biomechanical Factors to Teach Different Hook Punch Techniques in Boxing and Education Strategies. *Journal of Education and Training Studies*, 6(3a). <https://doi.org/10.11114/jets.v6i3a.3153>
- Milson. (2017). Pengembangan media pembelajaran peta keberagaman budaya Kota Malang mata pelajaran IPS kelas IV SDN Cemorokandang 2 Kecamatan Kedungkandang Kota Malang semester II tahun pelajaran 2015/2016 / Milson. *Universitas Negeri Malang. Program Studi Pendidikan Guru Sekolah Dasar.*
- Mornell, A. (2009). *Art in Motion. Musical & Athletic Motor Learning & Performance*. Internationaler Verlag der Wissenschaften Frankfurt.
- Morris, M. E., Ellis, T. D., Jazayeri, D., Heng, H., Thomson, A., Balasundaram, A. P., & Slade, S. C. (2019). Boxing for Parkinson's Disease: Has Implementation Accelerated Beyond Current Evidence? *Frontiers in Neurology*, 10. <https://doi.org/10.3389/fneur.2019.01222>
- Morton, J. P., Robertson, C., Sutton, L., & MacLaren, D. P. M. (2010). Making the weight: A case study from professional boxing. *International Journal of Sport Nutrition and Exercise Metabolism*. <https://doi.org/10.1123/ijsnem.20.1.80>
- Muis, J. (2016). INTERAKSI METODE LATIHAN DAN KECEPATAN REAKSI TERHADAP KEMAMPUAN PUKULAN ATLET TINJU KATEGORI

- YOUTH. *Jurnal Pemikiran, Penelitian Dan Pengabdian Masyarakat Bidang Pendidikan*, 6(1). <https://doi.org/https://doi.org/10.26858/publikan.v6i1.1831>
- Mukala Nsengu Tshibangu, A. (2009). Educational boxing totally harmless or only safer than amateur and professional boxing? In *Science and Sports* (Vol. 24, Issue 5, pp. 221–228). Elsevier Masson. <https://doi.org/10.1016/j.scispo.2009.02.001>
- Nugraha, B. (2016). MANAJEMEN PEMBELAJARAN GERAK UNTUK ANAK. *JORPRES*.
- Nurdyansyah, & Fahyuni, E. F. (2016). Inovasi Model. In *Nizmania Learning Center*.
- Ouergui, I., Hssin, N., Franchini, E., Gmada, N., & Bouhlel, E. (2013). Technical and tactical analysis of high level kickboxing matches. *International Journal of Performance Analysis in Sport*, 13(2), 294–309. <https://doi.org/10.1080/24748668.2013.11868649>
- Park, J., Gong, J., & Yim, J. (2017a). Effects of a sitting boxing program on upper limb function, balance, gait, and quality of life in stroke patients. *NeuroRehabilitation*. <https://doi.org/10.3233/NRE-161392>
- Park, J., Gong, J., & Yim, J. (2017b). Effects of a sitting boxing program on upper limb function, balance, gait, and quality of life in stroke patients. *NeuroRehabilitation*, 40(1), 77–86. <https://doi.org/10.3233/NRE-161392>
- Peeters, I., Braeckevelt, T., Herregodts, S., Palmans, T., De Wilde, L., & Van Tongel, A. (2021). Kinematic Alterations in the Shoulder Complex in Rockwood V Acromioclavicular Injuries During Humerothoracic and Scapulothoracic Movements: A Whole-Cadaver Study. *The American Journal of Sports Medicine*, 036354652110530. <https://doi.org/10.1177/03635465211053016>
- Piorkowski, B. A., Lees, A., & Barton, G. J. (2011). Single maximal versus combination punch kinematics. *Sports Biomechanics*, 10(1), 1–11. <https://doi.org/10.1080/14763141.2010.547590>
- Prasetyo, Y. (2013). Kesadaran Masyarakat Berolahraga untuk Peningkatan Kesehatan dan Pembangunan Nasional. *Medikora*.
- Priansa, D. J. (2017). *Pengembangan Strategi & Model Pembelajaran: Inovatif, Kreatif, dan Prestatif dalam Memahami Peserta Didik* (1st ed.). CV Pustaka Setia.
- Pribadi, B. A. (2009a). *Model Desain Sistem Pembelajaran*. Dian Rakyat.
- Pribadi, B. A. (2009b). *Model Sistem Pembelajaran*.
- Putra, Y. W. dan I. P. E. W. (2017). *PENGARUH LATIHAN BEBAN MENGGUNAKAN KATROL TERHADAP PENINGKATAN KEKUATAN PUKULAN DITINJAU DARI KEKUATAN OTOT LENGAN*. Fakultas Ilmu Keolahragaan, Universitas Cenderawasih. <https://www.lppm.uncen.ac.id/wp-content/uploads/2019/05/5.-FIK-Yos-Wandik-Pengaruh-Latihan-Beban-Menggunakan-Ok.pdf>
- Raiola, G. (2017a). Motor learning and teaching method. *Journal of Physical Education and Sport*, 17, 2239–2243. <https://doi.org/10.7752/jpes.2017.s5236>
- Raiola, G. (2017b). Motor learning and teaching method. *Journal of Physical Education and Sport*, 17(5), 2239–2243.

- <https://doi.org/10.7752/jpes.2017.s5236>
- Reigeluth, C. M. (2001). *Instructional Designs Theories and Models*.
- Renshaw, I., Chow, J. Y., Davids, K., & Hammond, J. (2010). A constraints-led perspective to understanding skill acquisition and game play: A basis for integration of motor learning theory and physical education praxis? *Physical Education and Sport Pedagogy*, 15(2), 117–137. <https://doi.org/10.1080/17408980902791586>
- Rubiyatno, R. (2014). Peranan Aktivitas Olahraga Bagi Tumbuh Kembang Anak. *Jurnal Pendidikan Olahraga*.
- Ruddock, A. D., Wilson, D. C., Thompson, S. W., Hembrough, D., & Winter, E. M. (2016). Strength and Conditioning for Professional Boxing. *Strength and Conditioning Journal*. <https://doi.org/10.1519/ssc.00000000000000217>
- Rusman. (2016). *Model-model Pembelajaran. Mengembangkan Profesionalisme Guru (II)*. PT Rajagrafindo Persada.
- Sacha, J. O. (2017). Fighting Feelings: The Emotional Labor of “old Heads” in an Amateur Boxing Gym. *Sociological Perspectives*, 60(1), 77–94. <https://doi.org/10.1177/0731121415596083>
- Sanjaya, H. W. (2008). *Perencanaan & Desain Sistem Pembelajaran*. Kencana Prenada Group.
- Sanjaya, W. (2016). *Strategi Pembelajaran Berorientasi Standar Proses Pendidikan*. Kencana Pranamedia Grup.
- Scheunemann, T. S. (2012). *Kurikulum & Pedoman Dasar Sepakbola Indonesia: Untuk Usia Dini (U5-U12), Usia Muda (U13-U20) & Senior (I. S. Bert Pentury, Emral Abus (Ed.))*.
- Setyani, A., Latifah, L., Martiyana, C., & Riyanto, S. (2017). MODEL ANALYSIS, DESIGN, DEVELOPMENT, IMPLEMENTATION, EVALUATION (ADDIE) UNTUK PENGEMBANGAN MEDIA EDUKASI PENANGGULANGAN GANGGUAN AKIBAT KEKURANGAN IODIUM. *Media Gizi Mikro Indonesia*.
- Setyosari, P. (2015). *Metode Penelitian Pendidikan dan Pengembangan (IV)*. Prenadamedia Group.
- Sezer, B., Karaoglan Yilmaz, F. G., & Yilmaz, R. (2013). Integrating Technology into Classroom: The Learner-Centered Instructional Design. *Online Submission*.
- Sidik, D. Z. (2010). *PRINSIP PRINSIP LATIHAN DALAM OLAHRAGA PRESTASI*.
- Siegler, J. C., & Hirscher, K. (2010). Sodium bicarbonate ingestion and boxing performance. *Journal of Strength and Conditioning Research*. <https://doi.org/10.1519/JSC.0b013e3181a392b2>
- Silva, J. J. R., Del Vecchio, F. B., Picanço, L. M., Takito, M. Y., and Franchini, E. (2011). Time-motion analysis in muaythai and kick-boxing amateur matches. *Journal of Human Sport & Exercise*, 6(3), 490–496.
- Smith, M. S., Dyson, R. J., Hale, T., & Janaway, L. (2010). Development of a boxing dynamometer and its punch force discrimination efficacy. *Journal of Sports Sciences*, 18(6), 445–450. <https://doi.org/10.1080/02640410050074377>

- Sözcü, Ö. F., & İpek, İ. (2014). Rapid E-learning Development Strategies and a Multimedia Project Design Model. *European Journal of Contemporary Education*. <https://doi.org/10.13187/ejced.2014.7.46>
- Stanley, E., Thomson, E., Smith, G., & Lamb, K. L. (2018). An analysis of the three-dimensional kinetics and kinematics of maximal effort punches among amateur boxers. *International Journal of Performance Analysis in Sport*, 18(5), 835–854. <https://doi.org/10.1080/24748668.2018.1525651>
- Sudaryono. (2018). *Metodologi Penelitian*. PT Rajagrafindo Persada.
- Sugandi, A. I. (2013). PENGARUH PEMBELAJARAN BERBASIS MASALAH DENGAN SETTING KOOPERATIF JIGSAW TERHADAP KEMANDIRIAN BELAJAR SISWA SMA. *Infinity Journal*. <https://doi.org/10.22460/infinity.v2i2.31>
- Sugiyono. (2011a). *Metode Penelitian dan Pengembangan*. Alfabeta.
- Sugiyono. (2011b). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Edisi 13). Alfabeta.
- Sujiono, B., Sumantri, M. S., & Chandrawati, T. (2014). Hakikat Perkembangan Motorik Anak. In *Modul Metode Pengembangan Fisik*.
- Sukmadinata. (2005). *Metode Penelitian Pendidikan*. PT. Remaja Rosdakarya.
- Sukmadinata. (2010). *Metode Penelitian*. Rosdakarta.
- Sukmadinata, N. S. (2011). *Metode Penelitian Pendidikan*. PT Remaja Rosdakarya.
- Suyono, & Haryanto. (2013). *Belajar dan pembelajaran*. PT Remaja Rosdakarya.
- Tangkudung, J. (2012). *Kepelatihan Olahraga "Pembinaan Prestasi Olahraga."* Cerdas Jaya.
- Thomson, E., & Lamb, K. (2017). Quantification of the physical and physiological load of a boxing-specific simulation protocol. *International Journal of Performance Analysis in Sport*, 17(1–2), 136–148. <https://doi.org/10.1080/24748668.2017.1304048>
- Tomprowski, P. D., & Pesce, C. (2019). Exercise, sports, and performance arts benefit cognition via a common process. *Psychological Bulletin*, 145(9), 929–951. <https://doi.org/10.1037/bul0000200>
- Trianto. (2007). *Model Pembelajaran Terpadu dalam Teori dan Praktek*. Pustaka Ilmu.
- Van Eetvelde, H., Mendonça, L. D., Ley, C., Seil, R., & Tischer, T. (2021). Machine learning methods in sport injury prediction and prevention: a systematic review. *Journal of Experimental Orthopaedics*, 8(1). <https://doi.org/10.1186/s40634-021-00346-x>
- Whiting, W. C., Gregor, R. J., & Finerman, G. A. (2014). Kinematic analysis of human upper extremity movements in boxing. *The American Journal of Sports Medicine*, 16(2), 130–136. <https://doi.org/10.1177/036354658801600207>
- Widyati, W. (2014). Belajar Dan Pembelajaran Perspektif Teori Kognitivisme. *Biosel (Biology Science and Education): Jurnal Penelitian Sains Dan Pendidikan*.
- Winarno, M. . (2017). *Metodologi Penelitian dalam Pendidikan Jasmani* (Edisi III). Universitas Negeri Malang.
- Wingate, U. (2016). Doing away with “study skills”, *Teaching in Higher Education*. 11(4), 457–469.

- <https://www.tandfonline.com/action/journalInformation?journalCode=cthe20>
- Wolpert, D. M., & Flanagan, J. R. (2010). Motor learning. In *Current Biology* (Vol. 20, Issue 11, pp. R467–R472). Cell Press. <https://doi.org/10.1016/j.cub.2010.04.035>
- Wulf, G., & Lewthwaite, R. (2016). Optimizing performance through intrinsic motivation and attention for learning: The OPTIMAL theory of motor learning. *Psychonomic Bulletin and Review*, 23(5), 1382–1414. <https://doi.org/10.3758/s13423-015-0999-9>
- Yunyun Yudiana, Herman Subardjah, dan T. J. (2012). *Latihan Fisik*. FPOK UPI Bandung.
- Yusnita, I., Masykur, R., & Suherman. (2016). Modifikasi Model Pembelajaran Gerlach Dan Ely Melalui Integrasi Nilai-Nilai Keislaman Sebagai Upaya Meningkatkan Kemampuan Representasi Matematis. *Jurnal Pendidikan Matematika*.

