

## DAFTAR PUSTAKA

- Abels, K. W., & Bridges, J. M. (2010). *Teaching Movement Education: Foundation for Active Lifestyles*. Human Kinetics.
- Achmadi, H., Suharno, & Suryani, N. (2014). Penerapan Model Assure Dengan Menggunakan Media Power Point Dalam Pembelajaran Bahasa Inggris Sebagai Usaha Peningkatan Motivasi Dan Prestasi Belajar Siswa Kelas X Man Sukoharjo Tahun Pelajaran 2012/2013. *Jurnal Teknologi Pendidikan Dan Pembelajaran*, 2(1), 35–48. <https://media.neliti.com/media/publications/141693-ID-penerapan-model-assure-dengan-menggunaka.pdf>
- Afandi, M., Chamalah, E., & Wardani, O. P. (2013). *Model dan Metode Pembelajaran di Sekolah*. UNISSULA Press.
- Ali, M., & Asrori, M. (2015). *Psikologi Remaja*. Bumi Aksara.
- Amneus, J., Babbit, D., Baker, B., & Buchicchio, M. (2012). Track and Field Coaching Manual. In *LA84 Foundation*. LA84 Foundation.
- Aurora, A., & Effendi, H. (2019). Pengaruh penggunaan media pembelajaran e-learning terhadap motivasi belajar mahasiswa di Universitas Negeri Padang. *JTEV (Jurnal Teknik Elektro Dan Vokasional)*, 5(2), 11–16. <https://doi.org/https://doi.org/10.24036/jtev.v5i2.105133>
- Barzuoka, K., Hatzihakistos, N. B., & Dimitkis. (2007). Effect Of Simultaneous Model Observation And Self-Modeling Of Volleyball Skill Acquisition. *Science, Sport*, 104, 32–42. <https://doi.org/10.2466/pms.104.1.32-42>
- Batubara, H. H. (2020). Media pembelajaran efektif. *Semarang: Fatawa Publishing*, 3.
- Benz, A., Winkelmann, N., Porter, J., & Nimphius, S. (2016). Coaching instructions and cues for enhancing sprint performance. *Strength and Conditioning Journal*, 38(1), 1–11. <https://doi.org/10.1519/SSC.00000000000000185>
- Bezdodis, N. E., Willwacher, S., & Salo, A. I. T. (2019). The Biomechanics of the Track and Field Sprint Start: A Narrative Review. *Sports Medicine*, 49(9), 1345–1364. <https://doi.org/10.1007/s40279-019-01138-1>
- Bilici, Ö. F., & Selçuk, M. (2018). Evaluation of the Effect of Core Training on the Leap Power and Motor Characteristics of the 14-16 Years Old Female Volleyball Players. *Journal of Education and Training Studies*, 6(4), 90. <https://doi.org/10.11114/jets.v6i4.3031>

- Bisagno, E., & Morra, S. (2018). How do we learn to “kill” in volleyball?: The role of working memory capacity and expertise in volleyball motor learning. *Journal of Experimental Child Psychology*, 167, 128–145. <https://doi.org/10.1016/j.jecp.2017.10.008>
- Borg, W. R., & Gall, M. D. (2002). *Education Research: An Introduction* (Six). Longman.
- Braniff, B. C. (2011). Perceptions of an Active Classroom : Exploration of Movement and Collaboration With Fourth Grade Students. *Networks: An On-Line Journal for Teacher Research*, 13(1), 1–6. <https://pdfs.semanticscholar.org/1e90/2cc09fc08210368b0666b0a0820310ab99ca.pdf>
- Butz, N. T., Stupnisky, R. H., Peterson, E. S., & Majerus, M. (2014). Motivation in Synchronous Hybrid Graduate Business Programs : A Self-Determination Approach to Contrasting Online and On-Campus Students. *MERLOT Journal of Online Learning and Teaching*, 10(2), 211–227. [https://jolt.merlot.org/vol10no2/butz\\_0614.pdf](https://jolt.merlot.org/vol10no2/butz_0614.pdf)
- Cetin, E., Hindistan, I. E., & Ozkaya, Y. G. (2018). Effect of Different Training Methods on Stride Parameters in Speed Maintenance Phase of 100-m Sprint Running. *The Journal of Strength & Conditioning Research*, 32(5). <https://doi.org/10.1519/JSC.0000000000001977>
- Chen, Y. T., Hsieh, Y. Y., Ho, J. Y., & Lin, J. C. (2021). Effects of Running Exercise Combined With Blood Flow Restriction on Strength and Sprint Performance. *Journal of Strength and Conditioning Research*, 35(11), 3090–3096. <https://doi.org/10.1519/JSC.0000000000003313>
- Cheung, C.-K. (2009). *Media Education in Asia*. Springer.
- Conteras, B. (2009). *Bodyweight: Strength Training Anatomy*. Human Kinetics.
- Cooker, A. C. (2003). *Motor Learning and Control for Practitioners*. McGraw-Hill Higher Education.
- Cormie, P., McGuigan, M., & Newton, R. (2011). Developing Maximal Neuromuscular Power. Part 2 - Training Considerations for Improving Maximal Power Production. *Sports Medicine*, 41(2), 125–146. <https://doi.org/https://doi.org/10.2165/11538500-00000000-00000>
- Danim, S. (2013). *Perkembangan Peserta Didik*. Alfabeta.
- De Villarreal, E. S., Requena, B., & Cronin, J. B. (2012). The effects of plyometric training on sprint performance: A meta-analysis. *The Journal of Strength & Conditioning Research*, 26(2), 575–584. <https://doi.org/10.1519/JSC.0b013e318220fd03>
- Delavier, F., & Gundill, M. (2012). *The Strength Training Anatomy Workout*. Human Kinetics.

- Demirer, V., & Sahin, I. (2013). Effect of blended learning environment on transfer of learning : an experimental study. *Journal of Computer Assisted Learning*, 29, 518–529. <https://doi.org/10.1111/jcal.12009>
- Dennis, A. R., Fuller, R. M., & Valacich, J. S. (2008). Media, Tasks, and Communication Processes: A Theory of Media Synchronicity. *MIS Quarterly*, 32(3), 575–600. <https://doi.org/10.2307/25148857>
- Departemen Pendidikan Nasional. (2008). *Metode Penelitian Pengembangan*. Departemen Pendidikan Nasional.
- Di Prampero, P. E., Fusi, S., Sepulcri, L., Morin, J. B., Belli, A., & Antonutto, G. (2005). Sprint running: A new energetic approach. *Journal of Experimental Biology*, 208(14), 2809–2816. <https://doi.org/10.1242/jeb.01700>
- Dick, W., Carey, L., & Carey, J. O. (2015). *The Systematic Design of Instruction*. Pearson Education.
- Dutton, W. H., & Loader, B. D. (2005). *Digital Academe: The new media and institutions of higher education and learning*. Routledge.
- Dwiyogo, W. D. (2004). *Konsep Penelitian & Pengembangan*.
- Edelman, B., & Geradin, D. (2016). Android and competition law: exploring and assessing Google's practices in mobile. *European Competition Journal*, 12(2–3), 159–194. <https://doi.org/10.1080/17441056.2016.1254483>
- Edwards, W. H. (2011). *Motor Learning and Control From Theory to Practice*. Yolanda Cossio.
- Finlay, M. J., Tinnion, D. J., & Simpson, T. (2022). Sport & Tourism Education A virtual versus blended learning approach to higher education during the COVID-19 pandemic : The experiences of a sport and exercise science student cohort. *Journal of Hospitality, Leisure, Sport & Tourism Education*, 30(November 2021), 1–10. <https://doi.org/10.1016/j.jhlste.2021.100363>
- Gibson, R., & Zillmann, D. (2000). Reading between the photographs: The influence of incidental pictorial information on issue perception. *Journalism and Mass Communication Quarterly*, 77(2), 355–366. <https://doi.org/10.1177/107769900007700209>
- Gilbert, S. W. (2011). *Model Based Science Teaching*. NSTA Press.
- Gollust, S. E., Eboh, I., & Barry, C. L. (2012). Picturing obesity: Analyzing the social epidemiology of obesity conveyed through US news media images. *Social Science and Medicine*, 74(10), 1544–1551. <https://doi.org/10.1016/j.socscimed.2012.01.021>
- Gunarsa, S., & Gunarsa, Y. (2001). *Psikologi Praktis Anak, Remaja dan Keluarga*. Gunung Mulia.

- Hall, J. E. (2018). *Guyton dan Hall Texbook of Medical Physiology* (13th Editi). Elsevier Health Sciences.
- Hamalik, O. (2012). *Pendekatan Baru Strategi Belajar mengajar Berdasarkan CBSA*. Sinar Baru Algensindo.
- Hanafy, M. S. (2014). Konsep Belajar dan Pembelajaran. *Jurnal Lentera Pendidikan*, 17(1), 66–79. [http://journal.uin-alauddin.ac.id/index.php/lentera\\_pendidikan/article/view/516/491](http://journal.uin-alauddin.ac.id/index.php/lentera_pendidikan/article/view/516/491)
- Handayani, S. L., Budiarti, I. G., Kusmajid, K., & Khairil, K. (2021). Problem Based Instruction Berbantuan E-Learning : Pengaruhnya terhadap Kemampuan Berpikir Kritis Peserta Didik Sekolah Dasar. *Jurnal Basicedu*, 5(2), 697–705. <https://doi.org/10.31004/basicedu.v5i2.795>
- Harald Muller, & Ritzdorp, W. (2009). *Run ! Jump ! Throw !* (B. Glad (ed.)). IAAF; Warners Midlands plc.
- Hartaji, D. A. (2017). *Motivasi Berprestasi Pada Mahasiswa Yang Berkuliah Dengan Jurusan Pilihan Orang Tua*. Docplayer. <http://docplayer.info/34427591-Motivasi-berprestasi-pada-mahasiswa-yang-berkuliah-dengan-jurusan-pilihan-orang-tua.html>
- Harswi, U. B., & Arini, L. D. D. (2020). Pengaruh Pembelajaran Menggunakan Media Pembelajaran Interaktif terhadap Hasil Belajar siswa di Sekolah Dasar. *Jurnal Basicedu*, 4(4 SE-Articles), 1104–1113. <https://doi.org/10.31004/basicedu.v4i4.505>
- HSC. (2022). *The Learning Environment*. ImprovingPDHPE. <https://www.improvingpdhpe.com/hsc-notes/the-learning-environment-2/>
- Haugen, T., McGhie, D., & Ettema, G. (2019). Sprint running: from fundamental mechanics to practice—a review. *European Journal of Applied Physiology*, 119(6), 1273–1287. <https://doi.org/10.1007/s00421-019-04139-0>
- Haugen, T., McGhie, D., & Ettema, G. (2019). Sprint running: from fundamental mechanics to practice—a review. *European Journal of Applied Physiology*, 119(6), 1273–1287. <https://doi.org/10.1007/s00421-019-04139-0>
- Howard, R. M., Conway, R., & Harrison, A. J. (2018). Muscle activity in sprinting: a review. *Sports Biomechanics*, 17(1), 1–17.
- Hulukati, W., & Djibrin, M. R. (2018). Analisis Tugas Perkembangan Mahasiswa Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. *Bikotetik (Bimbingan Dan Konseling: Teori Dan Praktik)*, 2(1), 73–114. <https://doi.org/10.26740/bikotetik.v2n1.p73-80>
- Hutchison, E. D. (2018). *Dimensions of human behavior: The changing life course*. SAGE publications.

- Hynan, A., Murray, J., & Goldbart, J. (2014). "Happy and excited": Perceptions of using digital technology and social media by young people who use augmentative and alternative communication. *Child Language Teaching and Therapy*, 30(2), 175–186. <https://doi.org/10.1177/0265659013519258>
- IAAF. (2009). *Coaches Education & Certification System Level I/II, Sprint & Hurdles Event Textbook*. Development Program.
- Ihwanuddin, M. (2011). *Transfer Belajar (Transfer of Learning)*. WordPress. <https://mihwanuddin.wordpress.com/2011/01/07/makalah-transfer-belajar-transfer-of-learning/>
- Ipang&Heri. (2014). *Pengembangan Permainan Tradisional Gobak Sodor Bola dalam Pembelajaran Penjas pada Siswa SD*. 4.
- Johnston, C., & Davis, W. E. (2019). Motivating exercise through social media: Is a picture always worth a thousand words? *Psychology of Sport and Exercise*, 41, 119–126. <https://doi.org/10.1016/j.psychsport.2018.12.012>
- Julantine, T. (2013). *model-model Pembelajaran dalam Pendidikan Jasmani*.
- Kilburn, D., & Earley, J. (2015). Disqus website-based commenting as an e-research method: engaging doctoral and early-career academic learners in educational research. *International Journal of Research and Method in Education*, 38(3), 288–303. <https://doi.org/10.1080/1743727X.2015.1026253>
- Kimura, T., & Nakano, W. (2019). Repetition of a Cognitive Task Promotes Motor Learning. *Human Movement Science*, 66(October 2018), 109–116. <https://doi.org/10.1016/j.humov.2019.04.005>
- Kirk, D. (2005). Physical education, youth sport and lifelong participation: The importance of early learning experiences. *European Physical Education Review*, 11(3), 239–255. <https://doi.org/10.1177/1356336X05056649>
- Kirkpatrick, D. L., & Kirkpatrick, J. D. (2006). *Evaluating Training Programs* (Third Edit). Berrett-Koehler Publishers, Inc.
- Lastary, L. D., & Rahayu, A. (2018). Hubungan Dukungan Sosial Dan Self Efficacy Dengan Prokrastinasi Akademik Mahasiswa Perantau Yang Berkuliah Di Jakarta. *IKRAITH-HUMANIORA*, 2(2), 17–23. <https://media.neliti.com/media/publications/226367-hubungan-dukungan-sosial-dan-self-efficacia-5a63a458.pdf>
- Leberman, S., McDonald, L., & Doyle, S. (2006). *The Transfer of Learning: Participants' Perspectives of Adult Education and Training*. Gower Publishing Limited.
- Lexmond, J., & Reeves, R. (2009). *Building Character*. Mixed Sourced.

- Li, X., Yang, Y., Kai, S., Chu, W., & Zainuddin, Z. (2020). Applying blended synchronous teaching and learning for flexible learning in higher education : an action research study at a university in Hong Kong. *Asia Pacific Journal of Education*, 00(00), 1–17. <https://doi.org/10.1080/02188791.2020.1766417>
- Lockie, R. G., Murphy, A. J., Schultz, A. B., Knight, T. J., & Janse de Jonge, X. A. K. (2012). The Effects of Different Speed Training Protocols on Sprint Acceleration Kinematics and Muscle Strength and Power in Field Sport Athletes. *The Journal of Strength & Conditioning Research*, 26(6). <https://doi.org/10.1519/JSC.0b013e318234e8a0>
- Low, D., Harsley, P., Shaw, M., & Peart, D. (2015). The effect of heavy resistance exercise on repeated sprint performance in youth athletes. *Journal of Sports Sciences*, 33(10), 37–41. <https://doi.org/10.1080/02640414.2014.979857>
- Low, D., Harsley, P., Shaw, M., & Peart, D. (2015). The effect of heavy resistance exercise on repeated sprint performance in youth athletes. *Journal of Sports Sciences*, 33(10), 37–41. <https://doi.org/10.1080/02640414.2014.979857>
- Magill, R. A. (2011). *Motor Learning and Control*. McGraw-Hill.
- Magill, R. A., & Anderson, D. (2017). *Motor Learning and Control: Concepts and Applications* (Eleventh E). McGraw-Hill Education.
- Mandasari, R., & Mislan. (2013). Pengembangan Perangkat Pembelajaran Model ASSURE ( Studi pada Siswa SMKN 3 Boyolangu Jurusan Listrik SK Memperbaiki Peralatan Rumah Tangga Listrik ). *Jurnal Pendidikan Teknik Elektro*, 2(2), 555–563. <https://jurnalmahasiswa.unesa.ac.id/index.php/jurnal-pendidikan-teknik-elektro/article/view/2528/1533>
- Metzler, M. W. (2017). *Instructional Models For Physical Education*. Routledge.
- Miller, R., Balshaw, T. G., Massey, G. J., Maeo, S., Lanza, M. B., Johnston, M., Allen, S. J., & Folland, J. P. (2021). The Muscle Morphology of Elite Sprint Running. In *Medicine and science in sports and exercise* (Vol. 53, Issue 4). <https://doi.org/10.1249/MSS.0000000000002522>
- Moir, G., Sanders, R., Button, C., & Glaister, M. (2013). The effect of periodized resistance training on accelerative sprint performance. *Sports Biomechanics*, 6(3), 285–300. <https://doi.org/10.1080/14763140701489793>
- Morrison, G. R., Ross, S. M., Kalman, H. K., & Kemp, J. E. (2013). *Designing Effective Instruction*. Waley.
- Muharram, N. A. (2015). Pengaruh Pembelajaran Dan Kemampuan Gerak Dasar Terhadap Peningkatan Kemampuan Sprint 100 Meter. *Sportif Jurnal Pembelajaran*, 1(1), 22–31. [https://doi.org/https://doi.org/10.29407/js\\_unpgri.v1i1.572](https://doi.org/https://doi.org/10.29407/js_unpgri.v1i1.572)

- Müller, H., & Ritzdorf, W. (2009). *Run, Jump, Throw: The Official IAAF Guide to Teaching Athletics*. IAAF Athletics.
- Muslimin, Taufik, M. S., & Amalia, E. F. (2021). Development of defensive training futsal model university of suryakancana. *International Journal of Human Movement and Sports Sciences*, 9(2), 236–241. <https://doi.org/10.13189/saj.2021.090211>
- Nelson, E. E., Leibenluft, E., McClure, E. B., & Pine, D. S. (2005). The social re-orientation of adolescence: A neuroscience perspective on the process and its relation to psychopathology. *Psychological Medicine*, 35(2), 163–174. <https://doi.org/10.1017/S0033291704003915>
- Nuell, S., Illera-domínguez, V., Carmona, G., Alomar, X., Padullés, M., Lloret, M., & Cadefau, J. A. (2019). Hypertrophic muscle changes and sprint performance enhancement during a sprint-based training macrocycle in national-level sprinters. *European Journal of Sport Science*, 10, 1–34. <https://doi.org/10.1080/17461391.2019.1668063>
- Nuell, S., Illera-domínguez, V., Carmona, G., Alomar, X., Padullés, M., Lloret, M., & Cadefau, J. A. (2019). Hypertrophic muscle changes and sprint performance enhancement during a sprint-based training macrocycle in national-level sprinters. *European Journal of Sport Science*, 10, 1–34. <https://doi.org/10.1080/17461391.2019.1668063>
- Opstoel, K., Chapelle, L., Prins, F. J., De Meester, A., Haerens, L., van Tartwijk, J., & De Martelaer, K. (2020). Personal and social development in physical education and sports: A review study. *European Physical Education Review*, 26(4), 797–813. <https://doi.org/10.1177/1356336X19882054>
- Paes, P. P., Correia, G. A. F., Damasceno, V. D. O., Lucena, E. V. R., Alexandre, I. G., Da Silva, L. R., Dos Santos, W. R., & De Freitas Júnior, C. G. (2022). Effect of plyometric training on sprint and change of direction speed in young basketball athletes. *Journal of Physical Education and Sport*, 22(2), 305–310. <https://doi.org/10.7752/jpes.2022.02039>
- Palila, S. (2015). Analisis Kebutuhan Karakter Mahasiswa Psikologi Fakultas Ilmu Sosial Dan Humaniora Uin Sunan Kalijaga Yogyakarta. *Journal Humanitas*, 12(2), 105–117. <http://journal.uad.ac.id/index.php/HUMANITAS/article/view/3838/2106>
- Papalia, D., & Feldman, R. (2008). *Human Development*. Kencana.
- Paramita, G. V. (2010). Studi Kasus Perbedaan Karakteristik Mahasiswa Di Universitas ‘X’-Indonesia Dengan Universitas ‘Y’-Australia. *Humaniora*, 1(2), 629–635. <https://journal.binus.ac.id/index.php/Humaniora/article/view/2904>
- Parker. (2009). *Ensiklopedia Tubuh Manusia*. PT. Gelora Aksara Pratama.

- Pascasarjana Universitas Negeri Jakarta. (2012). *Pedoman Penulisan Tesis dan Disertasi*. Pascasarjana Univeritas Negeri Jakarta.
- PDHPE. (2022). *Nature of the skill*. Pdhpe.Net. <https://pdhpe.net/factors-affecting-performance/how-does-the-acquisition-of-skill-affect-performance/the-learning-environment/nature-of-the-skill/>
- PE Project. (2018). *Teaching Models*. The PE Project.
- Pribadi, B. A. (2010). *Model Desain Sistem Pembelajaran*. Dian Aksara.
- Priyono, A. (2019). *Pengaruh Latihan Akselerasi Balance Coordination Running Terhadap Peningkatan Hasil Belajar Lari Cepat Pada Siswa Sekolah Dasar*. 37–44.
- Puleo, J., & Milroy, P. (2019). *Running Anatomy*. Human Kinetics.
- Putra, N. (2015). *Research and Development*. Raja Grafindo.
- Putro, K. Z. (2018). Memahami Ciri dan Tugas Perkembangan Masa Remaja. *Aplikasia: Jurnal Aplikasi Ilmu-Ilmu Agama*, 17(1), 25–32. <https://doi.org/10.14421/aplikasia.v17i1.1362>
- Rahadian, A. (2019). Aplikasi Analisis Biomekanika (Kinovea Software) Untuk Mengembangkan Kemampuan Lari Jarak Pendek (100 M) Mahasiswa PJKR UNSUR. *Journal of S.P.O.R.T*, 3(1), 1–8.
- Rahmi, M. N., & Samsudi, M. A. (2020). Pemanfaatan Media Pembelajaran Berbasis Teknologi sesuai dengan karakteristik Gaya Belajar. *Edumaspul: Jurnal Pendidikan*, 4(2), 355–363. <https://doi.org/10.33487/edumaspul.v4i2.439>
- Rautenbach, S. (2009). *Sprints, Hurdles, Relays: Basic Coaching Manual*. Athletics South Africa.
- Rencus B. Sinabariba. (2017). Peranan guru memilih model-model pembelajaran untuk meningkatkan kemampuan menulis puisi. *Seminar Nasional Pendidikan Dasar Universitas Negeri Medan*, 3–10.
- Republik Indonesia. (2003). *Undang-Undang Republik Indonesia Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional*. PB. Panca Usaha.
- Rezk, F. S. (2017). Effects of Facebook Use on Learning Technical Fundamentals in Volleyball Forfemale College Students. *Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health*, XVII(2), 267–272. <https://www.analefefs.ro/en/anale-fefs/2017/i2s/pe-autori/FAYZA Shebl Rezk 1.pdf>
- Rohaeti, E. (2018). *Komponen Model Pembelajaran*. Universitas Negeri Yogyakarta.
- Rohman, M., & Amri, S. (2013). *Strategi dan Desain Pengembangan Sistem Pembelajaran*. Prestasi Pustaka.

- Rusman. (2012). *Model-Model Pembelajaran*. PT. Rosda Karya.
- Rusman. (2016). *Model-Model Pembelajaran*. Rajawali Pers.
- S, J. M., W, K. A., Suharman, A., & Safitri, N. (2016). Pengembangan Model Pembelajaran Gavala Mata Kuliah Dasar Dasar Kimia Analisa Berbasis Mahasiswa Aktive Di Program Studi Pendidikan Kimia Fkip Universitas Sriwijaya. *Jurnal Penelitian Pendidikan Kimia*, 3(1), 9–20.
- Sagala, S. (2010). *Konsep dan Makna Pembelajaran*. Alfabeta.
- Sampson, M. (2016). *Anatomy of An Olympic Sprinter*. University of Utah Health.
- Sanjaya, W. (2016). *Strategi Pembelajaran Berorientasi Standar Proses Pendidikan*. Prenadamedia Group.
- Santrock, W. J. (2002). *A Topical Approach to Life-Span Development International Edition*. McGraw-Hill, Inc.
- Sartono. (2018). Pengaruh Latihan Double Leg Speed Hop Dan Double Leg Box Boundterhadap Kecepatan Lari 100 Meter. *Juara*, 3(1).
- Schimdt, R. A., & Lee, T. D. (2011). *Motor Control and Learning: A Behavioral Emphasis* (Fifth). Human Kinetics.
- Schunk, D. H., & Zimmerman, B. J. (2013). Self-Regulation and Learning. In I. B. Weiner (Ed.), *Handbook of Psychology* (Second Edi, pp. 45–65). John Wiley & Sons, Inc. [https://jolt.merlot.org/vol10no2/butz\\_0614.pdf](https://jolt.merlot.org/vol10no2/butz_0614.pdf)
- Semiawan, C. (2010a). *Catatan Kecil Tentang Penelitian dan Pengembangan Ilmu Pengetahuan*. Kencana.
- Semiawan, C. (2010b). *Spirit Inovasi Dalam Filsafat Ilmu*. Indeks Jaya.
- Setiawati, R., Netriwati, & Nasution, S. P. (2018). Desain Model Pembelajaran Gerlach dan Ely Yang Berciri Nilai-Nilai Ke-Islaman Untuk Meningkatkan Kemampuan Komunikasi Matematis. *Jurnal Pendidikan Matematika*, 7(3), 371–379.  
<http://ojs.fkip.ummetro.ac.id/index.php/matematika/article/view/1593/pdf>
- Setyantoko, M., Widiastuti, W., & Hernawan, H. (2019). The Game-Based ABC Running Exercise Model for Children Ages 6-12 Years. *Budapest International Research and Critics in Linguistics and Education (BirLE) Journal*, 2(3), 506–518. <https://doi.org/10.33258/birle.v2i3.422>
- Silalahi, A. (2017). Development Research (Penelitian Pengembangan) Dan Research & Development (Penelitian & Pengembangan) Dalam Bidang Pendidikan/Pembelajaran. In *Seminar & Workshop Penelitian Disertasi* (Program Doktoral). <https://doi.org/10.13140/RG.2.2.13429.88803/1>

- Sindiani, M., Eliakim, A., Segev, D., & Meckel, Y. (2017). The effect of two different interval-training programmes on physiological and performance indices. *European Journal of Sport Science*, 17(7), 830–837. <https://doi.org/10.1080/17461391.2017.1321687>
- Siswoyo, D. (2013). *Ilmu Pendidikan*. UNY Press.
- Sitorus, E. N., & Purba, M. M. (2017). Pengaruh Model Pembelajaran Gerlach Dan Ely Terhadap Kemampuan Komunikasi Matematika Siswa. *Peran Alumni Matematika Dalam Membangun Jejaring Kerja Dan Peningkatan Kualitas Pendidikan*, 337–342. <https://docplayer.info/58629198-Pengaruh-model-pembelajaran-gerlach-dan-ely-terhadap-kemampuan-komunikasi-siswa.html>
- Slameto. (2010). *Belajar dan Faktor-Faktor Yang Mempengaruhinya*. Rineka Cipta.
- Soboroff, I., & Harman, D. (2005). Novelty Detection : The TREC Experience. *Proceedings of Human Language Technology Conference and Conference on Empirical Methods in Natural Language Processing (HLT/EMNLP)*, 3(October), 105–112. <https://www.aclweb.org/anthology/H05-1014/>
- Song, J. (2019). The Role of Attention in Motor Control and Learning. *Current Opinion in Psychology*, 29, 261–265. <https://doi.org/10.1016/j.copsyc.2019.08.002>
- Stewart, J. (2023). *18- to 19-year-olds: Ages and stages of youth development*. Michigan State University Extension. [https://www.canr.msu.edu/news/18\\_to\\_19\\_year\\_olds\\_ages\\_and\\_stages\\_of\\_youth\\_development](https://www.canr.msu.edu/news/18_to_19_year_olds_ages_and_stages_of_youth_development)
- Sudjana, N. (2011). *Teori Belajar Untuk Pembelajaran*. Binamitra Publishing.
- Sugiyono. (2017). *Metode Penelitian Pendidikan* (18th ed.). Alfabeta.
- Sugono, D. (2008). *Kamus Bahasa Indonesia*. Pusat Bahasa Departemen Pendidikan Nasional.
- Sukardi. (2009). The Novelty Issues in The Agroindustrial Research. *Journal of Agroindustrial Technology*, 19(2), 115–121. <http://journal.ipb.ac.id/index.php/jurnaltin/article/view/1083>
- Sukmadinata. (2010). *Metode Penelitian Pendidikan*. Remaja Rosdakarya.
- Sulhan, N. (2010). *Pembangunan Karakter Pada Anak*. SIC.
- Syah, M. (2010). *Psikologi Pendidikan*. PT Remaja Rosdakarya.
- Tangkudung, J., & Puspitorini, W. (2012). *Kepelatihan Olahraga: Pembinaan Prestasi Olahraga*. Cerdas Jaya.

- Tayeb, T. (2017). Analisis Dan Manfaat Model Pembelajaran. *Jurnal Pendidikan Dasar Islam*, 4(2), 48–55. <http://journal.uin-alauddin.ac.id/index.php/auladuna/article/view/5961/5141>
- Trianto. (2010). *Model – Model Pembelajaran Inovatif Berorientasi Konstruktivistik*. Prestasi Pustaka.
- Turner, S. J. (2010). Website statistics 2.0: Using Google analytics to measure library website effectiveness. *Technical Services Quarterly*, 27(3), 261–278. <https://doi.org/10.1080/07317131003765910>
- Tuttle, W. M. (2018). *Relationship of maximal strength and relative stride length in sprinters*. ProQuest.
- Usman, M. U. (2010). *Menjadi Guru Profesional*. PT. Remaja Rosdakarya.
- Veenstra, R., & Kuyper, H. (2010). Effective students and families: The importance of individual characteristics for achievement in high school. *Educational Research and Evaluation: An International Journal on Theory and Practice*, 21(1), 41–70. <https://doi.org/10.1076/edre.10.1.41.26302>
- Vernadakis, N., Antoniou, P., & Zetou, E. (2010). Comparison of Multimedia Computer Instruction, Traditional Instruction and Combined Instruction on Knowledge Acquisition and Retention of Setting Skill in Volleyball. In B. A. M. and G. M. Ferguson (Ed.), *Computer-Assisted Teaching: New Developments* (pp. 133–149). Nova Science Publishers, Inc. [http://www.phyed.duth.gr/undergraduate/images/DEP/Vernadakis/3b\\_manuscripts\\_en/15.pdf](http://www.phyed.duth.gr/undergraduate/images/DEP/Vernadakis/3b_manuscripts_en/15.pdf)
- Vezzuto's, L. A. (2004). *How Young People Develop Character: A Conceptual Framework with Descriptions of Promising Practices*. Institute for Character Education.
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. PT. Raja Grafindo Persada.
- Widiastuti. (2019). *Belajar Keterampilan Gerak*. PT. Raja Grafindo Persada.
- Wilson, L. O. (2013). *Models of Teaching. An Overview: Exactly are What Teaching Models and Why are They so Important to The Quality of Instruction*. The Second Principle.
- Winkel, W. . (2010). *Psikologi Pengajaran*. Media Abadi.
- Wright, D. L., Black, C. B., Immink, M. A., & Brueckner, S. (2004). Long-Term Motor Programming Improvements Occur Via Concatenation of Movement Sequences During Random But Not During Blocked Practice. *Journal of Motor Behavior*, 36(1), 39–50. <https://doi.org/10.3200/JMBR.36.1.39-50>
- Wulf, G., Shea, C., & Lewthwaite, R. (2010). Motor skill learning and performance: A review of influential factors. *Medical Education*, 44(1), 75–84. <https://doi.org/10.1111/j.1365-2923.2009.03421.x>

- Yaumi, M. (2017). Media Pembelajaran. *Pemanfaatan Media Bagi Anak Milenial Kerjasama*. Universitas Muhammadiyah.
- Yaumi, M. (2018). *Penerapan Model Assure dalam Pengembangan Media dan Teknologi Pembelajaran PAI*. Researchgate.
- Young, M., & Choice, C. (2007). Maximal velocity sprint mechanics. *Track Coach*, 179, 5723–5729.
- Yusnita, I., Masykur, R., & Suherman. (2016). Modifikasi Model Pembelajaran Gerlach dan Ely Melalui Integrasi Nilai-Nilai Keislaman Sebagai Upaya Meningkatkan Kemampuan Representasi Matematis. *Al-Jabar: Jurnal Pendidikan Matematika*, 7(1), 29–38. <http://ejournal.radenintan.ac.id/index.php/al-jabar/article/download/29/25>
- Yusuf, S. (2012). *Psikologi Perkembangan Anak dan Remaja*. Remaja Rosdakarya.
- Zaras, N. D., Angeliki-nikoletta, E. S., Krase, A. A., Methenitis, S. K., Karampatsos, G. P., Georgiadis, G. V., Spengos, K. M., & Terzis, G. D. (2014). Effects of tapering with light vs. heavy loads on track and field throwing performance. *The Journal of Strength & Conditioning Research*, 28(12), 3484–3495. <https://doi.org/10.1519/JSC.00000000000000566>
- Zein, M. (2016). Peran guru dalam pengembangan pembelajaran. *Journal UIN-Alauddin*, V(2), 274–285. <https://doi.org/10.24252/ip.v5i2.3480>