

DAFTAR PUSTAKA

- Abdullah, M. D., Nuryadi, N., & Hendrayana, Y. (2019). Penerapan Elastic Bands untuk Peningkatan Kekuatan Otot Lengan dan Tungkai pada Atlet Judo Asian Para Games 2018. *Jurnal Penelitian Pendidikan*, 18(3), 346–353. <https://doi.org/https://doi.org/10.17509/jpp.v18i3.15006>
- 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.
- Augen, T. H. A. H., Ønnessen, E. S. T., & Eiler, S. T. K. S. (2012). The Difference Is in the Start: Impact of Timing and Start Procedure on Sprint Running Performance. *Journal of Strength and Conditioning Research*, 26(2), 473–479. <https://doi.org/10.1519/JSC.0b013e318226030b>
- Bafirman, & Wahyuri, A. S. (2019). *Pembentukan Kondisi Fisik*. PT. Raja Grafindo Persada.
- Benz, A., Winkelman, 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.0000000000000185>
- Bezodis, 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>
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization: Theory and Methodology of Training* (Sixth Edit). Human Kinetics.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training*. In *Champaign, Ill. : Human Kinetics*; (5th ed.). Human Kinetics.

- Borysiuk, Z., Waśkiewicz, Z., Piechota, K., Pakosz, P., Konieczny, M., Blaszczyzyn, M., Nikolaidis, P. T., Rosemann, T., & Knechtle, B. (2018). Coordination aspects of an effective sprint start. *Frontiers in Physiology*, 9(AUG), 1–7. <https://doi.org/10.3389/fphys.2018.01138>
- Brown, L. E., & Ferrigno, V. A. (2015). *Training For Speed, Agility & Quickness*. Human Kinetics.
- Campos-Vazquez, M. A., Mendez-Villanueva, A., Gonzalez-Jurado, J. A., León-Prados, J. A., Santalla, A., & Suarez-Arrones, L. (2015). Relationships between rating-of-perceived-exertion- and heart-rate-derived internal training load in professional soccer players: A comparison of on-field integrated training sessions. *International Journal of Sports Physiology and Performance*, 10(5), 587–592. <https://doi.org/10.1123/ijsp.2014-0294>
- Cissik, J. M. (2005). Means and methods of speed training: Part II. *Strength and Conditioning Journal*, 27(1), 38–39. <https://doi.org/10.1519/00126548-200502000-00006>
- Creswell, J. W. (2016). *Research Design, Pendekatan Metode Kualitatif, Kuantitatif, dan Campuran* (4th Editio). Pustaka Pelajar.
- Danim, S. (2013). *Perkembangan Peserta Didik*. Alfabeta.
- Davis, S. H. (2017). *Research and Practice in Education: The Search for Common Ground*. Rowman & Littlefield Education.
- 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>
- Febryanto, M. (2017). Upaya Peningkatan Hasil Belajar Lari Cepat Melalui Penggunaan Alat Bantu Pada Siswa Kelas V SD Negeri 2 Cakranegara Tahun Pelajaran 2016/2017. *Jurnal Ilmiah Mandala Education*, 2(2), 162–167. <https://doi.org/http://dx.doi.org/10.58258/jime.v2i2.92>
- Fahmy Fachrezzy , Disertasi, Kecepatan Lari 60 meter studi korelasional *ARM MUSCLE EXPLOSIVE POWER*, *core stability strength* dan motivasi berprestasi dengan kecepatan Lari 60 meter pada mahasiswa Fakultas Ilmu Keolahragaan Universitas Negeri Jakarta 2013

- Gall, M. D., Gall, J. P., & Borg, W. R. (2003). *Educational Research: An Introduction* (Seventh Ed). Pearson Education, Inc.
- Grossmann, B., & Lames, M. (2016). From Talent to Professional Football – Youthism in German Football. *International Journal of Sports Science & Coaching*, 10(6), 1103–1113. <https://doi.org/10.1260/1747-9541.10.6.1103>
- Gunarsa, S., & Gunarsa, Y. (2001). *Psikologi Praktis Anak, Remaja dan Keluarga*. Gunung Mulia.
- Harald Muller, & Ritzdorp, W. (2009). *Run ! Jump ! Throw !* (B. Glad (ed.)). IAAF; Warners Midlands plc.
- Harland, M. J., & Steele, J. R. (2007). Biomechanics of the Sprint Start. *Sport Medicine*, 23(1), 11–20. <https://doi.org/https://doi.org/10.2165/00007256-199723010-00002>
- Harsono. (2011). *Coaching dan Aspek-Aspek Psikologi dalam Coaching*. Tambak Kusuma.
- Harsono. (2017). *Kepelatihan Olahraga: Teori dan Metodologi*. Rosdakarya.
- 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>
- Hidayat, S., & Kadir, S. (2020). Kontribusi Daya Ledak Otot Tungkai Dan Keseimbangan Terhadap Hasil Tendangan Depan Atlet Pencak Silat Program Studi Pendidikan Kepelatihan Olahraga Fakultas Olahraga Dan Kesehatan Universitas Negeri Gorontalo. *COMPETITOR: Jurnal Pendidikan Kepelatihan Olahraga*, 10(2), 74. <https://doi.org/10.26858/com.v10i2.13188>
- Horst, E. J. (2010). *Training for Climbing; The Definitive Guide to Improving Your Climbing Performance*. The Globe Pequot Press.

- Hostrup, M., & Bangsbo, J. (2017). Limitations in intense exercise performance of athletes – effect of speed endurance training on ion handling and fatigue development. *Journal of Physiology*, 595(9), 2897–2913. <https://doi.org/10.1113/JP273218>
- Hulukati, W., & Djibran, 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>
- Indrawathi, N. L. P. (2017). Pengaruh Latihan Senam Lantai Terhadap Peningkatan Keseimbangan Statis Mahasiswa Fakultas Pendidikan Olahraga Dan Kesehatan (FPOK) IKIP PGRI Bali Tahun Pelajaran 2017. *Jurnal Pendidikan Kesehatan Rekreasi*, 3(1), 28–32. <https://doi.org/https://doi.org/10.59672/jpkr.v3i2.233>
- Ipang&Heri. (2014). *Pengembangan Permainan Tradisional Gobak Sodor Bola dalam Pembelajaran Penjas pada Siswa SD. 4.*
- Iqbal, K., Abdurrahman, & Ifwandi. (2015). Kontribusi Daya Ledak Otot Tungkai Dan Keseimbangan. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi Fakultas Keguruan Dan Ilmu Pendidikan Unsyiah*, 1(2), 114–120. file:///C:/kebutuhan skripsi/bahan skripsi/bahan judul ke tiga/KONTRIBUSI DAYA LEDAK OTOT TUNGK
- Irawan, Y. F., & Pamungkas, G. (2022). Pengaruh Start Jongkok terhadap Kecepatan Lari Jarak Pendek 100 Meter SD Negeri Kalipetung Wangon Banyumas. *Jurnal Pendidikan Tambusai*, 6(2), 14065–14070. <https://doi.org/https://doi.org/10.31004/jptam.v6i2.4667>
- Irianto, D. P. (2004). *Pedoman Praktis Berolahraga untuk kebugaran dan Kesehatan.* ANDI Offset.
- Ismaryati. (2009). *Tes dan Pengukuran Olahraga.* Universitas Sebelas Maret Press.

- Jozef, S., Brónn, D., Martin, P., & Ratko, P. (2018). *Is there any connection between endurance , explosive strength and speed performance ? JPES* ®. 1, 363–365. <https://doi.org/10.7752/jpes.2018.s149>
- Jufinda, A. (2020). Uji Coba Start Block Berbahan Dasar Baja Ringan Sebagai Media Pembelajaran Lari Jarak Pendek Kelas VIII SMP. *EDU RESEARCH*, 1(2), 20–28. <https://doi.org/https://doi.org/10.47827/vol1iss2pp20-28>
- Kawamori, N., Nosaka, K., & Newton, R. U. (2013). Relationships Between Ground Reaction Impulse and Sprint Acceleration Performance in Team Sport Athletes. *Journal OfStrength and Conditioning Research*, 27(3), 568–573. <https://doi.org/https://doi.org/10.1519/JSC.0b013e318257805a>
- Kirkpatrick, D. L., & Kirkpatrick, J. D. (2006). *Evaluating Training Programs* (Third Edit). Berrett-Koehler Publishers, Inc.
- Knuttgen, H. G., & Komi, P. V. (2013). *Strength and Power in Sport*. Blackwell Science.
- Komnos, G. A., & Menetrey, J. (2022). Sprinter Muscle: Anatomy and Biomechanics. In G. L. Canata, P. D’Hooghe, K. J. Hunt, G. M. M. J. Kerkhoffs, & U. G. Longo (Eds.), *Management of Track and Field Injuries*. ISAKOS.
- Lamintuarso, R. (2013). *Teori kepelatihan olahraga*. Lankor.
- 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-effica-5a63a458.pdf>
- Lexmond, J., & Reeves, R. (2009). *Building Character*. Mixed Sourced.
- Lloyd, R. S., & Oliver, J. L. (2019). *Strength And Conditioning For Young Athletes. Science And Application*.

- 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>
- Lubis, J. (2016). *Panduan Praktis Penyusunan Program Latihan* (2nd ed.). PT Rajagrafindo Persada.
- Macintosh, B. R. (2011). *Skeletal Muscle: Form and Function Second Edition*. Human Kinetics.
- McGinnis, P. M. (2020). *Biomechanics of Sport and Exercise* (Fourth Edi). Human Kinetics.
- Milloz, M., Hayes, K., & Harrison, A. J. (2020). Sprint Start Regulation in Athletics : A Critical Review. *Sports Medicine*, 51(January 2021), 21–31. <https://doi.org/10.1007/s40279-020-01350-4>
- Müller, H., & Ritzdorf, W. (2009). *Run, Jump, Throw: The Official IAAF Guide to Teaching Athletics*. IAAF Athletics.
- Mutohir, T. C., Lutan, R., Maksum, A., Kristiyanto, A., & Akbar, R. (2023). *Laporan Indeks Pembangunan Olahraga Tahun 2023: Kebugaran Jasmani dan Generasi Emas 2045* (Issue December).
- 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>

- 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>
- Pascasarjana Universitas Negeri Jakarta. (2012). *Pedoman Penulisan Tesis dan Disertasi*. Pascasarjana Univeritas Negeri Jakarta.
- Pratama, B. A. (2015). Kontribusi Kecepatan dan Kelentukan Terhadap Hasil Menggiring Bola. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 1(1), 74. https://doi.org/10.29407/js_unpgri.v1i1.576
- Prieske, O., Krüger, T., Aehle, M., Bauer, E., & Granacher, U. (2018). Effects of resisted sprint training and traditional power training on sprint, jump, and balance performance in healthy young adults: A randomized controlled trial. *Frontiers in Physiology*, 9(MAR), 1–10. <https://doi.org/10.3389/fphys.2018.00156>
- 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>

- Rautenbach, S. (2009). *Sprints, Hurdles, Relays: Basic Coaching Manual*. Athletics South Africa.
- Riduwan. (2015). *Cara Mudah Belajar Penelitian Bagi Guru, Dosen dan Peneliti*. Alfabeta.
- Rimmer, E., & Sleivert, G. (2000). Effects of a Plyometrics Intervention Program on Sprint Performance. *Journal of Strength and Conditioning Research*, 14(3), 295–301. <https://doi.org/10.1519/00124278-200008000-00009>
- Rohendi, A., & Suwandar, E. (2017). *Belajar Gerak Berbasis Otot Inti* (E. Komara (ed.)). Alfabeta.
- Sabbahi, A., Canada, J. M., Babu, A. S., Severin, R., Arena, R., & Ozemek, C. (2022). Exercise training in cardiac rehabilitation: Setting the right intensity for optimal benefit. *Progress in Cardiovascular Diseases*, 70, 58–65. <https://doi.org/https://doi.org/10.1016/j.pcad.2022.02.001>
- Salo, A., & Bezodis, I. (2007). Which Starting Style is Faster in Sprint Running Standing or Crouch Start ? *Sports Biomechanics*, 3(1), 43–54. <https://doi.org/10.1080/14763140408522829>
- Santrock, W. J. (2002). *A Topical Approach to Life-Span Development International Edition*. McGraw-Hill, Inc.
- Semiawan, C. (2010). *Catatan Kecil Tentang Penelitian dan Pengembangan Ilmu Pengetahuan*. Kencana.
- Sessa, F., Messina, G., Valenzano, A., Messina, A., Salerno, M., Marsala, G., Bertozzi, G., Daniele, A., Monda, V., & Russo, R. (2018). Sports training and adaptive changes. *Sport Sciences for Health*, 14(3), 705–708. <https://doi.org/10.1007/s11332-018-0464-z>

- 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 Doktor)*. <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.
- Slawinski, J., Bonnefoy, A., Levêque, J.-M., Ontanon, G., Riquet, A., Dumas, R., & Chèze, L. (2010). Kinematic and Kinetic Comparisons of Elite and Well-Trained Sprinters During Sprint Start. *Journal of Strength and Conditioning Research*, 24(4), 896–905. <https://doi.org/10.1519/JSC.0b013e3181ad3448>
- Sleivert, G., & Taingahue, M. (2004). The relationship between maximal jump-squat power and sprint acceleration in athletes. *European Journal of Applied Physiology*, 91(1), 46–52. <https://doi.org/10.1007/s00421-003-0941-0>
- 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/>
- Stoppani, J. (2014). *Encyclopedia of Muscle & Strength Second Edition (Second Edi)*. Human Kinetics.
- Sudaryono. (2018). *Metodologi Penelitian*. PT Rajagrafindo Persada.

- Sugono, D. (2008). *Kamus Bahasa Indonesia*. Pusat Bahasa Departemen Pendidikan Nasional.
- Sukadiyanto. (2016). *Pengantar Teori dan Metodologi Melatih Fisik*. CV Lubuk Agung.
- 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.
- Supriatno, E. S. (2022). Pembelajaran Lari Sprint Menggunakan Pendekatan Permainan Lari Bola Keranjang Pada Siswa Kelas III MI Ma'arif 01 Rejamulya Kedungreja Kabupaten Cilacap. *Insan Cendekia – Jurnal Pendidikan*, 3(1), 42–48.
<https://doi.org/https://doi.org/10.54012/jurnalinsancendekia.v3i1.59>
- Supriyanto S. (2023). Prosiding Seminar Nasional Pascasarjana Metode Latihan dan Kecepatan Reaksi Terhadap Kemampuan Smash. *Prosiding Seminar Nasional Pascasarjana*, 813–817.
<http://pps.unnes.ac.id/pps2/prodi/prosiding-pascasarjana-unnes>
- Syafruddin. (2011). *Ilmu Kepeleatihan Olahraga* (T. E. U. Press (ed.); 1st ed.). UNP Press Padang.
- Syarifuddin, A. (2016). *Pendidikan Jasmani*. Depdikbud: Proyek Pembinaan Tenaga Kependidikan.
- Tangkudung, J. (2012). *Kepeleatihan Olahraga “Pembinaan Prestasi Olahraga.”* Cerdas Jaya.
- Tangkudung, J., & Puspitorini, W. (2012). *Kepeleatihan Olahraga: Pembinaan Prestasi Olahraga*. Cerdas Jaya.

Tisna MS, G. D. (2017). Profil Antropomerik, Kekuatan Otot Tungkai, Kecepatan Reaksi, Dan Fleksibilitas Pada Atlet Lari 100 Meter. *Penjakora*, 4(2), 46–57. <https://doi.org/https://doi.org/10.23887/penjakora.v4i2.13366>

Vaughan, C. L. (2020). *Biomechanics of sport*. CRC Press.

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>

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.

Yudanto, Y., Yudhistira, D., Antoni, M. S., & ... (2022). The Effect of the Training Model and Balance on Students' Sepak Sila Skills on Sepak Takraw Extracurricular in First Middle School. In *Physical Education Theory ...* tmfv.com.ua. <https://tmfv.com.ua/journal/article/view/1741>

Yusuf, S. (2012). *Psikologi Perkembangan Anak dan Remaja*. Remaja Rosdakarya.