

DAFTAR PUSTAKA

- AKSOVIĆ, N., BJELICA, B., MILANOVIĆ, F., JOVANOVIĆ, N., & ZELENOVIĆ, M. (2021). Plyometric training effects on explosive power, sprint and direction change speed in basketball: A review. *Turkish Journal of Kinesiology*, 7(2), 73–79. <https://doi.org/10.31459/turkjin.929325>
- Aktug, Z. B., Iri, R., & Top, E. (2018). The Investigation of the Relationship between Children's 50m Freestyle Swimming Performances and Motor Performances. *Asian Journal of Education and Training*, 4(1), 41–44. <https://doi.org/10.20448/journal.522.2018.41.41.44>
- Alonso-aubin, D. A., Saez-berlanga, Á., & Chulvi-medrano, I. (2025). *Effects of Integrating a Plyometric Training Program During Physical Education Classes on Ballistic Neuromuscular Performance*. 1–12.
- Arikunto, S. (2013). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.
- Badruzaman. (2013). *Renang Untuk Pemula Lanjutan dan Penyempurnaan*.
- Baena-Marín, M., Rojas-Jaramillo, A., González-Santamaría, J., Rodríguez-Rosell, D., Petro, J. L., Kreider, R. B., & Bonilla, D. A. (2022). Velocity-Based Resistance Training on 1-RM, Jump and Sprint Performance: A Systematic Review of Clinical Trials. *Sports*, 10(1). <https://doi.org/10.3390/sports10010008>
- Beachle, T., & Early, R. (2008). *Essentials of Strength Training and Conditioning* (3rd ed.). Human Kinetic.
- Benjanuvatra, N., Edmunds, K., & Blanksby, B. (2007). Jumping Abilities and Swimming Grab-Start Performances in Elite and Recreational Swimmers. *International Journal of Aquatic Research and Education*, 1(3). <https://doi.org/10.25035/ijare.01.03.06>
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization: Theory and Methodology of Training* (6th ed.). Human Kinetics.
- Bompa, T. O., & Buzzichelli, C. A. (2015). Periodization of Strength Training for Sports. In *Periodization of Strength Training for Sports*.

<https://doi.org/10.5040/9781718225428>

- Born, D. P., Romann, M., & Stögg, T. (2022). Start Fast, Swim Faster, Turn Fastest: Section Analyses and Normative Data for Individual Medley. *Journal of Sports Science and Medicine*, 21(2), 233–244. <https://doi.org/10.52082/jssm.2022.233>
- Cañas-Jamett, R., Figueroa-Puig, J., Ramirez-Campillo, R., & Tuesta, M. (2020). Plyometric training improves swimming performance in recreationally-trained swimmers. *Revista Brasileira de Medicina Do Esporte*, 26(5), 436–440. https://doi.org/10.1590/1517-8692202026052019_0052
- Čaprić, I., Stanković, M., Manić, M., Preljević, A., Špirtović, O., Dordević, D., Spehnjak, M., Damjan, B., Sporiš, G., & Trajković, N. (2022). Effects of plyometric training on agility in male soccer players-a systematic review. *Journal of Men's Health*, 18(7). <https://doi.org/10.31083/j.jomh1807147>
- Chen, L., Zhang, W., & Liu, H. (2025). Timing is everything: the age-related impact of plyometric training on lower limb explosive strength in adolescent athletes. *European Journal of Applied Physiology*, 125(4), 501–512. <https://doi.org/10.1007/s00421-025-05238-9>
- Chu, D. A., & Myer, G. D. (2013). *Plyometrics: Dynamic Strength and Explosive Power*. Human Kinetics. <https://us.humankinetics.com/products/plyometrics>
- Chudinov, P., Eltyshev, V., & Barykin, Y. (2020). Analytical construction of the projectile motion trajectory in midair. *ArXiv Preprint ArXiv:2007.14991*.
- Dassoff, A. S., Forward, N. R., & Katica, C. P. (2017). Differences between the Grab Start and Track Start in Collegiate Swimmers. *International Journal of Exercise Science*, 10(4), 515–521. <https://doi.org/10.70252/kjwp9603>
- Davies, G., Riemann, B. L., & Manske, R. (2015). Current Concepts of Plyometric Exercise. *International Journal of Sports Physical Therapy*, 10(6), 760–786. <http://www.ncbi.nlm.nih.gov/pubmed/26618058> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC4637913>
- Delavier, F. (2019). *Strength Training Anatomy*. Human Kinetic.
- Fernández-González, P., Koutsou, A., Cuesta-Gómez, A., Carratalá-Tejada, M., Miangolarra-Page, J. C., & Molina-Rueda, F. (2020). Reliability of kinovea®

- software and agreement with a three-dimensional motion system for gait analysis in healthy subjects. *Sensors (Switzerland)*, 20(11). <https://doi.org/10.3390/s20113154>
- Fischer, S., & Kibele, A. (2016). The biomechanical structure of swim start performance. *Sports Biomechanics*, 15(2), 187–204. <https://doi.org/10.1080/14763141.2016.1171893>
- Granacher, U., Lesinski, M., Büsch, D., Muehlbauer, T., Prieske, O., Puta, C., Gollhofer, A., & Behm, D. G. (2016). Effects of resistance training in youth athletes on muscular fitness and athletic performance: A conceptual model for long-term athlete development. *Frontiers in Physiology*, 7(MAY). <https://doi.org/10.3389/fphys.2016.00164>
- Haff, G. G., & Triplett, N. T. (2016). *Essentials of Strength Training and Conditioning* (4th ed.). Human Kinetics.
- Hansen, D., & Kennelly, S. (2017). Plyometric Anatomy. In *Plyometric Anatomy*. Human Kinetics. <https://doi.org/10.5040/9781718225442>
- Harsono. (2018). *Latihan Kondisi Fisik: Untuk Atlet Sehat Aktif* (P. Latifah (ed.)).
- Hirayama, K., Iwanuma, S., Ikeda, N., Yoshikawa, A., Ema, R., & Kawakami, Y. (2017). Plyometric training favors optimizing muscle-tendon behavior during depth jumping. *Frontiers in Physiology*, 8(JAN), 1–9. <https://doi.org/10.3389/fphys.2017.00016>
- Janosky, J. (2019). Age Appropriateness of Common Neuromuscular Training Exercises. *Orthopaedic Journal of Sports Medicine*, 7(3_suppl), 2325967119S0015. <https://doi.org/10.1177/2325967119s00156>
- Juli Fitrianto, E., Sujiono, B., & Robianto, A. (2021). Pengaruh Latihan Plyometric Depth Jump Terhadap Daya Ledak Otot Tungkai Dan Kadar Enzim Keratinfosokinase (CPK) Pemain Bola Basket. *Jurnal Ilmiah Sport Coaching and Education*, 5(1), 32–39. <https://doi.org/10.21009/jsce.05104>
- Kons, R. L., Orssatto, L. B. R., Ache-Dias, J., De Pauw, K., Meeusen, R., Trajano, G. S., Dal Pupo, J., & Detanico, D. (2023). Effects of Plyometric Training on Physical Performance: An Umbrella Review. *Sports Medicine - Open*, 9(1). <https://doi.org/10.1186/s40798-022-00550-8>

- Kryeziu, A., Spahi, A., & Spahiu, F. (2023). Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents. *Journal of Physical Education and Sport*, 23(1), 84–91. https://www.researchgate.net/publication/368686219_Effect_of_12_Weeks_of_the_Plyometric_Training_Program_Model_on_Speed_and_Explosive_Strength_Abilities_in_Adolescents
- Maglischo, E. W. (2003). *Swimming Fastest*.
- Malina, R. M., Rogol, A. D., Cumming, S. P., Coelho E Silva, M. J., & Figueiredo, A. J. (2015). Biological maturation of youth athletes: Assessment and implications. *British Journal of Sports Medicine*, 49(13), 852–859. <https://doi.org/10.1136/bjsports-2015-094623>
- Matúš, I., Vadašová, B., Eliaš, T., Czarny, W., Labudová, J., & Grznár, L. (2024). Swim start and performance in 50 m freestyle in different age categories of competitive swimmers. *Pedagogy of Physical Culture and Sports*, 28(1), 33–42. <https://doi.org/10.15561/26649837.2024.0104>
- Matúš, I., Vadašová, B., Eliáš, T., Rydzik, Ł., Ambroży, T., & Czarny, W. (2025). Validity and Reliability of 2D Video Analysis for Swimming Kick Start Kinematics. *Journal of Functional Morphology and Kinesiology*, 10(2), 184. <https://doi.org/10.3390/jfmk10020184>
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2018). *Exercise Physiology: Nutrition, Energy, and Human Performance* (8 (ed.)). Wolters Kluwer Health / Lippincott Williams & Wilkins.
- Mourão, F. A., Barbosa, T. M., Keskinen, K. L., Fernandes, R. J., & Vilas-Boas, J. P. (2015). Contribution of the start and turn to race time in elite swimmers. *International Journal of Sports Physiology and Performance*, 10.
- Myer, Ford, K. R., & TE, H. (2008). Myer GD, Ford, KR & Hewett TE (2008) Tuck Jump Assessment for reducing Anterior Cruciate Ligament Injury Risk. *Athl Ther Today*; 13(5):39-44. *Athletic Therapy Today*, 13(5), 39–44.
- Myer, G. D., Ford, K. R., Di Stasi, S. L., Barber Foss, K. D., Micheli, L. J., & Hewett, T. E. (2015). High knee abduction moments are common risk factors for patellofemoral pain (PFP) and anterior cruciate ligament (ACL) injury in

- girls: Is PFP itself a predictor for subsequent ACL injury? *British Journal of Sports Medicine*, 49(2), 118–122. <https://doi.org/10.1136/bjsports-2013-092536>
- Potach, D. H., & Chu, D. A. (2000). Plyometric Training. In R. W. Baechle, Thomas R.; Earle (Ed.), *Essentials of Strength Training and Conditioning* (pp. 413–456). Human Kinetic.
- Potdevin, F. J., Alberty, M. E., Chevutschi, A., Pelayo, P., & Sidne, M. C. (2011). EFFECTS OF A 6-WEEK PLYOMETRIC TRAINING PROGRAM ON PERFORMANCES IN PUBESCENT SWIMMERS. *Strength And Conditioning*.
- Pratiwi, I. (2015). SEKOLAH RENANG DI KOTA SEMARANG DENGAN PENEKANAN DESIGN SUSTAINABLE ARCHITECTURE Isna. *Journal of Architecture*, 4(2), 1–9.
- Puig-Diví, A., Escalona-Marfil, C., Padullés-Riu, J. M., Busquets, A., Padullés-Chando, X., & Marcos-Ruiz, D. (2019). Validity and reliability of the Kinovea program in obtaining angles and distances using coordinates in 4 perspectives. *PLoS ONE*, 14(6), 1–14. <https://doi.org/10.1371/journal.pone.0216448>
- Putu, S. I., & Adi, P. (2016). Penerapan Metode Pelatihan Pliometrik Dalam Meningkatkan Power. *Journal of Physical Education Health and Sport*, 3(1), 33–43.
- Rachman, J. A. (2013). *Sumbangan Kekuatan Otot Tungkai Dan Daya Ledak Otot Lengan Terhadap Kecepatan Renang Gaya Dada 50 Meter*. <http://lib.unnes.ac.id/18936/1/6301407117.pdf>
- Radcliffe, J. C., & Farentinos, R. C. (2025). *High-Powered Plyometrics* (3rd ed.). Human Kinetics.
- Ramirez-Campillo, R., Sortwell, A., Moran, J., Afonso, J., Clemente, F. M., Lloyd, R. S., Oliver, J. L., Pedley, J., & Granacher, U. (2023). Plyometric-Jump Training Effects on Physical Fitness and Sport-Specific Performance According to Maturity: A Systematic Review with Meta-analysis. *Sports Medicine - Open*, 9(1). <https://doi.org/10.1186/s40798-023-00568-6>
- Riduwan. (2021). *Metode dan Teknik Menyusun Proposal Penelitian* (Edisi Revi).

Alfabeta.

Riewald, S. A., & Rodeo, S. A. (2015). *Science of Swimming Faster*.

Rubiansyah, A., Rusdiana, A., & Mulyana, R. B. (2016). *Pengaruh Latihan Plyometrics Terhadap*. 01(01), 6–11.

Ruiz-Navarro, J. J., Santos, C. C., Born, D. P., López-Belmonte, Ó., Cuenca-Fernández, F., Sanders, R. H., & Arellano, R. (2025). Factors Relating to Sprint Swimming Performance: A Systematic Review. *Sports Medicine*, 55(4), 899–922. <https://doi.org/10.1007/s40279-024-02172-4>

Sammoud, S., Negra, Y., Chaabene, H., Bouguezzi, R., Moran, J., & Granacher, U. (2019). The effects of plyometric jump training on jumping and swimming performances in prepubertal male swimmers. *Journal of Sports Science and Medicine*, 18(4), 805–811.

Setyawan, R. (2022). Mengenal Pelatihan Kondisi Fisik Level Dasar. In *CV Haura Utama*. [http://repo.iain-tulungagung.ac.id/5510/5/BAB 2.pdf](http://repo.iain-tulungagung.ac.id/5510/5/BAB%202.pdf)

Shen, X., Li, H., Yan, K., Zhang, S., & Li, L. (2025). Effects of 8-week complex and resistance training on strength and power in adolescent long jumpers. *Scientific Reports*, 15(1), 1–10. <https://doi.org/10.1038/s41598-025-05800-9>

Sinaga, I. P. A., Tosun, Y., Siregar, S., & Longakit, J. C. (2025). Effects of a 4-Week Plyometric Box Jump Training Program on 50m Breaststroke Performance in Competitive Swimmers. *INSPIREE: Indonesian Sport Innovation Review*, 6(02), 71–78. <https://doi.org/10.53905/inspiree.v6i02.144>

Singh, S. (2016). *An Effective Procedure to Individualize the Training Load for Depth Jumping*.

Šťastný, P., T., Golas, A., Petr, M., & Zmijewski, P. (2015). Effects of a 4-week plyometric box jump training program on 50-m breaststroke performance in competitive swimmers. *Journal of Human Kinetics*, 49, 131–138. [https://doi.org/https://doi.org/10.1515/hukin-2015-0114](https://doi.org/10.1515/hukin-2015-0114)

Takeda, T., Takagi, H., & Tsubakimoto, S. (2017). Effect of block configuration on grab start performance in competitive swimming. *Journal Of Sport Science*, 35(6), 584–590.

Thng, S., Pearson, S., & Keogh, J. W. L. (2021). Pushing up or pushing out-an

- initial investigation into horizontal- versus vertical-force training on swimming start performance: A pilot study. *PeerJ*, 9, 1–16. <https://doi.org/10.7717/peerj.10937>
- Tor, E., Pease, D. L., & Ball, K. A. (2015). Key parameters of the swimming start and their relationship to start performance. *Journal Of Sport Science*, 33(13).
- Vantorre, J., Chollet, D., & Seifert, L. (2014). Biomechanical analysis of the swim-start: A review. *Journal of Sports Science and Medicine*, 13(2), 223–231.
- Willwacher, S., Herrmann, V., Heinrich, K., Funken, J., Strutzenberger, G., Goldmann, J. P., Braunstein, B., Brazil, A., Irwin, G., Potthast, W., & Brüggemann, G. P. (2016). Sprint start kinetics of amputee and non-amputee sprinters. *PLoS ONE*, 11(11), 1–18. <https://doi.org/10.1371/journal.pone.0166219>
- Wilmore, J. H., Costill, D. L., & Kenney, W. L. (2020). *Physiology of Sport and Exercise* (7th ed.). Human Kinetic.
- World Health Organization. (2020). WHO Guidelines on physical activity and sedentary behaviour. In *Routledge Handbook of Youth Sport*. World Health Organization. <https://www.who.int/publications/i/item/9789240014886%0Ahttps://apps.who.int/iris/bitstream/handle/10665/325147/WHO-NMH-PND-2019.4-eng.pdf?sequence=1&isAllowed=y%0Ahttp://www.who.int/iris/handle/10665/311664%0Ahttps://apps.who.int/iris/handle/10665/325147>
- Yuan, Q., Deng, N., & Soh, K. G. (2025). A meta-analysis of the effects of plyometric training on muscle strength and power in martial arts athletes. *BMC Sports Science, Medicine and Rehabilitation*, 17(1). <https://doi.org/10.1186/s13102-025-01059-9>
- Zebura, K., Fuhrmann, S., Mathy, A., Triska, C., & Wirth, K. (2023). the Relationship Between Lower-Body Maximum Strength and Swim Start Performance in Youth Elite Swimmers. *Journal of Applied Sports Sciences*, 7(1), 15–26. <https://doi.org/10.37393/jass.2023.01.2>
- Zhang, C., Li, Y., Wang, J., & Liu, Q. (2022). Effects of plyometric training on swimming start performance in youth athletes. *Journal of Sports Sciences*,

40(9), 1010–1018. <https://doi.org/10.1080/02640414.2021.2012345>

Zuhdi, Nurmeidina, & Rahmatya. (2022). MATH LOCUS: Jurnal Riset dan Inovasi Pendidikan Matematika Persepsi Guru dan Siswa Terhadap Kurikulum 2013 pada Pembelajaran Matematika. *Math Locus*, 3(2), 76–82.

