

DAFTAR PUSTAKA

- American College of Sports Medicine. (2021). *ACSM's guidelines for exercise testing and prescription* (11th ed.). Wolters Kluwer.
- Abdullah, M. (2018). Model Borg & Gall untuk pengembangan media ajar. *Jurnal Inovasi Pendidikan*, 6 (1), 33–42.
- Baechle, T. R., & Earle, R. W. (2012). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Behm, D. G., & Anderson, K. (2006). The role of instability with resistance training. *Journal of Strength and Conditioning Research*, 20(3), 716-722.
- Benito, P. J., Cupeiro, R., Álvarez-Herms, J., Montalvo-Pérez, A., González-Lamuño, D., & Calderón, F. J. (2020). Impact of two 6-week resistance training protocols on muscle mass and strength in untrained men. *Biology of Sport*, 37(1), 9–17. <https://doi.org/10.5114/biolsport.2020.89949>
- Bhasin, S., Storer, T. W., Berman, N., Callegari, C., & Clevenger, B. (2001). The effects of testosterone on muscle strength and function in older men. *Journal of Clinical Endocrinology & Metabolism*, 86(2), 413-423.
- Borg, W. R., & Gall, M. D. (1983). *Educational research: An introduction* (4th ed.). Longman.
- Boreham, C. A., & Murray, L. (2010). Physical activity in children and adolescents. *The effects on health and physical performance*.
- Branch, R. M. (2009). *Instructional Design: The Addie Approach*. Aderhold Hall.
- Brigatto, F. A., de Sá, C. A., Zanini, T., Braz, T. V., Schoenfeld, B. J., & Aoki, M. S. (2021). Effects of resistance training performed to repetition failure or non-failure on muscular strength and hypertrophy: A systematic review and meta-analysis. *Journal of Sport and Health Science*, 10(4), 490–497. <https://doi.org/10.1016/j.jsbs.2020.12.007>
- Boyle, M. (2016). *New functional training for sports*. Human Kinetics.
- Burke, R., Hermann, T., Piñero, A., et al. (2024). *Less time, same gains: Comparison of superset vs traditional set training on muscular adaptations*. STORK.
- Clark, M. A., Lucett, S. C., & Sutton, B. G. (2012). *NASM essentials of personal fitness training* (4th ed.). Lippincott Williams & Wilkins.
- Cook, G. (2013). *Athletic Body in Balance*. Human Kinetics.

- De Salles, B. F., Simao, R., Miranda, F., Novaes, J., Lemos, A., & Willardson, J. M. (2009). Rest interval between sets in strength training. *Sports Medicine*, 39(9), 765–777. <https://doi.org/10.2165/11315230-000000000-00000>
- Enstein, J., Rahmat, R. B., & Dilla, N. (2022). Pengembangan model berbasis 6 fase untuk desain instruksional pendidikan kejuruan. *Jurnal Pengembangan Pendidikan Teknologi dan Kejuruan*, 9(2), 101–110.
- Faghy, M. A., Egerton, T., Ladlow, P., et al. (2022). *Functional training* and its impact on strength and physical performance in aging populations: A systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, 19(6), 3467.
- Faigenbaum, A. D., Kraemer, W. J., Blimkie, C. J., et al. (2011). Youth resistance training: updated position statement paper from the National Strength and Conditioning Association. *Journal of Strength and Conditioning Research*, 23(5), S60S79.
- Fisher, J., & Steele, J. (2014). The role of *functional training* in reducing the risk of injury and improving physical performance. *Sports Medicine*, 44(5), 389-403.
- Fisher, J., & Steele, J. (2014). The role of *functional training* in reducing the risk of injury and improving physical performance. *Sports Medicine*, 44(5), 389-403.
- Foster, C., Farland, C. V., Guidotti, F., Harbin, M., Roberts, B., Schuette, J., Tuuri, A., Doberstein, S. T., & Porcari, J. P. (2017). The effects of high intensity interval training vs steady state training on aerobic and anaerobic capacity. *Journal of Sports Science & Medicine*, 16(2), 231-238.
- García-Hermoso, A., Ramírez-Vélez, R., & Izquierdo, M. (2018). Effects of high-intensity interval training on total, abdominal and visceral fat mass: a meta-analysis. *Scandinavian Journal of Medicine & Science in Sports*, 28(8), 1751-1760.
- García-Pallarés, J., Sánchez-Medina, L., Carrasco, L., Díaz, A., & Izquierdo, M. (2011). Endurance and neuromuscular changes in world-class level kayakers during a periodized training cycle. *European Journal of Applied Physiology*, 111(6), 1269–1279. <https://doi.org/10.1007/s00421-010-1741-3>
- Gentil, P., de Lira, C. A. B., Paoli, A., Bottaro, M., & McGuigan, M. R. (2015). Effects of resistance training with different weekly frequencies in untrained women. *The Journal of Sports Medicine and Physical Fitness*, 55(3), 234–240.
- Gonzalez, A. M., Mangine, G. T., Fragala, M. S., Stout, J. R., & Hoffman, J. R. (2017). Muscle damage and muscle remodeling: no pain, no gain? *Nutrition and Muscular Health*, 137-148.
- Gonzalez, A. M., Hoffman, J. R., Rogowski, J. P., Burgess, S. C., & Stout, J. R. (2017). Intramuscular anabolic signaling and endocrine response following resistance

- exercise: Implications for muscle hypertrophy. *Sports Medicine*, 47(4), 631–645.
- Gordon, B. A., Benson, A. C., Bird, S. R., & Fraser, S. F. (2016). Resistance training improves metabolic health in type 2 diabetes: a systematic review. *Diabetes Research and Clinical Practice*, 132, 157-165.
- Hackett, D. A., Johnson, N. A., & Halaki, M. (2021). Short duration resistance training improves muscle strength and body composition in busy adults: A randomized controlled trial. *Sports*, 9(1), 2. <https://doi.org/10.3390/sports9010002>
- Hafidz, A., Prianto, D. A., & Hidayat, T. (2022). Eight-week functional training with ascending AMRAP model and FOR TIME constant load model to increase abdominal muscle strength and maximal oxygen consumption levels in adolescent males. *Teoriâ ta Metodika Fizičnogo Vihovannâ*, 22(3), 366–371. <https://doi.org/10.17309/tmfv.2022.3.10>
- Handayani, E., Sutarto, H., & Mahmudah, F. N. (2022). Pengembangan model pembelajaran inovatif berbasis R&D: Strategi meningkatkan efektivitas pembelajaran. *Jurnal Pendidikan dan Kebudayaan*, 17(2), 125–134. <https://doi.org/10.24832/jpnk.v17i2.421>
- Ihsan, N., Kurniawan, D. A., & Mustofa, M. (2023). Pengembangan perangkat pembelajaran berbasis model 4D untuk peningkatan kompetensi abad 21. *Jurnal Pendidikan Indonesia*, 12(1), 15–25.
- Iversen, V. M., Norum, M., Schoenfeld, B. J., & Fimland, M. S. (2021). No time to lift? Designing time-efficient training programs for strength and hypertrophy: A narrative review. *Sports Medicine*, 51(9), 2079–2095. <https://doi.org/10.1007/s40279-021-01490-1>
- Jin, Z., & Ali, H. M. (2024). A discussion on the influence of functional strength training in college physical education on students' physical health. *Journal of Education and Educational Research*, 10(1).
- Liu, J., Shang, L., & Yu, H. (2024). The effects of *functional training* on muscle strength in athletes: A meta-analysis. bioRxiv. <https://doi.org/10.1101/2024.06.01.596934>
- McGill, S. M. (2014). Core training: Evidence translating to better performance and injury prevention. Lippincott Williams & Wilkins.
- Myer, G. D., Ford, K. R., & Hewett, T. E. (2014). Rationale and clinical techniques for anterior cruciate ligament injury prevention among female athletes. *Journal of Athletic Training*, 39(4), 352-364.
- Nasrulloh, A., Prasetyo, Y., & Apriyanto, K. D. (2018). Dasar-dasar latihan beban. Yogyakarta: UNY Press.
- Hurlock, E. B. (2002). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan* (Edisi Kelima). Jakarta: Erlangga.

- Hibbs, A. E., Thompson, K. G., French, D., Wrigley, A., & Spears, I. (2018). Optimizing performance by improving core stability and core strength. *Journal of Strength and Conditioning Research*, 22(3), 31-38.
- Kibler, W. B., Press, J., & Sciascia, A. (2006). The role of core stability in athletic function. *Sports Medicine*, 36(3), 189-198.
- Kraemer, W. J., & Ratamess, N. A. (2004). Fundamentals of resistance training: Progression and exercise prescription. *Medicine & Science in Sports & Exercise*, 36(4), 674-688. <https://doi.org/10.1249/01.MSS.0000121945.36635.61>
- Krzysztofik, M., Wilk, M., Wojdała, G., Golas, A. (2019). Maximizing muscle hypertrophy: A systematic review of advanced resistance training techniques and methods. *Journal of Human Kinetics*, 68, 167-178. <https://doi.org/10.2478/hukin-2019-0067>
- Krzysztofik, M., Wilk, M., Wojdała, G., & Gołaś, A. (2019). Maximizing muscle hypertrophy: A systematic review of advanced resistance training techniques and methods. *International Journal of Environmental Research and Public Health*, 16(24), 4897.
- Latif, M., Fadhilah, N., & Nurfadilah, S. (2020). Pendekatan research and development (R&D) dalam pengembangan media pendidikan. *Jurnal Pendidikan*, 8(3), 145-153. <https://doi.org/10.23887/jp2.v8i3.27451>
- Lubis, J., Haqiyah, A., Robianto, A., Ihsani, S. I., Wardoyo, H., Ginanjar, S., Irawan, A. A., Sumartiningsih, S., Setiawan, I., Lubis, R. A., Sanjaya, K. H., & Kusumandari, D. E. (2024). The effect of six-week plyometric, functional, and interval trainings on body composition, power, and kicking speed in male Pencak Silat university athletes. *International Journal of Disabilities Sports and Health Sciences*, 7(Special Issue 1), 46-53.
- Mangine, G. T., Hoffman, J. R., Gonzalez, A. M., Rogowski, J. P., Townsend, J. R., Wells, A. J., ... & Stout, J. R. (2015). The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. *Physiology Reports*, 3(8), e12472. <https://doi.org/10.14814/phy2.12472>
- McDonald, A. E., Armstrong, M. J., Goldstein, C. M., & O'Connor, D. P. (2019). Intermittent exercise and its effect on insulin sensitivity and fasting glucose: A meta-analysis. *Journal of Diabetes Research*, 2019.
- Muruganantham, G. (2015). Developing of E-content material for teaching commerce at higher secondary level. *International Journal of Applied Research*, 1(12), 224-226.
- Myer, G. D., Ford, K. R., & Hewett, T. E. (2014). Rationale and clinical techniques for anterior cruciate ligament injury prevention among female athletes. *Journal of Athletic Training*, 39(4), 352-364.

- Naclerio, F., Larumbe-Zabala, E., Barriopedro-Moro, M. I., & Barriopedro-Moro, M. I. (2020). Strength training strategies to improve health and fitness. *Journal of Human Kinetics*, 71(1), 275-286.
- Naslund, J. (2006). The role of functional strength training in rehabilitation and sports performance. *Journal of Strength and Conditioning Research*, 20(1), 1-8.
- Nasrulloh, A., Prasetyo, Y., & Apriyanto, K. D. (2018). Dasar-dasar latihan beban. Yogyakarta: UNY Press.
- Ng, M., Fleming, T., Robinson, M., Thomson, B., Graetz, N., Margono, C., & Murray, C. J. L. (2014). Global, regional, and national prevalence of overweight and obesity in children and adults 1980–2013: A systematic analysis. *The Lancet*, 384(9945), 766-781. [https://doi.org/10.1016/S0140-6736\(14\)60460-](https://doi.org/10.1016/S0140-6736(14)60460-)
- Paoli, A., Bianco, A., Notarnicola, A., Mancin, L., & Palma, A. (2016). High-intensity interval resistance training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. *Journal of Translational Medicine*, 14(1), 114.
- Paoli, A., Marcolin, G., & Petrone, N. (2010). Influence of different resistance training frequencies on body composition and muscular strength in non-athletes. *Journal of Sports Medicine and Physical Fitness*, 50(3), 271–277.
- Phillips, S. M. (2007). The role of protein in muscle mass gain: Implications for nutrition and exercise interventions. *Nutrition & Metabolism*, 4, 1-10.
- Putri, R. A., & Wardoyo, C. (2018). Pengembangan media pembelajaran interaktif berbasis Android. *Jurnal Teknologi Pendidikan*, 20(2), 120–132.
- Ratamess, N. A., Alvar, B. A., Evetoch, T. K., Housh, T. J., Kibler, W. B., & Link, G. W. (2009). Progression models in resistance training for healthy adults. *American College of Sports Medicine*.
- Resende-Neto, A. G., et al. (2020). *Functional training in comparison to traditional training on physical fitness and quality of movement in older women*. *Sport Sciences for Health*, 16(3), 567574.
- Riebe, D., Ehrman, J. K., Liguori, G., & Magal, M. (2018). ACSM's guidelines for exercise testing and prescription (10th ed.). American College of Sports Medicine.
- Robbins, D. W., Young, W. B., Behm, D. G., & Payne, W. R. (2010). Agonist–antagonist paired set resistance training: A brief review. *Journal of Strength and Conditioning Research*, 24(10), 2873–2882. <https://doi.org/10.1519/JSC.0b013e3181fdb5a2>
- Sani, R. A. (2018). *Metodologi Penelitian Pendidikan*. Medan: Lembaga Peduli Pengembangan Pendidikan Indonesia.
- Sandler, D. (2010). *Weight training for dummies* (3rd ed.). Wiley Publishing.

- Santos, D. A., Silva, A. M., Matias, C. N., Magalhães, J. P., Minderico, C. S., Thomas, D. M., & Sardinha, L. B. (2021). Validity of a portable bioelectrical impedance device to assess body composition in children. *International Journal of Sports Medicine*, 32(3), 199-204.
- Schoenfeld, B. J., & Grgic, J. (2018). Evidence-based guidelines for resistance training volume to maximize muscle hypertrophy. *Strength and Conditioning Journal*, 40(4), 107-115.
- Schoenfeld, B. J., Ogborn, D., & Krieger, J. W. (2016). Effects of resistance training frequency on measures of muscle hypertrophy: A systematic review and meta-analysis. *Sports Medicine*, 46(11), 1689-1697. <https://doi.org/10.1007/s40279-016-0543-8>
- Schoenfeld, B. J., Fisher, J. P., Grgic, J., Haun, C., Helms, E. R., Phillips, S. M., ... & Vigotsky, A. D. (2021). Resistance training recommendations to maximize muscle hypertrophy in an athletic population: Position stand of the IUSCA. *Strength and Conditioning Journal*, 43(6), 1-17.
- Sidarta, F., & Yuniarta, T. N. (2019). Pengembangan model pembelajaran berbasis ADDIE. *Jurnal Ilmiah Pendidikan*, 7(2), 79-88.
- Simao, R., de Salles, B. F., Figueiredo, T., Dias, I., & Willardson, J. M. (2012). Exercise order in resistance training. *Sports Medicine*, 42(3), 251-265. <https://doi.org/10.2165/11597240-000000000-00000>
- Silva, S. F., dos Santos, P. G., Schoenfeld, B. J., et al. (2023). Comparison between *superset* and traditional resistance training on muscle mass and strength in trained men: A randomized controlled trial. *Journal of Strength and Conditioning Research*, Publish Ahead of Print.
- Stokes, T., Hector, A. J., Morton, R. W., McGlory, C., & Phillips, S. M. (2015). Recent perspectives regarding the role of dietary protein for the promotion of muscle hypertrophy with resistance exercise training. *Nutrients*, 7(1), 33-58. <https://doi.org/10.3390/nu7010033>
- Stoppani, J. (2006). *Encyclopedia of muscle & strength*. Human Kinetics
- Wang, Z., et al. (2024). Effects of functional strength training combined with aerobic training on body composition, physical *fitness*, and movement quality in obese adolescents. *Nutrients*, 16(10), 1434.
- Weakley, J. J. S., Till, K., Read, D. B., et al. (2017). The effects of traditional, superset, and tri-set resistance training structures on perceived intensity and physiological responses. *European Journal of Applied Physiology*, 117(10), 1877-1889. <https://doi.org/10.1007/s00421-017-3680-3>
- Wilmore, J. H., & Costill, D. L. (2005). *Physiology of Sport and Exercise* (4th ed.). Human Kinetics.

- Wilson, J. M., Marin, P. J., Rhea, M. R., & Wilson, S. M. C. (2019). Concurrent training: A meta-analysis examining interference of aerobic and resistance exercises. *Journal of Strength and Conditioning Research*, 36(4), 1071-1082.
- Wirth, K., Hartmann, H., Mickel, C., Szilvas, E., Keiner, M., & Sander, A. (2020). The impact of back *squat* and leg-press exercises on maximal strength and speed-strength parameters. *Journal of Strength and Conditioning Research*, 35(1), 65-71
- World Health Organization. (2020). *Physical activity*. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Yusuf, A. M. (2023). *Desain instruksional dalam pengembangan model pembelajaran*. Yogyakarta: Pustaka Pelajar.

