

DAFTAR PUSTAKA

- Balyi, I., & Hamilton, A. (2004). *Long-term athlete development: Trainability in childhood and adolescence*. Victoria: National Coaching Institute.
- Bompa, T., & Haff, G. (2009). *Periodization: Theory and methodology of training*. Champaign, IL: Human Kinetics.
- Chang, K. (2008). Coaching effectiveness and athlete development. *International Journal of Sports Science*, 12(3), 45–58.
- Côté, J., & Fraser-Thomas, J. (2007). Youth involvement in sport. *Sport Psychology*, 1, 266–294.
- Ellis, L., et al. (2011). *Athlete development and performance pathways*. London: Routledge.
- Fahmy Fachrezzy (2014). Kecepatan Lari 60 Meter Hubungan Antara Tenaga Ledak Ayunan Lengan, Kekuatan, dan Keseimbangan Badan dan Motivasi Berprestasi Dengan kecepatan Lari 60 Meter.
- Faigenbaum, A. D., & Myer, G. D. (2010). Resistance training in youth: Benefits and safety concerns. *American Journal of Lifestyle Medicine*, 4(5), 390–407.
- Fédération Internationale de Gymnastique. (2022–2024). *Aerobic Gymnastics Code of Points (CoP)*. <https://www.fig-gymnastics.com>
- Fletcher, D., & Sarkar, M. (2012). A grounded theory of psychological resilience in Olympic champions. *Psychology of Sport and Exercise*, 13(5), 669–678.

- Khairi, A., Priyono, B., & Indarti, S. (2025). Senam aerobik sebagai olahraga prestasi. *Jurnal Olahraga Nasional*, 14(2), 101–115.
- KONI. (2021). *Pekan Olahraga Nasional: Sistem pembinaan dan pengembangan atlet*. Jakarta: Komite Olahraga Nasional Indonesia.
- Lloyd, R. S. (2015). Youth physical development model. *Strength and Conditioning Journal*, 37(3), 72–81.
- Malina, R. M. (2004). Growth and maturation of young athletes: Implications for performance and training. *European Journal of Sport Science*, 4(1), 37–52.
- Muammar, H. (2024). Nilai sportivitas dan resiliensi dalam pembinaan atlet muda. *Jurnal Pendidikan Jasmani*, 9(1), 55–67.
- Rijali, A. (2019). Analisis Data Kualitatif. Alhadharah: Jurnal Ilmu Dakwah, 17(33), 81. <https://doi.org/10.18592/alhadharah.v17i33.2374>
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation. *American Psychologist*, 55(1), 68–78.
- Snyder, M. (2015). Leaning Into Autoethnography: A Review of Heewon Chang's Autoethnography As Method. *The Qualitative Report*, 20(2), 93–96. <https://doi.org/10.46743/2160-3715/2015.2099>
- Tumaloto, R., et al. (2024). *Senam aerobik kompetitif: Teknik dan pembinaan*. Bandung: Alfabeta.
- Wibowo, A., & Arianto, D. (2025). Autoetnografi sebagai pendekatan penelitian olahraga. *Jurnal Metodologi Sosial*, 11(2), 87–99.
- Wiwin, H. 2022. Resiliensi psikologis. Prenada Media.