

DAFTAR PUSTAKA

- Alfaza, P. I., & Ananda, P. B. (2021). Hubungan Daya Ledak Otot Tungkai dan Kekuatan Otot Lengan Terhadap Accuracy Smash Bolavola. *Jurnal Kesehatan Olahraga*, 09, 151–160.
- Armaijn, L., Darmayanti, D., Sonia, B., & Rochmat, H. (2024). *Measurable training program to improve physical performance: literature review*. 2(2), 306–312.
- Arti kata umur - *Kamus Besar Bahasa Indonesia (KBBI) Online*. (n.d.). Diambil 27 Mei 2026, dari <https://kbbi.web.id/umur>
- Barnett, L. M., Stodden, D., Cohen, K. E., Smith, J. J., Lubans, D. R., Lenoir, M., Iivonen, S., Miller, A. D., Laukkanen, A., Dudley, D., Lander, N. J., Brown, H., & Morgan, P. J. (2016). Fundamental movement skills: An important focus. *Journal of Teaching in Physical Education*, 35(3), 219–225. <https://doi.org/10.1123/jtpe.2014-0209>
- Budiman, Q., Mouton, S., Veenhoff, L., & Boersma, A. (2021). 程威特 1 , 吴海清 1 , 江帆 2. *Jurnal Inovasi Penelitian*, 1(0.1101/2021.02.25.432866), 1–15.
- Dikdik Zafar, S. (2019). Prinsip latihan Dalam Olahraga. *Wordpress. Com*.
- Dr. Bafirman HB, M.Kes., A., & Dr. Asep Sujana Wahyusuri, S.Si., M. P. (2018). *Pembentukan Kondisi Fisik*.
- Dr. Oce Wirriawan, M. K., Awang Firmansyah, S. O. M. K., & Dr. Donny Ardy Kusuma, S. P. M. K. (2023). *pelatihan penguatan otot untuk mengurangi potensi risiko cedera hamstring*. Uwais Inspirasi Indonesia. <https://books.google.co.id/books?id=d3eyEAAAQBAJ>
- Effendy, I. (2016). Pengaruh Pemberian Pre-Test dan Post-Test Terhadap Hasil Belajar Mata Diklat HDW.DEV.100.2.a pada Siswa SMK Negeri 2 Lubuk Basung. *Jurnal Ilmiah Pendidikan*, 1(2), 81–88.
- Fone, L., & van den Tillaar, R. (2022). Effect of Different Types of Strength Training on Swimming Performance in Competitive Swimmers: A Systematic Review. *Sports Medicine - Open*, 8(1). <https://doi.org/10.1186/s40798-022-00410-5>
- Hidayah, T., Akhiruyanto, A., Yudhistira, D., & Kurnianto, H. (2023). the Effects of Ltad-Based Programming on Fundamental Skills and Physical Abilities of Basketball Players Aged 11-12 Years. *Physical Education Theory and Methodology*, 23(6), 909–917. <https://doi.org/10.17309/tmfv.2023.6.13>
- Hines, E. W. (2018). Fitness swimming. In *Fitness spectrum series*. <http://www.gbv.de/dms/bowker/toc/9780880116565.pdf%5Cnhttp://gso.gbv>.

de/DB=2.1/PPNSET?PPN=250482991%5Cnhttp://www.gbv.de/dms/bowker/toc/9780736074575.pdf%5Cnhttp://gso.gbv.de/DB=2.1/PPNSET?PPN=562937811

- Ii, B. A. B., & Teori, A. D. (2022). *pengaruh latihan daya tahan otot terhadap kemampuan shooting pada siswa putra peserta ekstrakurikuler bola basket smk*. 7–24.
- Indrayana, B. (2012). Perbedaan Pengaruh Latihan Interval Training dan Fartlek terhadap Daya Tahan Kardiovaskular pada Atlet Junior Putra Taekwondo Wild Club Medan 2006/2007. *Jurnal Cerdas Syifa*, 1(1), 1–10. <https://online-journal.unja.ac.id/index.php/csp/article/view/699>
- Mackenzie. (2005). *Performance Evaluation Tests*.
- Morouço, P. G., Marinho, D. A., Izquierdo, M., Neiva, H., & Marques, M. C. (2022). Relative Contribution of Arms and Legs in 30 s Fully Tethered Front Crawl Swimming. *BioMed Research International*, 2015. <https://doi.org/10.1155/2015/563206>
- Pendidikan, P., Olahraga, L., Pplop, P., Tengah, J., & Deswanti, S. P. (2024). *Indonesian Journal for Physical Education and Sport Pengaruh Latihan Vertical Kicking Terhadap Kecepatan Underwater 15 Meter Atlet*. 5(1), 112–121.
- Price, T., Cimadoro, G., & S Legg, H. (2024). Physical performance determinants in competitive youth swimmers: a systematic review. *BMC Sports Science, Medicine and Rehabilitation*, 16(1), 1–19. <https://doi.org/10.1186/s13102-023-00767-4>
- R., F. P., Wungouw, H. I. S., & Marunduh, S. (2024). Pengaruh Latihan Beban Terhadap Kekuatan Otot Lansia. *Jurnal e-Biomedik*, 3(1), 13–21. <https://doi.org/10.35790/ebm.3.1.2015.8075>
- Sánchez Pastor, A., García-Sánchez, C., Marquina Nieto, M., & de la Rubia, A. (2023). Influence of Strength Training Variables on Neuromuscular and Morphological Adaptations in Prepubertal Children: A Systematic Review. *International Journal of Environmental Research and Public Health*, 20(6). <https://doi.org/10.3390/ijerph20064833>
- Sari, M. (2013). Instrumen Penelitian. *Metodelogi Penelitian*, 15–20.
- Shinta Masitho Windriyan. (2022). *perbedaan efek pemberian susu coklat dengan sport drink pada masa pemulihan setelah latihan daya tahan terhadap kekuatan otot tungkai dan kadar glukosa darah*. 2–3.
- Sianturi, R. (2025). Test Normality As a Condition of Hypothesis Testing. *Jurnal Pembelajaran Dan Matematika Sigma (Jpms)*, 11(1), 1–14.
- Sigit, M. (2024). *perbedaan pengaruh open kinetic chain exercise dan close kinetic chain exercise terhadap kekuatan otot quadriceps femoris pasca operasi*

anterior cruciate ligamen ditinjau dari usia The Effect of Open Kinetic Chain Exercise and Close Kinetic Chain Exercise. 29–38.

Soesana, A., Subakti, H., Salamun, S., Tasrim, I. W., Karwanto, K., Falani, I., Bukidz, D. P., & Pasaribu, A. N. (2023). *Metodologi Penelitian Kuantitatif*.

Studi, P., Keolahragaan, I., Ilmu, F., Universitas, K., Semarang, N., Tirta, P., Club, A., & Tengah, P. J. (2021). *Kontribusi Karakteristik Antropometri Terhadap Kemampuan Fisik dan Kinerja Renang Gaya Bebas Sugiarto 1 dan Adi Bagus Hananto 2 1*.

Swim Club - Balaena Rex Aequis - Sejasa.com. (n.d.). Diambil 27 Mei 2026, dari <https://www.sejasa.com/businesses/swim-club-balaena-rex-aequis>

wiarto, g. (2021). *dasar-dasar kepelatihan olahraga.* guepedia. <https://books.google.co.id/books?id=obJVEAAQBAJ>

Yudha Prawira, A., Prabowo, E., & Febrianto, F. (2021). Model Pembelajaran Olahraga Renang Anak Usia Dini: Literature Review. *Jurnal Educatio FKIP UNMA*, 7(2), 300–308. <https://doi.org/10.31949/educatio.v7i2.995>

Yusuf. (2022). Journal of Physical Education. *Revista brasileira atividade física \& saúde*, 16(3), 730–741.

