

DAFTAR PUSTAKA

- Adi, S., Supriyadi, Masgumelar, N. K., & Fathoni, A. F. (2022). Development of gross motor skills exercise models and physical activities to enhance physical fitness of elementary school students. *Journal of Physical Education and Sport*, 22(12), 2947–2954. <https://doi.org/10.7752/jpes.2022.12372>
- Bagus Wiguna, I. (2017). *Teori dan Aplikasi Latihan Kondisi Fisik - IDA BAGUS WIGUNA* - Google Books. PT. RajaGrafindo Persada-Rajawali Pers. https://books.google.co.id/books?hl=en&lr=&id=Nu7fEAAAQBAJ&oi=fnd&pg=PA1&dq=definisi+latihan+dalam+olahraga&ots=YzljdeGHqi&sig=xkBNxmVoyFFtmF-XAvXN-eDtDBQ&redir_esc=y#v=onepage&q=definisi latihan dalam olahraga&f=false
- Ben, & Pamela. (2014). *Children's Perceptions of a District-wide Physical Education Pro- gram*. (January), 1–3.
- Bompa, T. O. and G. G. H. (2000). Periodization, Theory and Methodology of Training. *Orietta Calcina*, 2. <https://api.semanticscholar.org/CorpusID:142761215>
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization-: theory and methodology of training*. Human kinetics.
- Branch, R. M. (2009). Desain Instruksional: Pendekatan ADDIE. Dalam *Instructional Design: The ADDIE Approach*.
- Camacho-Sánchez, R., Manzano-León, A., , José Miguel Rodríguez-Ferrer, J. S., & Lavega-Burgués, and P. (2023). education sciences Game-Based Learning and Gamification in Physical Education : *Education Sciences*, 13, 1–13.
- David Lee Gallahue, Ozmun, J. C., & Goodway, J. D. (2012). *Understanding Motor Development: Infants, Children, Adolescents, Adults*. 2, 306–312.
- Diah, M., Utami, K., Yogi, K., Lesmana, P., & Sukarata, I. K. (2025). *Pengembangan Media Latihan Gerak Dasar Panahan Berbasis Video Tutorial Pada Para Peserta Ekstrakurikuler SMA Negeri Bali Mandara*. 13.
- Dlis, F., Yudho, F. H. P., Kemala, A., Yuliandra, R., Santos, M. H. Dos, & Nita Eka Aryanti. (2022). *Konsep Long Term Athlete Development dalam Pelatihan Atlet Jangka Panjang*.
- Durden-myers, E. J. (2024). *Advancing Physical Literacy Research in Children*. 1–5.
- Fleck, S. J., & Kraemer, W. J. (2014). Designing Resistance Training Programs. Dalam *Designing Resistance Training Programs*. Human Kinetics. <https://doi.org/10.5040/9781718225107>
- Gall, M. D., Gall, J. P., & Borg, W. R. (2007). *educational research an introduction*.

- González-valero, G., Ubago-jiménez, J. L., Melguizo-ibáñez, E., & Fernández-garcía, R. (2024). *Application of the teaching games for understanding model to improve decision- making in sport learning : a systematic review and meta-analysis.*
- Hardi, V. J. (2022). Pengaruh Latihan Menggunakan Karet Ban Sepeda Terhadap Penguasaan Teknik Dasar Panahan Pada Atlet Panahan Tingkat Pemula. Dalam *Jurnal Master Penjas & Olahraga* (Vol. 3, Nomor 2, hlm. 232–239). STKIP Pasundan. <https://doi.org/10.37742/jmpo.v3i2.66>
- Harsono. (2015). Teori Dan Metodologi. *Jakarta: Remaja Rosdakarya*, 6.
- Hayati, R., Rakhmayanti, A., Septiani, S., Setiadi, K., Muhammadiyah, M., Wijayati, I. W., Hadiningrum, L. P., Ersani, E., Hidayati, W., Ariantara, R. G., Suci, H., Thoif, M., Hasanah, U., Suroya, L. F., Fratiwi, N. J., Purwantini, R., Nugroho, F. A., Rispatiningsih, D. M., Talindong, A., & Fajrianti. (2025). *MODEL-MODEL DESAIN SISTEM PEMBELAJARAN.*
- Jarrah, H. Y., & Alkhazaleh, M. S. (2020). Knowledge sharing behavior in the curricula of united arab emirates universities and educational organizations. *International Journal of Instruction*, 13(3), 1–16. <https://doi.org/10.29333/iji.2020.1331a>
- Komarudin, M. P. , S. M. Y. , A. P. N. , F. M. F. , & N. G. (2024). *Model Latihan Kognisi Dalam Olahraga. Indonesia Emas Group.* Indonesia Emas Group. https://books.google.com/books?hl=en&lr=&id=UQQKEQAAQBAJ&oi=fnd&pg=PA1&dq=latihan+olahraga&ots=C16Z_cs2ax&sig=duCNkVXg87G0R5tl0cvBQGY8Ss4
- Lee, K., & Bondt, R. De. (2005). *Total Archery.*
- Lee, K., & Tyler Benner. (2009). *TOTAL ARCHERY : archer the inside.pdf.*
- Lindl, A., Krauss, S., Schilcher, A., & Hilbert, S. (2020). Statistical Methods in Transdisciplinary Educational Research. *Frontiers in Education*, 5(July), 1–11. <https://doi.org/10.3389/educ.2020.00097>
- Loso, J., Mas'ud, M., Lalu, S., Utami, R. N., Laka, L., Boar, Y., Lembang, S. T., Astriawati, F. Y. W. N., & Laksono, R. D. (2024). METODOLOGI RESEARCH AND DEVELOPMENT. Dalam *Glass international.* <https://doi.org/10.4337/9781783479450.00021>
- Maulana, A., Putra, G. G., Thoriq, A., & ... (2026). MENURUNNYA AKTIVITAS FISIK SISWA AKIBAT GAYA HIDUP DIGITAL DI ERA MODERN. ... : *Jurnal Ilmiah PGSD* <http://journal.stkipsubang.ac.id/index.php/didaktik/article/view/11430>
- Naseri, M. B. A. (2024). A theoretical comparison between periodization and non-periodized training. *J Sports Physiol Athl Cond*, 4(13), 16–28.

- Nasrulloh, A., Prasetyo, Y., & Apriyanto, K. D. (2018). Dasar-dasar latihan beban. *Yogyakarta: UNY Pres.*
- Piotrowski, T., Makaruk, H., Tekie, E., Albrecht, K., Grela, K., Makuch, R., & Jakub, S. G. (2025). *Fundamental Movement / Motor Skills as an Important Component of Physical Literacy and Bridge to Physical Activity : A Scoping Review.* 1–21.
- Pranata, C. B., & Kuswahyudi. (2023). MODEL PERMAINAN PANAHAN UNTUK MENGURANGI KECEMASAN LATIHAN PADA ANAK USIA 12-14 TAHUN DI GENERASI EMAS ARCHERY CLUB. Dalam *Journal Olahraga Rekat (Rekreasi Masyarakat)* (Vol. 2, Nomor 1, hlm. 26–37). Universitas Negeri Jakarta. <https://doi.org/10.21009/jor.21.26-37>
- Prasetyo, Y. (2022). *teknik dasar panahan.*
- Pratama, Utami, R. J. (2024). *Psikologi Olahraga: Pendekatan Holistik Bagi Atlet - Edo Yuliandra Pratama, Rismar Julia Utami - Goo.* Pradina Pustaka.
- Purwanto, D., Rejeki, H. S., & Mentara, H. (2024). Game-based physical learning model to enhance gross motor skills in young students. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 10(3), 503–520. https://doi.org/10.29407/js_unpgri.v10i3.23982
- Rachman, A., Yochanan, E., Samanlang, A. I., & Purnomo, H. (2024). METODE PENELITIAN KUANTITATIF, KUALITATIF DAN R&D. Dalam *CV Saba Jaya Publishr.*
- Ribeiro, J., Davids, K., Silva, P., Coutinho, P., Barreira, D., & Garganta, J. (2021). Talent Development in Sport Requires Athlete Enrichment: Contemporary Insights from a Nonlinear Pedagogy and the Athletic Skills Model. Dalam *Sports Medicine* (Vol. 51, Nomor 6, hlm. 1115–1122). <https://doi.org/10.1007/s40279-021-01437-6>
- Rizqi, R. A. (2015). PENGARUH MODIFIKASI SASARAN BALON TERHADAP MINAT SISWA PADA EKSTRAKURIKULER PANAHAN SMP NEGERI 1 MANTUP. *Jurnal Pendidikan Olahraga dan Kesehatan.* <https://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/article/view/14360>
- Rushertanto, A. D., Nuryati, Wicaksana, A. M., Darsinah, & Wulandari, M. D. (2024). Mengidentifikasi Tahap Perkembangan Fisik Dan Motorik Anak Di Sekolah Dasar Dan Implikasinya Pada Proses Pembelajaran. *Ilmiah Pendidikan Dasar*, 9(4), 756–771.
- Sasmarianto, & Muslim. (2023). *mengenal olahraga panahan.*
- Shi, P., & Feng, X. (2022). Motor skills and cognitive benefits in children and adolescents: Relationship, mechanism and perspectives. *Frontiers in Psychology*, 13(November), 1–14. <https://doi.org/10.3389/fpsyg.2022.1017825>

- Sidik, D. Z. (2022). Prinsip Latihan Atlet Pada Berbagai Periodisasi. *Temu Ilmiah Nasional Persatuan Ahli Gizi Indonesia*, 63, 63–72. https://www.researchgate.net/profile/Zenderi-Wardani/publication/368364104_Asupan_Vitamin_D_dan_Lama_Paparan_Matahari_Terhadap_Kecepatan_Berjalan_Lansia_The_Vitamin_D_Intake_and_Length_of_Sun_Exposure_with_the_Walking_Speed_of_Elderly/links/63e4a4c8e2e151
- Silva, A., Ferraz, R., Forte, P., Teixeira, J. E., Branquinho, L., & Marinho, D. A. (2022). Multivariate Training Programs during Physical Education Classes in School Context: Theoretical Considerations and Future Perspectives. *Sports*, 10(6). <https://doi.org/10.3390/sports10060089>
- Sugiyono. (2013). Metode Penelitian Kuantitatif, Kualitatif dan R & Metode Penelitian Kuantitatif, Kualitatif Dan R &. Dalam *Bandung: Alfabeta*.
- Sukadiyanto. (2011). Pengantar teori dan metodologi melatih fisik. Bandung: CV Lubuk Agung. *Bandung: Lubuk Agung*, 1, 7. <https://id.scribd.com/document/794166514/Sukadiyanto-2011-Pengantar-Teori-Dan-Metodologi-Melatih-Fisik>
- Uppal, A. K. (2021). *Scientific principles of sports training*. Friends Publications (India).
- Vassilopoulou, E., McMilin, C., & Venter, C. (2023). Mediterranean Milk Ladder: Integrating a Healthy Eating Plan While Reintroducing Cow's Milk. *Children*, 10(2), 1–11. <https://doi.org/10.3390/children10020234>
- WIARTO, G. (2021). *DASAR-DASAR KEPELATIHAN OLAHRAGA* (Edisi I). GUEPEDIA. <https://books.google.co.id/books?id=obJVEAAAQBAJ>
- wolrd archery. (2023). *Coach 's Manual entry level*.
- wolrd archery. (2024). *fita coach manual*.
- Yuliarsih, T., Santosa, S., & Mutiansi, D. (2024). KARAKTERISTIK PERKEMBANGAN ANAK USIA SEKOLAH DASAR, PADA FISIK-MOTORIK, KOGNITIF, BAHASA, DAN IMPLIKASINYA DALAM PEMBELAJARAN. *Edu Research Indonesian Institute For Corporate Learning And Studies (IICLS)*, 5(1), 70–80.
- Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). *Science and practice of strength training*. Human kinetics.