

DAFTAR PUSTAKA

- Bachtiar, B. (2021). Desain dan Strategi Pelaksanaan Program Pelatihan untuk Capaian Hasil Maksimal. *EduPsyCouns: Journal of Education, Psychology and Counseling*, 3(2), 127–140.
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization training for sports* (4th ed.). Human Kinetics.
- British Mountaineering Council. (2024). Quickdraws.
- Creswell, J. W., & Creswell, J. D. (2023). *Research design: Qualitative, quantitative, and mixed methods approaches* (6th ed.). SAGE Publications.
- Creswell, J. W., & Plano Clark, V. L. (2018). *Designing and conducting mixed methods research* (3rd ed.). SAGE Publications.
- Dalmia, D., & Alam, F. A. (2021). Evaluasi Program Model Context dan Input dalam Bimbingan Konseling. *Jurnal Bimbingan Konseling dan Psikologi*, 1(2), 111–124.
- European Committee for Standardization. (2016). *EN 892:2016 Mountaineering equipment—Dynamic mountaineering ropes—Safety requirements and test methods*. CEN.
- European Committee for Standardization. (2018). *EN 12277:2018 Mountaineering equipment—Harnesses—Safety requirements and test methods*. CEN.
- Haff, G. G., & Triplett, N. T. (Eds.). (2022). *Essentials of strength training and conditioning* (4th ed.). Human Kinetics.
- Harsono. (2018). *Latihan kondisi fisik untuk atlet sehat aktif*. Remaja Rosdakarya.
- International Climbing and Mountaineering Federation (UIAA). (2024).
- International Federation of Sport Climbing (IFSC). (2024). *Official sport equipment catalogue: Macros*.
- International Federation of Sport Climbing (IFSC). (2025). *Official sport equipment catalogue: Climbing holds and volumes*.
- Julianto, A., & Fitriah, A. (2021). Evaluasi Program Ekstrakurikuler Baca Al-Qur'an di SMP Negeri 03 Bengkulu Selatan. *Jurnal Pendidikan Islam Al-Affan*, 1(2), 175–184.
- Lagantondo, H., Pandipa, A. K. H., & Thomassawa, R. (2023). Analisis Pelaksanaan Evaluasi Program Pemberdayaan Masyarakat di Desa Tiwaa. *SOSIOLOGI: Jurnal Ilmiah Kajian Ilmu Sosial dan Budaya*, 25(1), 54–71.
- Long, J., Gaines, B., & Martin, B. (2022). *Climbing anchors* (3rd ed.). Falcon Guides.
- Miles, M. B., Huberman, A. M., & Saldaña, J. (2014). *Qualitative data analysis: A methods sourcebook* (3rd ed.). SAGE Publications.

- Stufflebeam, D. L., & Zhang, G. (2017). The CIPP evaluation model: How to evaluate for improvement and accountability. Guilford Press.
- Sugiyono. (2018). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Alfabeta.
- Sugiyono. (2023). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Alfabeta.
- UIAA. (2024). *UIAA recommendations for climbing safety*.
- UIAA. (2024). *UIAA Safety Standard 101: Dynamic ropes*.
- UIAA. (2024). *UIAA Safety Standard 105: Harness*

