

## DAFTAR PUSTAKA

- Arikunto, Suharsimi, 2006. *Prosedur Penelitian*. Jakarta : PT. Rineka Cipta
- Bompa, Tudor O.,1990. *Theory and Methodology of Training; the Key to Athletic Performance* Dubuque, Iowa: Kendall / Hunt Publishing Company.
- Bowers, Richard and Edward L. Fox, 1988. *SPORT PHYSIOLOGY*. Dubuque – Iowa : Wm.C. Brown Publishers,
- Brian Mac,2005. *Endurance Training*,
- El.al, Donald, 1982. *Validitas Rancangan*.
- Giriwidjoyo, Santosa, dkk., 2001. *Dampak Pelatihan Hipoksik (Tenaga Dalam) terhadap Peningkatan Kemampuan Dinamis Aerob dan Anaerob pada peserta Satria Nusantara*. Bandung : Hasil Penelitian,
- Giriwijoyo, Santosa, 2007. *ILMU FAAL OLAHRAGA; Fungsi Tubuh Manusia pada Olahraga, edisi 7*. Bandung : Buku Ajar FPOK UPI.
- Harsono, 1988. *Coaching dan Aspek-aspek Psikologis dalam Coaching*. Bandung : Tambak Kusuma CV.
- Hermanu, Entang, 2010. *Jurnal Kepeleatihan Olahraga*. Bandung
- Hogshead, Nancy dan Gerald S. Couzens, 1989. *Asthma & Exrecise*. New York : Henry Holt and Company.
- Janssen, Peter, 2001. *Lactate Threshold Training*. Canada : Human Kinetics Publisher.
- Jhon, Christoper Gore, 2000. *Physiological Tests for Elite Athletes*. USA : Human Kinetics.
- Martens, Rainer, 2004. *Successful Coaching*. United States : Human Kinetics.

Nieman, David C., 1990. *Fitness and Sports Medicine ; An Introduction*. California : Bull Publishing Company.

Nurhasan., 2007. *Modul Tes dan Pengukuran Keolahragaan*. Bandung.

Powers, Scott K. and Edward T. Howley, 1990. *Exercise Physiology ; Theory and Application to Fitness and performance*. Dubuque ; Wm.C. Brown Publishers.

Pyke, Frank S., 1991. *Better Coaching ; Advanced Coach's Manual*. Canberra : Australian Coaching council Incorporated.

Riduwan, 2005. *Dasar-dasar Statistika*, Bandung : CV. Alfabeta.

Rushall, Brant S. and Frank S. Pyke, 1990. *Training for Sport and Fitness*. Canberra : Macmillan Education.

Schmolinsky, Gerhardt, 1989. *Track and Field.*, German : DVLSportverlag.

Sudjana, 2005. *Metoda Statistika*. Bandung : Tarsito.

Sugiyono, 2006. *Statistika untuk Penelitian*. Bandung : CV. Alfabeta.

Surakhmad, 1998. *Pengantar Penelitian Ilmiah*. Bandung : Tarsito.

Telford, Richard D., 1991. *Better Coaching ; Endurance Trainig* , edited by Frank S. Pyke. Canberra : Australia Coaching Council Incorporated.

Willmore, Jack H. dan David L. Costill, 1994. *Physiology of Sport and Exercise*. Canada : Human Kinetics Publisher.

Zafar, Sidik, 2008. *Kondisi Fisik*. Bandung : Buku ajar FPOK UPI

( <http://sehat-bugar-selalu.blogspot.com/2010/12/aerobik-olahraga-aerobik-dan-anaerobik.html>, Selasa, 14 Maret 2011)

([http://EzineArticles.com/?expert=Peter\\_Somerville](http://EzineArticles.com/?expert=Peter_Somerville), Selasa 15 Maret 2011).

(<http://pkr-ikor.com/?file=artikel&mode=lengkap&id=106>, Selasa 15 Maret 2011)

(<http://rosy46neli.wordpress.com/2009/12/21/prinsip-dasar-latihan-daya-tahan->

umum,Senin 07 Maret 2011)

(<http://www.scumdoctor.com/Indonesian/fitness-tips/anaerobic-exercises/Anaerobic-Exercise-And-Oxidative-Stress.html>,Kamis 03 Maret 2011)

(<http://www.scumdoctor.com/Indonesian/fitness-tips/anaerobic-exercises/Anaerobic-Exercise-And-Oxidative-Stress.html>,Senin 21Februari 2011)

(<http://www.tpb.ipb.ac.id/files/materi/biologi/Kuliah%203%20Respirasi%20Selular.pdf>,  
Senin 21 Februari 2011)

(<http://id.wikipedia.org/wiki/futsal>) Rabu, 02 Februari 2011

<http://alfalaasifah.blog.friendster.com/2009/12/rangk-pembinaan-kondisi-fisik-olahraga-i/>,Jumat 28 Januari 2011

