

DAFTAR PUSTAKA

1. Afriwardi. Ilmu Kedokteran Olahraga. Penerbit Buku Kedokteran EGC. Jakarta, 2009: 27-48
2. Aberg MA, Waern M, Nyberg J et al. Cardiovascular Fitness in Males at age 18 and Risk of Serious Depression in Adulthood: Swedish Prospective Population based Study. 2012; 201: 352-59
3. ACSM. American College of Sport Medicine. Guidelines for Exercise Testing and Prescription Baltimore: Lippincott Williams and Wilkins. 2001
4. Bingisser R, Kaplan V, Seneer T et al. Effect of Training on Repeatability of Cardiopulmonary Exercise Performance in Normal Men. Med Sci Sport Exerc. 1997; 29: 1499-1504
5. M Anita, Brown R, R Walter et al. Principles of Exercise Physiology: Responses to Acute Exercise and Long term Adaptions to Training. American Academy of Physical Medicine and Rehabilitation. 2012; 4: 797-804
6. Cooper KH. A Means of Assesing Maximal Oxygen Intake. Jama. 1968; 203: 201-4
7. Cox GR, Clark SA, Cox AJ, et al. Daily Training With High Carbohydrate availability Increase Exogenous Carbohydrate Oxidation during Endurance Cycling. J Appl Physiol. 2010; 109: 126-134
8. Santtila M, Kyrolainen H, Vasankari T, et al. Physical Fitness Profile in Young Finnish Men during the years 1975-2004. Med Sci Sport Exerc. 2006; 38: 1990-4
9. Bidare C, Deshpande RR. Does Aerobic Training Affect Maximum Voluntary Ventilation? International Journal of Health Science and Research. 2013; (2): 3: 16-9
10. Ganong WF. Buku Ajar Fisiologi Kedokteran Edisi 20. Penerbit Buku Kedokteran EGC. Jakarta. 2003: 571-609
11. Hawley JA, Burke LM. Carbohydrate Availability and Training Adaption: Effect on Cell Metabolism. Exerc Sport Sci Rev. 2010; 38: 152-160
12. Knapik JJ, Hauvet KG, Canada S, et al. Association between Ambulatory Physical Activity and Injuries during United States Army Basic Combat Training. J Phys Act Health. 2011; 8: 496-502

13. Knapik JJ, Reynolds KL, Harman E. Soldier Load Carriage historical, Physiological, Biomechanical and Medical Aspect. *Milmed*. 2004; 169: 45-56
14. Mikkola I, Jokelainen JJ, Timonen, et al. Physical Activity and Body Composition Changes during Military Service. *Med Sci Sport Exerc*. 2009; 41: 1735-42
15. Vander. *Human Physiology: The Respiratory System in: Human Physiology the mechanism of Body Function*, 8nd. Boston; Mc Graw Hill: 2001
16. Moran DS, Evans RK, Arbel Y, et al. Prediction Model for Attrition from a Combat Unit Training Programme. *J Strength Can Res*. 2011; 25: 2963-70
17. Santtila M, Hakkinen K, Nindl B, et al. Cardiovascular and Neuromuscular Performance Response Induced by 8 weeks of Specialized Military Training. *J Strength Can Res*. 2012; 26: 745-751
18. Santtila M, Hakkinen K, Kraemer, et al. Effect of Basic Training on Acute Physiological Response to a Combat Loaded Run Test. *MilMed*. 2010; 175: 273-79
19. Santtila M, Kyrolainen H. Change in Cardiovascular Performance during on 8 weeks Military Basic Training Period Combined with Added Endurance Training. *Military medicine*. 2008; 173: 1173-79
20. Mattioli GM. Association between initial and Final Transient Heart Rate Response in Exercise Testing. *Universidade Gama Clinica de Medicina Brasil*. 2008; 93: 101
21. Kyrolainen H, Hakkinen K, Kautiainen H, et al. Physical Fitness, BMI and Sickness Absence in Male Military Personnel. *Oxford University press on Behalf of the Society of Occupational Medicine*. 2008: 251-53
22. Bouchard C, Dionne FT, Simoneau et al. Genetics of Aerobic and Anaerobic Performances. *Exerc Sport Sci Rev*, 1992; 20: 27-58
23. Miyatake N, Numata T, Cao ZB, et al. Relation between Predicted Oxygen Uptake and Cigarette Smoking in Japanese Men. 2012; (4): 7: 423-25
24. Miller MR, Hankinson J, Brusasco V. Standardisation of Spirometry. *Eur Respir J*. 2005; 26: 319-338
25. Sport Fitness Advisor. VO_2 max. Aerobic Power and Maximal Oxygen Uptake. 2006. Available from URL. <http://www.sportfitnessadvisor.com>.

26. Friedl EK. Body Composition and Military Performance Many Things To Many People. *Journal of Strength and Conditioning Research*. 2012;(26):7:89-99
27. M Anita, Brown R. Principles of Exercise Physiology: Responses to Acute Exercise and Long term Adaptation to Training. *American Academy of Physical Medicine and Rehabilitation*. 2012;(4):794-804
28. Herman D, Yunus F, Harahap F, Rasmin M. Ambilan Oksigen Maksimal dan Faal Paru Laki-laki Sehat Penyelam dan Bukan Penyelam. *J Respir Indo*. 2011;(31):2:61-70
29. Fresno DB, Moore R. VO_2 max Change in English Futsal Players After 6 Week Period of Specific Small Side Games Training. *American Journal of Sports Science and Medicine*. 2015;(3):2:28-34
30. Lafountain R. Comparative Study of Army Physical Readiness Protocol TC 3-22.20 vs ROTC crossfit Training. *The College at Brockport*. 2012:3-14
31. Harms CA, Wetter TJ, McClaran. Effects of respiratory muscle work on cardiac output and its distribution during maximal exercise. *J Appl Physiol* 1998;85(2):609-18
32. Murias JM, Kowalchuk JM. Mechanisms for increases in VO_2 max with endurance training in older and young women. *Med Sci Sports Exerc*. 2010;42:1891-8
33. Harms CA, Wetter TJ, StCroix. Effect of respiratory muscle work on exercise performance. *J Appl Physiol*. 2000;89:131-8
34. Holm P, Sattler A, Fregosi RF. Endurance training of respiratory muscles improves cycling performance in fit young cyclists. *BMC Physiol*. 2004;4:9
35. Bekrizadeth H, Weisi H. Optimal Correlation Between Maximal Volume Oxygen and Maximal Voluntary Ventilation Indicators of Measuring Cardiorespiratory Readiness of athlete. *Dept of statistic Dayane Noor University of Iran*. 2010;14:54-65
36. Vijayan, Sankaran. Prediction equations for maximal voluntary ventilation in non smoking normal subjects in Madras. *Indian J Physiol Pharmacol*. 1993;37(1):138-140