

DAFTAR PUSTAKA

1. Direktorat Kesehatan TNI Angkatan Darat, Kesehatan Kesamptaan, Mabesad. 2014: Jakarta
2. Plowman SA, Smith DL. Exercise Physiology For Health Fitness And Performance; ed 4th . Baltimore, Lippincot William and Wilkins, a Wolter Kluwer bussines. 2014
3. Sable MS, Sable SS,. Zingade US, Kowale AN. Preliminary study of lung functions in athletes and nonathletes in marathwada region. Int J Cur Res Rev 2012 ; Vol 04 (21) : 57-63
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. Holger J, Schunemann JD, Drydon JB, Grant WW Jr., Maurizio T 2000. Pulmonary function is a long term predictor of mortality in the general population: 29 years follow up of the Buffalo Health Study. Chest,118(3): 656-664.
6. Markas Besar Angkatan Darat, Petunjuk Pembinaan Tentang Jasmani Militer.2002: Jakarta
7. Cooper CB, Storer TW. Response variables. In: Cooper CB, Storer TW, editors. Exercise testing and interpretation 1st ed.Cambrige: University Press; 2001.p.93-148

8. McArdle, W.D., Katch, F.I., and Katch, V.L. (1986). Exercise Physiology: Energy, Nutrition, and Human Performance, 2nd ed., Lea & Febiger, Philadelphia, PA.
9. Lee Sherwood L. The respiratory system. In : Human physiology: from cells to systems 7th ed. Belmont, USA. Cengage Learning. 2010 : 461-509
10. Schwartzstein RM, Parker MJ. Respiratory physiology: a clinical approach. Lippincott Williams & Wilkins Baltimore. 2006
11. Sherwood, L. Human physiology: From cells to systems (6th ed.). Belmont, CA; 2007. p. 139
12. Taylor, H. L.: Physical activity: is it still a risk factor? Prev Med 12: 20-24 (1983)
13. Duncan GE, Sydemann SJ, Perri MG, Limacher MC, Martin AD. Can sedentary adults accurately recall the intensity of their physical activity? Prev Med. 2001 Jul; 33(1):18-26.
14. Exercise and Physical Activity Guide for Health Promotion 2006. Tokyo: Ministry of Health, Labour and Welfare of Japan; 2006
15. Iverson, D. C., Fielding, J. E., Crow, R. S., and Christenson, G. M.: The promotion of physical activity in the U.S. population: the status of programs in medical, worksite, community, and school settings. Public Health Rep 100: 212-224, March-April 1985.
16. Haskell, W.L., et al., "Physical Activity And Public Health: Updated Recommendation For Adults from the American College of Sports Medicine And the American Heart Association," Medicine & Science in Sports & Exercise 39 (2007):1423-1434

17. Brian Sharkey. *Kebugaran dan Kesehatan*. Ed1, Jakarta : Raja Grafindo Persada. 2003, hlm 75-93
18. Subagya. Upaya Pembinaan Kesegaran Jasmani Prajurit TNI AD dalam Mewujudkan Prajurit yang Samapta. *Jurnal Yudhagama*, Jakarta . 2012:Volume 32 No.2 Juni 2012.
19. Ganong WF. *Review of medical physiology*. 23 rd ed. New York: Lange Medical Books / McGraw-Hill; 2010. Ch. 18(p. 282-287), Ch. 20.p. 301-313.
20. Lakhera SC, Mathew L, Rastogi SK, Sen Gupta J. Pulmonary function of Indian athletes and sportsmen: comparison with American athletes. *Indian J Physiol Pharmacol*. 1984; 28(3): 187-194
21. Taylor, A.H., Ussher, M.H., & Faulkner, G. (2007). The Acute effects of exercise on cigarette cravings, withdrawal symptoms, affect and smoking behaviour: a systematic review. *Addiction*, 102, 534 -543
22. Kaczynski, A.T., Manske, S.R., Mannell, R.C., & Grewal, K. (2008). Smoking And Physical Activity: A Systematic Review. *American Journal of Health Behaviour*, 32 (1), 93-110
23. Van Rensburg, K.J., Taylor, A., & Hodgson, T. (2009). The effects of acute exercise on attentional bias towards smoking-related stimuli during temporary abstinence from smoking. *Addiction*, 104, 1910-1917
24. Guyton AC, Hall JE. *Ventilasi Paru dalam Buku Ajar Fisiologi Kedokteran Edisi 11*. Jakarta: Penerbit Buku Kedokteran EGC, 2006. p.495-506.

25. Andersen, R. E. "Exercise, an Active Lifestyle, and Obesity. Making the Exercise Prescription Work." *Physician and Sportsmedicine*.1999
26. Papathanasiou G, Georgoudis G, Georgakopoulos D, Kat-souras C, Kalfakakou V, Evangelou A. Criterion-related validity of the short International Physical Activity Question-naire against exercise capacity in young adults. *Eur J Cardio-vasc Prev Rehabil*. 2010; 17: 380-386.
27. Kaczynski AT, Manske SR, Mannel RC, Grewal K. Smoking and physical activity: A systematic review. *Am J Health Behav*. 2008; 32: 93-110
28. Hye Young Oh, Lee H S, Lee SW, Shim K W, Chun H, Kim J Y. The Association of Lung Age with Smoking Status in Korean Men. *Korean JFam Med*. 2014;35:35-41
29. Tortora GJ, Derrickson B. *Principles of anatomy and physiology*. Edisi 11. New Jersey: John Wiley & Sons; 2006. p. 863-73.
30. Haddad, GG.,Fontan, J.J.P.. *Development and function of the respiratory system*. Philadelphia: Nelson textbook of pediatrics 17 th edition. 2004
31. Hidayati I. Pengaruh latihan pembinaan jasmani militer terhadap nilai kapasitas vital paru dan volume ekspirasi paksa satu detik pertama siswa secaba di resimen induk daerah militer jaya (RINDAM JAYA) periode November 2011 Februari 2012(skripsi). Jakarta :Universitas Pembangunan Nasional "Veteran"; 2012.
32. Epler, G.R.. *Environmental and Occupational Lung Desease*. In *Clinical Overview of Occupation Lung Desease*. Return to Epler. Columbia. 2000

33. Irawan Dimas Sondang. Pengaruh Kebiasaan Merokok terhadap Daya Tahan Jantung Paru. (Skripsi). Surakarta: Fakultas Ilmu Kesehatan Universitas Muhamadiyah Surakarta.2009.
34. Suwala M, Gerstenkorn A, Kaczmarczyk-Chalas K, Drygas W. Tobacco smoking by elderly people according to CINDI WHO research. *Przegl Lek.* 2005;62(Suppl 3):55–59. PubMed
35. Lind E., Joens-Matre RR, Ekkekakis P. What intensity of physical activity do previously sedentary middle-aged women select? Evidence of a coherent pattern from physiological, perceptual, and affective markers. *Prev. Med.* 2005; 40 :407–419.
36. Jackson C. Initial and experimental stages of tobacco and alcohol use during late childhood: relation to peer, parent, and personal risk factors. *Addict Behav* 1997;22:685–698.
37. Lind E., Joens-Matre RR, Ekkekakis P. What intensity of physical activity do previously sedentary middle-aged women select? Evidence of a coherent pattern from physiological, perceptual, and affective markers. *Prev. Med.* 2005; 40 :407–419.
38. Chandran CK, Nair HK, Shashidhar S. Respiratory fungsi dalam praktisi Kalaripayattu. *India J Physiol Pharmacol.* 2000; 48 (2): 235-240.
39. Thaman,R. Arora,A. Bachhel, R. *Effect of Physical Training on Pulmonary Function Tests in Border Security Force Trainees of India.* *J Life Sci,* 2010; 2(1): 11-15, diakses pada tanggal 24 September 2010.