

DAFTAR PUSTAKA

1. World Health Organization (2016). Physical activity. <https://www.who.int/dietphysicalactivity/pa/en/> - Diakses Desember 2018.
2. Sutri (2014). Hubungan kegiatan fisik dengan kebugaran jasmani pada remaja. http://eprints.ums.ac.id/30790/10/NASKAH_PUBLIKASI.pdf - Diakses Desember 2018.
3. Topendsports (2008). YMCA 3-minute Step Test. <https://www.topendsports.com/testing/tests/step-ymca.htm> - Diakses Februari 2019.
4. Shakinah S (2015). Pembagian intensitas olahraga dan denyut jantung maksimal. Jakarta: Divisi Kardiologi Ilmu Penyakit Dalam RSCM. <http://kardiopdrscm.com/7237/artikel/pembagian-intensitas-olahraga-dan-denyut-jantung-maksimal/#sthash.OwDmS217.dpbs> - Diakses November 2018.
5. WHO (2008). Physical inactivity: a global public health problem. https://www.who.int/dietphysicalactivity/factsheet_inactivity/en/ - Diakses November 2018.
6. Badan Penelitian dan Pengembangan Kesehatan. Riset kesehatan dasar (RISKESDAS) 2007. Kementerian Kesehatan Republik Indonesia; 2007.
7. Departemen Kesehatan Republik Indonesia (2013). Riset kesehatan dasar (Riskesdas). Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kementerian RI. <http://www.depkes.go.id/resources/download/general/Hasil%20Riskesdas%202013.pdf> - Diakses Oktober 2018.
8. WHO (2018). Physical Activity. <https://www.who.int/news-room/factsheets/detail/physical-activity> - Diakses Januari 2019.
9. Booth FW, Christian KR, Matthews JL. Lack of exercise is a major cause of chronic diseases. NIH Public Access. 2014.
10. Rao CR, Darshan BB, Das N, Rajan V, Bhogun M, Aditya G. Practice of physical activity among future doctors: a cross sectional analysis. Int J Prev Med. 2012 ;3(5):365-9.
11. Riskawati YK. Tingkat aktivitas fisik mahasiswa program studi pendidikan dokter tahun kedua, ketiga, keempat (skripsi). Universitas Brawijaya; 2018.
12. Anindita P. Hubungan aktivitas fisik harian dengan gangguan menstruasi pada mahasiswa Fakultas Kedokteran Universitas Andalas (skripsi). Universitas Andalas; 2014.
13. WHO (2008). Pacific physical activity guidelines for. http://www.wpro.who.int/NR/rdonlyres/6BF5EE82-8509-4B2F-8388-CE9DBCCA0F8/0/PAG_layout2_22122008.pdf. - Diakses November 2018.

14. American Diabetes Association (2017). Blood glucose and exercise. <http://www.diabetes.org/food-and-fitness/fitness/get-started-safely/blood-glucose-control-and-exercise.html> - Diakses Desember 2018.
15. Guyton AC, Hall JE. Buku ajar fisiologi kedokteran. 12th ed. Tharmapalan S, editor. Jakarta: Penerbit Buku Kedokteran EGC; 2012. p. 1017.
16. Fried G HG. Schaum's Outlines : Biologi. In: Homeostasis: Regulasi Fungsi-Fungsi Fisiologis; 2005.
17. International Diabetes Federation (2013). IDF diabetes atlas. 6th ed. www.idf.org/about-diabetes - Diakses Desember 2018.
18. Sherwood L, Yesdelita N, editors. Fisiologi manusia dari sel ke sistem. 6th ed. Jakarta: Penerbit Buku Kedokteran EGC; 2012. p. 782.
19. Matindas WR. Pengaruh latihan fisik akut terhadap kadar gula darah pada mahasiswa Fakultas Kedokteran Universitas Sam Ratulangi Manado (skripsi). Manado: Universitas Sam Ratulangi Manado; 2012.
20. Asano RY. Acute effect of physical exercise in type 2 diabetes. World J Diabetes. 2014;5(5):659-65.
21. Herwanto ME. pengaruh aktivitas fisik terhadap kadar gula darah pada pria dewasa (skripsi). Manado: Universitas Sam Ratulangi Manado; 2015.
22. World Health Organization (2018). Physical activity. <http://www.who.int/news-room/fact-sheets/detail/physical-activity> - Diakses November 2018.
23. Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health related research. Public Health Report. 1985;100:126-31.
24. Corbin CB, Lindsey R. Fitness and wellness. Dubuque: Times Mirror Higher Education Group, Inc. 1997.
25. Wirakusuma EP. Sehat cara al-qur'an dan hadis. Bandung: Mizan Media Utama; 2010.
26. Havel RJ, Doris HC, Joan DG. Recommended Dietary Allowances. Edisi ke 10. Washington DC: National Academy Press; 1989 doi:10.17226/1349
27. Turksoy K, Paulino TML, Zaharieva DP. Classification of physical activity: information to artificial pancreas control systems in real time. J Diabetes Sci Technol. 2015;9(6):1200-7.
28. Burning RS, Sturek M. Benefit of exercise training on coronary blood flow in coronary artery disease patients. Prog Cardiovasc Dis. 2015;57(5):443-53.
29. Al-Eisa E, Buragadda S, Melam GR. Association between physical activity and psychological status among Saudi female students. BMC Psychiatry. 2014;14(1):1-5.

30. Mikkelsen K, Stojanovska L, Polenakovic M, Bosevski M, Apostolopoulos V. Exercise and mental health. *Maturitas*. 2017;106:48-56.
31. Howard JH, Rechnitzer PA, Cunningham DA. Coping with job tension: effective and ineffective methods. *Public Personnel Management*. 1975;6:317-26.
32. Koplan JP, Dietz WH. Caloric imbalance and public health policy. *JAMA*. 1999;282(16):1579-81.
33. Bouchard C. The human obesity gene map: the 1998 update. *Obesity Research*. 1999;7(1):111-29.
34. National Institute of Health/National Heart, Lung and Blood Institute, (1998). Clinical Guidelines on the identification, evaluation and treatment of overweight and obesity in adults.
35. National Institute of Health. (2016). Benefits of physical activity. Retrieved from National Institute of Health: <https://www.nhlbi.nih.gov/health/healthtopics/topics/phys/benefits> - Diakses November 2018.
36. Center for Disease Control dan Prevention (2018). Physical activity. <https://www.cdc.gov/physicalactivity/index.html> - Diakses Desember 2018.
37. Dorland WAN. *Dorland's illustrated medical dictionary*. 29th ed. Hartono, H editors. Jakarta: Penerbit Buku Kedokteran EGC; 2012.
38. Sherwood Lauralee. *Textbook of human physiology*. 2nd ed. Jakarta: EGC; 2006.
39. PERKENI (2011). *Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia*.
40. Longo DL, Kasper DL, Jameson JL, et al. *Diabetes Mellitus Dalam Harrison's Principles of Internal Medicine*. 18 Edition. USA: Mc Graw Hill Company. 2012 Chapter 334
41. Ganong WF. Fungsi endotel pankreas dan pengaturan metabolisme karbohidrat dalam buku ajaran fisiologi kedokteran. Jakarta: Penerbit Buku Kedokteran; 2005.
42. Guyton AC, Hall JE. *Metabolisme karbohidrat dan pembentukan adenosin tripospat dalam buku ajar fisiologi*. Jakarta: Penerbit Buku Kedokteran EGC; 2008.
43. Widiyanto. *Glukosa darah sebagai sumber energi (skripsi)*. Fakultas Ilmu Kedokteran Universitas Negeri Yogyakarta: Yogyakarta; 2008.
44. Irawan MA. *Metabolisme energi tubuh dan olahraga*. Polt Sport Sci Performace Lab. 2007;1(7):1-4.
45. Smara F. *Perbedaan kadar glukosa serum darah beku 1 jam, 2 jam, dan 3 jam*. Universitas Muhammadiyah Semarang; 2016.

46. Sudoyo A. Terapi non farmakologis pada diabetes melitus. In: Buku Ajar Ilmu Penyakit Dalam. Jakarta: Interna Publishing; 2007. p. 2343-5.
47. Frosig C. Effect of endurance exercise training on insulin signaling in human skeletal muscle. *American Diabetes Association*. 2007;56.
48. Langfort J, Viese M, Ploug T, Dela F. Time course of GLUT4 and AMPK protein expression in human skeletal muscle during one month of physical training. *Scand J Med Sci Sports*. 2003;13(3):169-74.
49. Sticka KD, Schnurr TM, Jerome SP. Exercise increases glucose transporter-4 levels on peripheral blood mononuclear cells. *Med Sci Sports Exerc*. 2018;50(5):938-44.
50. Ebeling P, Bourey R, Koranyi L, Tuominen JA, Groop LC, Henriksson J, et al. Mechanism of enhanced insulin sensitivity in athletes. Increased blood flow, muscle glucose transport protein (GLUT-4) concentration, and glycogen synthase activity. *J Clin Invest*. 1993;92(4):1623-31.
51. Richter EA, Hargreaves M. Exercise, GLUT4, and skeletal muscle glucose uptake. *Physiol Rev*. 2013;93(3):993-1017
52. Cooper DM, Barstow TJ, Lee WN, Bergner R. Blood glucose turnover during high and low intensity exercise. *Am J Physiol Endocrinol Metab*. 1989;257:405-12.
53. Sakamoto M, Higaki Y, Nishida Y, Kiyonaga S, Shido M, Tokuyama M, et al. Influence of mild exercise at the lactate threshold on glucose effectiveness. *J Appl Physiol*. 1999.
54. Henriksen EJ. Exercise effects of muscle insulin signaling and action invited review: effect of acute exercise and exercise training on insulin resistance. *J Appl Physiology*. 2002;93:788-96.
55. Guelfi KJ, Ratnam N, Smythe GA, Jones TW, Fournier PA. Effect of intermittent high-intensity compared with continuous moderate exercise on glucose production and utilization in individual with type 1 diabetes. *Am J Physiol Endocrinol Metab*. 2007.
56. Dahlan MS. Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan. Jakarta: Salemba Medika; 2010
57. Al-Qasasy AIBMS. Hubungan Tingkat Aktivitas Fisik dengan Indeks Masa Tubuh Fakultas Kedokteran Universitas Andalas Angkatan 2014,2015,2016 (skripsi). Universitas Andalas; 2018
58. Putra AL. Gambaran Kadar Gula Darah Sewaktu Pada Mahasiswa Angkatan 2015 Fakultas Kedokteran Universitas Sam Ratulangi Manado (skripsi). Universitas Sam Ratulangi Manado; 2015
59. Fathoni A. Penurunan Glukosa Darah *Postprandial* Pada Latihan Fisik Intensitas Ringan Durasi 20 Menit Dan Intensitas Sedang Durasi 10 menit Pada Penderita Diabetes Melitus (tesis). Universitas Airlangga; 2005

60. Indriyani P, Heru S, Agus S. Pengaruh Latihan Fisik; Senam Aerobik Terhadap Penurunan Kadar Gula Darah Pada Penderita DM Tipe 2 Di Wilayah Puskesmas Bukateja Purbalingga. Media Ners; 2007
61. Joslin Diabetes Center. Why Do Blood Glucose Levels Sometimes Go Up After Physical Activity? https://www.joslin.org/info/why_do_blood_glucose_levels_sometimes_go_up_after_physical_activity.html. Diakses Mei 2019
62. Wilmore JH, Herjanto P, Moh HM. Physiology of Sport and Exercise. 5th ed. Champaign: Human Kinetics; 2001. p. 94-141
63. Colberg SR, Manuel JH, Fatima S. Blood Glucose, Response to Type, Intensity, Duration, and Timing of Exercise. Diabetes Care. 2013
64. Putri RNH. Hubungan Tingkat Kebugaran Jasmani Dengan Kadar Hemoglobin Pada Mahasiswa Fakultas Kedokteran Universitas Andalas (skripsi). Universitas Andalas; 2018
65. Thibri M, Restuastuti T, Azrin M. Hubungan Pengetahuan dan Sikap Dengan Kebugaran Jasmani Pada Mahasiswa Fakultas Kedokteran Universitas Riau. Jurnal Online Mahasiswa; 2014
66. Wei M, Gibbons LW, Mitchell TL, Kampert JB, Lee CD, Blair SN. Annals of Internal Medicine. 2017;130(2):89-96.
67. Ivy JL, Kuo H. Regulation of GLUT4 protein and glycogen synthase during muscle glycogen synthesis after exercise. Exercise Physiology and Metabolism Laboratory. 1998:295-304.



