

DAFTAR PUSTAKA

- Abrahamova & Hlavacka 2016, 'Hubungan Usia Jenis Kelamin Dan Ketajaman Penglihatan Terhadap Keseimbangan Statis Pra Lansia', Hlm. 7–8.
- Ayu Mekayanti, Indrayani, K. D 2015, 'Optimalisasi Kelenturan (Flexibility), Keseimbangan (Balance), Dan Kekuatan (Strength) Tubuh Manusia Secara Instan Dengan Menggunakan Secret Method', *Virgin*, Hlm. 1.
- Bizzini, M. & Dvorak J 2015, 'FIFA 11 + An Effective Programme To Prevent Football Injuries In Various Player Groups Worldwide-A Narrative Review', January, Page. 577–579.
- Cook 2001, 'Motor Control: Theory And Practical Applications'.
- Cotoros, D 2010, 'Biomechanical Analyzes Of Human Body Stability And Equilibrium' Proceedings Of The World Congress On Engineering, Vol II, WC.
- Greve J, Alonso A, Dkk 2007, 'Correlation Between Body Mass Index And Postural Balance' *Clinics (Sao Paulo)*, 62, Page.717-720.
- Gribble, P. Dkk 2012, 'Using The Star Excursion Balance Test To Assess Dynamic Postural-Control Deficits And Outcomes In Lower Extremity Injury', A Literature And Systematic Review, *Journal Of Athletic Training*, Page. 339–357.
- Kahle & Tevald, M. A 2014, 'Core Muscle Strengthening ' S Improvement Of Balance Performance In Community-Dwelling Older Adults' *A Pilot Stud., Journal Of Aging And Physical Activity*, Page. 65–73.
- Kartiyani, & Subroto, W 2016, 'Perbedaan Pengaruh Latihan Pilates Dengan Latihan Wobble Board Terhadap Keseimbangan Ditinjau Dari Jenis Kelamin Pada Remaja', *Jurnal Kesehatan Al-Irsyad*, Hlm. 81–87.
- Karunia, Wibawa, & Adiputra 2016, 'Hubungan Indeks Massa Tubuh (IMT) Dengan Keseimbangan Statis Pada Mahasiswa Fakultas Kedokteran Universitas Udayana', *Majalah Ilmiah Fisioterapi Indonesia*, Hlm. 29–33.
- Kisner, & Colby, L 2014, 'Terapi Latihan Dasar Dan Teknik', *Jakarta, EGC*.

- Malliou, Dkk 2012, 'Balance Training Programs For Soccer Injuries Prevention', *Journal Of Human Sport & Exercise*, Page. 639–647.
- Veeger & Janssen 2009, 'Effect Of Body Orientation On Proprioception During Active And Passive Motion', *J Phys Med Rehab*, Page. 979–985.
- Mickey & Robinovitch 2006, 'Mechanisms Underlying Age- Related Differences In Ability To Recover Balance With The Ankle Strategy'.
- Muhajir 2012, 'Bungan Kelincahan Dan Kecepatan Dengan Kemampuan Menggiring Bola Pada Permainan Sepakbola Siswa Smk Kesatuan Samarinda', *Ilara*, Hlm. 108–114.
- Nakase Et Al 2013 'Whole Body Muscle Activity During The FIFA 11+ Program Evaluated By Positron Emission Tomography', *Plos One, Public Library Of Science*, Page. 8.
- Nicole & Beach 2012, 'Diaphragmatic Breathing :The Foundation Of Core Stability', Page. 34–40.
- Paramurthi, P 2014, 'Hubungan Antara Indeks Massa Tubuh Dan Aktifitas Olahraga Terhadap Fleksibilitas Lumbal Pada Mahasiswa Fakultas Kedokteran Universitas Udayana', Denpasar, Universitas Udayana.
- Pederson & Jonathan 2011, 'Investigating The Relationship Between FAI Questionnaires And Measures Of Static And Dynamic Postural Stability'.
- Prasetyo 2011, 'Kontribusi Kekuatan Otot Lengan Dan Keseimbangan Terhadap Kemampuan passingatas Bola Voli (Studi Ekstrakurikuler Bolavoli Smk Sultan Agung 1 Tebuireng Jombang)', *Bravo 's Journal*, Hlm. 66–79.
- Prasetyo 2015, 'Peningkatan Keseimbangan Postural Menggunakan Berg Balance Scale (BBS) Pada Lansia Di Sasana Panti Mulyo Sragen', *Journal Of Sport Science And Fitnes*.
- Saifudin 2001, 'Ketrampilan Bermain Sepakbola', *Jurnal IPTEK Olahraga*, Hlm. 1–11.
- Sucipto 2010, 'Sepak Bola' Jakarta, Departemen Pendidikan Dan Kebudayaan, Direktorat Jendral Pendidikan Dasar Dan Menengah.