

DAFTAR PUSTAKA

- Agustiyawan, Wibisono, H., & Purnamadiyawati. 2020. *Effect of Plyometric and Sprint Training on VO₂Max in Amateur Football Player*. 30(Ichd), 129–131. <https://doi.org/10.2991/ahsr.k.201125.022>
- Apriantono, T., Ikhwan Hidayat, I., & Syafriani, R. 2018. Karakteristik Fisiologi Atlet Bulutangkis Ganda Campuran (Physical Test). *Jurnal Sositologi*, 17(3), 384–390. <https://doi.org/10.5614/sostek.itbj.2018.17.3.6>
- Basrizal, R., Sin, T. H., Irawan, R., & Soniawan, V. 2020. Latihan Kelincahan Terhadap Peningkatan Kemampuan Dribbling Pemain Sepakbola Roni. *Jurnal Patriot Volume*, 2(2018), 769–781.
- Cinthuja, P., Jayakody, J. A. O. A., Perera, M. P. M., Weerathna, W. V. D. N., Nirosha, S. E., Indewari, D. K. D. C., Kaethieswaran, T., & Adikari, S. B. 2015. Physical fitness factors of school badminton players in Kandy district Department of physiotherapy , Faculty of Allied Health Sciences , General Sir John Kotelawala. *European Journal of Sports and Exercise Science*, 4(2), 14–25.
- Daryanto, Z. P., & Hidayat, K. 2015. Pengaruh Latihan Kelincahan Terhadap Kemampuan Menggiring Bola. *Jurnal Pendidikan Olahraga*, 4(12), 201–212. <https://journal.ikipgripta.ac.id/index.php/olahraga/article/view/87/85>
- Davis, & Bob. 2005. *Physical education and the study of sport* (5th ed.). National Library of Australia Catalogue. <https://catalogue.nla.gov.au>
- Dewi, S. W. I. P. 2017. VO₂max Rate Based on Ideal Weight of Female Players in a Futsal Team. *International Journal of Science and Research (IJSR)*, 6(11), 1604–1606. <https://doi.org/10.21275/ART20177943>
- Gondane, S., Retharekar, S. A., & Kudalkar, S. V. 2019. Comparison between incremental shuttle run test and Harvard's step test on peak exercise performance in healthy males: a cross-sectional study. *International Journal of Research in Medical Sciences*, 7(8), 3111. <https://doi.org/10.18203/2320-6012.ijrms20193403>
- Gumilang, N. A. 2022. *Kelincahan : Pengertian, Manfaat, Dan Cara Meningkatkan*. Gramedia.Com. <https://www.gramedia.com/literasi/kelincahan/>
- Han, E. S., & goleman, daniel; boyatzis, Richard; Mckee, A. 2019. Keterampilan Dasar Memegang Raket Bermain Bulutangkis. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.

- Hardi. 2022. *Sejarah Bulu Tangkis: Tujuan, Manfaat, dan Teknik yang Digunakan*. Gramedia.Com. <https://www.gramedia.com/literasi/sejarah-bulu-tangkis/>
- Karolus, P. 2019. *Analisis Kondisi Fisik Vo2 Max Siswa Bulutangkis Putra Ekstrakurikuler SMAN 13 Surabaya*. 112–116.
- Kelly O, M. 2014. *Maintain Your Fitness Level With Minimal Workouts*. Outsideonline.Com. <https://www.outsideonline.com/health/running/training-advice/running-101/how-long-does-it-take-to-get-out-of-shape/>
- M.Sajoto. 2012. *Peningkatan dan Pembinaan Kekuatan Kondisi Fisik Dalam Olahraga (Cet.2)*. Semarang : Dahara Prize.,2012.
- Maraya. 2022. *Pengertian Bulu Tangkis: Sejarah, Peraturan dan Teknik Dasar*. Salamadian.Com. <https://salamadian.com/pengertian-bulu-tangkis/>
- Mardiko, P. 2011. Survei Komponen Kondisi Fisik Atlet Bulutangkis Putra Pengcab Pbsi Kabupaten Pekalongan Tahun 2010. *Unnes.Ac.Id*.
- Mitra, D. S., Bandyopadhyay, D. S., & Gayen, A. 2011. Relationship of Selected Motor Fitness Components with the Performance of Basketball Player. *Indian Journal of Applied Research*, 3(8), 616–617. <https://doi.org/10.15373/2249555x/aug2013/197>
- Nugraha, B. F. 2017. Standarisasi Vo2Max Atlet Bulutangkis Kategori Tunggal Remaja Putra Di Jawa Barat. *Jurnal Kepeatihan Olahraga*, 10(2), 43–56.
- Rachmasari, I. 2022. *Pengertian Daya Tahan dalam Olahraga, Tujuan, Manfaat dan Contoh Latihannya*. Sportstars.Id.
- Rinaldi, S. F., & Mujianto, B. 2017. *Metodologi Penelitian dan Statistik*. <https://doi.org/10.16309/j.cnki.issn.1007-1776.2003.03.004>
- Rose, J. 2020. *Illinois Agility Test*. Physio-Pedia.Com. https://www.physio-pedia.com/Illinois_Agility_Test
- Sambora, G. R., & Ismalasari, R. 2021. Pengaruh Daya Tahan (VO2MAX) Terhadap Permainan Futsal Pemain Blitar Poetra Futsal Club di Kabupaten Blitar Abstrak. *Jurnal Prestasi Olahraga*, 4(2), 68–72.
- Satya, P., Parekh, R. N., & Patil, N. 2018. *Pemain Bulu Tangkis dan Tenis. 1988*, 87–91.
- Shaw, W. 2022. *Illinois Agility Test*. Illinois Agility Test. <https://doi.org/10.5040/9781350960206>

- Sonoda, T., Tashiro, Y., Suzuki, Y., Kajiwara, Y., Zeidan, H., Yokota, Y., Kawagoe, M., Nakayama, Y., Bito, T., Shimoura, K., Tatsumi, M., Nakai, K., Nishida, Y., Yoshimi, S., & Aoyama, T. (n.d.). *Relationship between agility and lower limb muscle strength, targeting university badminton players.*
- Sugiyarto, H. 2021. *Pengantar Biostatistika.*
- Suyanto, Amal, A. I., Noor, A., & Astutik, I. T. 2018. *Analisis Data Penelitian Petunjuk Praktis Bagi Mahasiswa Kesehatan Menggunakan SPSS.*
- Tanoyo, S. 2019. *Kualitas Courtyard Agility Atlet u15 PB Gatra Semarang Tahun 2019 SKRIPSI Sulisty Tanoyo.*
- Tristiana, K. 2015. *Hubungan Antara Fleksibilitas Pergelangan Tangan Dan Power Otot Lengan Dengan Kecepatan Smash Dalam Olahraga Bulu Tangkis Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu. 7 hlm.*
- Widana, W., & Muliani, P. L. 2020. Uji Persyaratan Analisis. In *Analisis Standar Pelayanan Minimal Pada Instalasi Rawat Jalan di RSUD Kota Semarang.*
- Widiyanto, -. 2015. Latihan Fisik Dan Asam Laktat. *Medikora, 1*, 61–79. <https://doi.org/10.21831/medikora.v0i1.4720>
- Xu, B. 2015. The Role of Physical Training in Badminton Teaching. *Proceedings of the 2nd International Conference on Civil, Materials and Environmental Sciences, 11(Cmes)*, 285–287. <https://doi.org/10.2991/cmcs-15.2015.79>
- Younes, H., Helmi, C., Nabli, M., Attia, A., Moualih, J., Farhat, N., & Elloumi, M. 2013. Test Retest Reliability, Criterion-Related Validity, And Minimal Detectable Change of the Illinois Agility Test in Male Team Sport Athletes. *Journal of Strength and Conditioning Research, 27*52–2759.