

DAFTAR PUSTAKA

Aline Braun, V. H. (2012). RELATIONSHIP AMONG PHYSICAL ACTIVITY LEVEL., *LOCOMOTOR APPARATUS IN EXERCISE AND SPORT* , 30-34.

Blomqvist, S. (2013). *Postural balance, physical activity and capacity among young people with intellectual disability*. Sweden: Department of Community Medicine and Rehabilitation, Physiotherapy, Umeå University, Sweden.

Borodulin, K. (2006). Physical Activity, Fitness, Abdominal Obesity, and Cardiovascular Risk Factors in Finnish Men and Women. *National Public Health Institute* , 11-74.

Craig, W. (2002). Internasional Physical Activity Quetionnaire . *Long Last 7 Days Self-Administered Format* , 1-6.

Hietapakka, M. (2009). The relationship between cooper test and academic performance with National Defence University cadets. *HAAGA-HELIA* , 1-34.

Husni Mubarak, Setya Rahayu, Taufiq Hidayat. (2015). Analisis Profil Tingkat Kesegaran Jasmani Pemain Futsal Anker FC. *Journal of Sport Sciences and Fitness* , 3-5.

L. Chen, Phd, V. Unnithan, Phd. (2008). Correlates of Physical Fitness and Activity in Taiwanese Children. *International Council of Nurse* , 1-12.

Manuela L Ferreir, C. S. (2012). Physical activity improves strength, balance and endurance. *Physical activity in adults aged 40–65 years* , 145-155.

Monyeki, M., & Kemper, H. (2007). Is There a Positive Relationship between Physical Fitness and Physical Activity in Children? - A Brief Review. *Exercise Science and Physiotherapy* , 12-16.

Purwanto. (2011). Jurnal Media Ilmu Keolahragaan Indonesia. *Dampak Senam Aerobik terhadap Daya Tahan Tubuh dan Penyakit* , 1-9.

Parmaesih, 2000; Astrand dan Rodah, 1986; WHO, 2010; Wiliams, 2002 dan Williams 1989