

## DAFTAR PUSTAKA

- Antari R. Harmani, M. M. (2013). Peran Indeks Massa Tubuh, Tanda Vital dan Sosiodemografi terhadap Kebugaran Peserta Klub Jantung Sehat, Jakarta Timur. *eJKI Vol. 1 No. 3* , 190-194.
- Arisman. (2009). *Gizi Dalam Daur Kehidupan* . Jakarta: Penerbit Buku Kedokteran EGC.
- CDC. (2015, December 2). Retrieved December 2, 2015, from CDC (Centres for Disease Control and Prevention): [http://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/index.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html)
- Das, B. (2013). Estimation of maximum oxygen uptake by evaluating cooper 12-min run test in female students of West Bengal, India. *Journal of Human Sport and Exercise vol.8 issue 4* , 1008-1014.
- Eli Erawali, M. A. (2014). Hubungan Kebiasaan Merokok dengan Ketahanan Kardiorespirasi pada Dosen Pria Fakultas Ilmu Sosial dan Ilmu Politik Universitas Riau. *JOM FK* , vol 1 No.2.
- Haslan Muhaimin Lubis, D. S. (2015). Hubungan Indeks Masa Tubuh dengan Ketahanan Otot dan Kardiorespirasi, Kekuatan dan Ketahanan Otot dan Fleksibilitas pada Mahasiswa Laki-Laki Jurusan Pendidikan Dokter Universitas Andalas 2013. *Jurnal Kesehatan Andalas* , 4(1).
- Hill, J. (2005). *Obesity: Etiology in Modern Nutrition in Health and Disease*. USA: Lippincot Williams & Wilkins.
- Hoeger, W. W., & Hoeger, S. A. (1996). *Fitness and Wellness*. Colorado, USA: Morton Publishing Company.
- Jasmani, P. P. (2003). *Ketahuilah Kesegaran Jasmani Anda*. Jakarta: Pusat Pengembangan Kesegaran Jasmani.
- Jayusfani, R., Afriwardi, & Yerizel, E. (2015). Hubungan IMT (Indeks Massa Tubuh) dengan Ketahanan (Endurance) Kardiorespirasi pada Mahasiswa Pendidikan Dokter Unand 2009-2012. *Jurnal Kesehatan Andalas* , 409-414.

- L.Miles. (2007). Physical Activity and Health. *British Nutrition Foundation*, , 314-363.
- Llido, L. O., & Mirasol, R. (2012). Comparison of Body Mass Index based nutritional status using WHO criteria versus “Asian” criteria: report from the Philippines. *PhilSPEN Online Journal of Parenteral and Enteral Nutrition* , 1-8.
- Morc Coulson, D. A. (2011). *Practical Fitness Testing: Analysis in Exercise and Sport Fitness Professionals*. London: Bloomsbury Publishing.
- Peter J. Maud, C. F. (2006). *Physiological Assessment of Human Fitness*. Mexico: Human Kinetics.
- Ptdirect. (2015, December 15). Retrieved December 15, 2015, from Ptdirect: <http://www.ptdirect.com/training-delivery/client-assessment/cooper-12-minute-run-a-predictive-test-of-vo2max>
- Purwanto. (2011). Dampak Senam Aerobik terhadap Daya Tahan Tubuh dan penyakit. *Jurnal Media Ilmu Keolahragaan Indonesia* , 1:1-9.
- Santu Dhara, K. C. (2015). A Study of VO2 max in Relation with Body Mass Index (BMI) of Physical Education Students.
- Shirur, S. Y., Rajeshwari, L., & Swathi, H. (2014). Effect of increased adiposity on cardiorespiratory fitness of young Indian individuals. *International Journal of Biomedical Research* , 662-664.
- Sudiana, I. K. (2013). Dampak Adaptasi Lingkungan Terhadap Perubahan Fsiologis. *E-Jurnal Universitas Pendidikan Ganesha* , 211-218.
- Suharjana, F., & Purwanto, H. (2008). Kebugaran Jasmani Mahasiswa DII PGSD Penjas FIK UNY. *Jurnal Pendidikan Jasmani Indonesia Vol.5 No.2* , 64-73.
- Sukarno, B. (2013). Pengaruh Pembelajaran Permainan Tradisional Permaian Hadang Terhadap Tingkat Kebugaran Jasmani Siswa. *Jurnal PGSD Pendidikan Jasmani volume 1 no. 3* .
- Topend Sports. (2015, December 15). Retrieved December 15, 2015, from Topend Sports: <http://www.topendsports.com/>
- WHO, W. (2000). *The Asia-Pacific Perspective : Redefining Obesity and Its Treatment*. Healt Communications Australia.

ardianto, S. (2013). Hubungan Antara Antropometri Tubuh Dengan Kelincahan (*Agility*) dan Daya Tahan Kardiovaskular ( $VO_2Max$ ) Pada Olahraga Basket. *IKOR*, 1 NO.3.

Ranjbar, K., Noursashi, M., & gholamali, M. (2014). Relationship between Anthropometric Factors, Respiratory Exchange Ratio and Energy Expenditure with Maximal Oxygen Uptake among Sedentary Men. *Zahedan Journal of research in medical Sciences*, 20-24.

