

DAFTAR PUSTAKA

- Al., J. A. P.-M. et. (2020). *Physical Fitness, Selective Attention and Academic Performance in a Pre-Adolescent Sample*. 17(17), 6216. <https://doi.org/10.3390/ijerph17176216>.
- Ardiyanto, M. (2021). *View of Upaya Mempromosikan Aktivitas Fisik dan Pendidikan Jasmani via Sosio-Ekologi.pdf*.
- Baresi, M. R., Permadi, A. A., & Hermawan, I. (2023). *Journal of Physical Education*. 2, 71–79.
- Baun, A., Pendidikan, I., Ktristen, U., & Wacana, A. (2023). *Tes Daya Tahan Otot (Pull Up) pada Mahasiswa Putra PJKR Ukaw Semester IV*. 7, 4574–4577.
- Cendana, V., Zulissetiana, E. F., & Alkaf, S. (2020). *Pengaruh Latihan Fisik Terhadap Konsentrasi Belajar Mahasiswa Fakultas Kedokteran Universitas Sriwijaya*.
- Chen, W., Hammond-Bennett, A., Hypnar, A., & Mason, S. (2018). Health-related physical fitness and physical activity in elementary school students. *BMC Public Health*, 18(1), 1–12. <https://doi.org/10.1186/s12889-018-5107-4>
- Dengan, D., & Panglima, K. (2012). *Buku petunjuk teknis pembinaan kesamaptaan jasmani tni*. 101.
- Hewit, J. K., Jaffe, D. A., & Crowder, T. (2019). *A Comparison of Muscle Activation during the Pull-up and Three Alternative Pulling Exercises*. August. <https://doi.org/10.19080/JPFMTS.2018.05.555669>
- Ismawan, H., & Rifai, M. (2019). *PENJASKESREK FKIP UNIVERSITAS MULAWARMAN JALUR SNMPTN ANGKATAN 2017*. 62–71.
- Jasmani, D. (2019). *BUKU PEDOMAN tentang TES KESEGERAN JASMANI*. September.
- Jurnal, J., Ilmu, T., Oktriani, S., Kusmaedi, N., Ronald, H., Ray, D., & Setiawan, A. (2020). *Perbedaan Jenis Kelamin , Usia , dan Body Mass Index (BMI) Hubungannya dengan Kebugaran Jasmani Lanjut Usia*. 5, 28–40. <https://doi.org/10.17509/jtikor.v5i1.24895>
- Kapoor, G., Chauhan, P., Singh, G., Malhotra, N., & Chahal, A. (2022). Physical Activity for Health and Fitness: Past, Present and Future. *Journal of Lifestyle Medicine*, 12(1), 9–14. <https://doi.org/10.15280/jlm.2022.12.1.9>
- KBBI Online 2023. (2023). *Candradimuka*. <https://kbbi.web.id/candradimuka>
- Kljajević, V., Stanković, M., Đorđević, D., Trkulja-Petković, D., Jovanović, R., Plazibat, K., Oršolić, M., Čurić, M., & Sporiš, G. (2022). Physical activity and physical fitness among university students—A systematic review. *International Journal of Environmental Research and Public Health*, 19(1). <https://doi.org/10.3390/ijerph19010158>
- Kusumo, M. P. (2020). *Buku Pemantauan Aktivitas Fisik Mahendro*

- Prasetyo Kusumo. In *Yogyakarta: The Journal Publishing*. [http://repository.umi.ac.id/bitstream/handle/123456789/35896/Buku pemantauan aktivitas fisik.pdf?sequence=1](http://repository.umi.ac.id/bitstream/handle/123456789/35896/Buku%20pemantauan%20aktivitas%20fisik.pdf?sequence=1)
- Laviko, Z., & Sepdanius, E. (2019). *Tinjauan Kebugaran Jasmani Resimen Mahasiswa (Menwa) Se-Kota Padang Tahun 2019*. 2, 44–48.
- Maciejewska-skrendo, A., Chycki, J., & Sawczuk, M. (2019). *Genetic Markers Associated with Power Athlete Status*. 68(August). <https://doi.org/10.2478/hukin-2019-0053>
- Manning, J. R., Notaro, G. M., Chen, E., & Fitzpatrick, P. C. (2022). Fitness tracking reveals task-specific associations between memory, mental health, and physical activity. *Scientific Reports*, 12(1), 1–12. <https://doi.org/10.1038/s41598-022-17781-0>
- Mirantie, R. (2019). *Restie Ananda Mirantie, 2019 HUBUNGAN AKTIVITAS FISIK BERAT DENGAN GAMBARAN SIKLUS MENSTRUASI PADA ATLET PELATNAS PANJAT TEBING Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu*.
- Nuzzo, J. L. (2023). Narrative Review of Sex Differences in Muscle Strength, Endurance, Activation, Size, Fiber Type, and Strength Training Participation Rates, Preferences, Motivations, Injuries, and Neuromuscular Adaptations. *Journal of Strength and Conditioning Research*, 37(2), 494–536. <https://doi.org/10.1519/JSC.0000000000004329>
- Physical activity guidelines for Americans. (2018). *The Oklahoma Nurse*, 53(4), 25. <https://doi.org/10.1249/fit.0000000000000472>
- Ratimiasih, Y., Ardiyanto, A., Index, B. M., Activity, P., Level, P. F., Tubuh, I. M., Fisik, A., & Jasmani, T. K. (2021). *Jurnal Pendidikan Dasar dan Menengah*. 1, 15–21.
- Takehara, K., Ganchimeg, T., Kikuchi, A., Gundegmaa, L., Altantsetseg, L., Aoki, A., Fukuie, T., Suwabe, K., Bat-Erdene, S., Mikami, M., Mori, R., & Soya, H. (2019). The effectiveness of exercise intervention for academic achievement, cognitive function, and physical health among children in Mongolia: A cluster RCT study protocol. *BMC Public Health*, 19(1), 1–8. <https://doi.org/10.1186/s12889-019-6986-8>
- TNI, M. B. (2012). *Buku juknis Penyelenggaraan Pendidikan Di Lingkungan Tni*. 103.
- U.S. Army. (2020). *Holistic Health and Fitness Headquarters*. FM 7-22, i-14–58. <https://armypubs.army.mil/>
- Who guidelines on physical activity and sedentary behaviour*. (2016).
- Wilmore, J. H., Costill, D. L., & Kenney, W. L. (2012). *Physiology of Sport and Exercise* 5th Edition. In *Medicine & Science in Sports & Exercise*. [file:///Volumes/pubdev/Production Print/E5000/E5100/E51...onversion/epub/9781450421102/OEBPS/9781450421096_epub_fm_r1.htm](file:///Volumes/pubdev/Production%20Print/E5000/E5100/E51...onversion/epub/9781450421102/OEBPS/9781450421096_epub_fm_r1.htm)
- Yogyakarta, A. (2023). *Analisis Hasil Tes Kesamaptaan Jasmani*. 3, 426–437.