

DAFTAR PUSTAKA

- Argantos, A., & A.P. Tangkudung, J. (2015). Teaching Methods of Practice Style and Command Style in Improving the Skill of Butterfly Stroke. *Jipes - Journal of Indonesian Physical Education and Sport*, 1(1), 32. <https://doi.org/10.21009/jipes.011.04>
- Azman, I., & Nurul Inani, I. (2010). Motivasi latihan sebagai pembolehubah penghubung antara program latihan dan keberkesanan latihan. *Jurnal Kemanusiaan*, 6, 84–94.
- Azmi, C., & Sunarno, A. (2017). Intensive Training Program Evaluation of the Indonesian National Sports Committee of North Sumatera. *International Journal of Science and Research (IJSR)*, 6(4), 33–36. <https://doi.org/10.21275/23031702>
- Cardoso De Matos¹, C., Carvalho, A., Flávio, B., De, A., & Castro¹, S. (2012). *Licence Creative Commom The use of hand paddles and fins in front crawl: biomechanical and physiological responses. March*, 382–392. <http://dx.doi.org/10.5007/1980-0037.2013v15n3p382>
- Chadwick, S. R., Paviour-Smith, M., Chadwick, S. R., & Paviour-Smith, M. (2017). The Sky Is an Ocean. *The Great Canoes in the Sky: Starlore and Astronomy of the South Pacific*, 67-99.
- Febrianto, B. D. (2019). *Pengaruh Penggunaan Hand Paddle Dan Fins Swimming*. 1(1), 20–27.
- Hatard, J. E. A. N. L. C. (2006). *A SSISTED AND R ESISTED S PRINT T RAINING IN SWIMMING*. 20(3), 547–554. <https://olahragapedia.com/?s=renang+gaya+punggung>

- Ilham, M. K., & Kurniawan, A. (2023). *Dasar-Dasar Olahraga Renang*. PT. Salim Media Indonesia.
- Kaol, W. A. (2017). PERBEDAAN PENGARUH LATIHAN ONE ARM DRILL TIDAK MENGGUNAKAN FINS DAN PADDLE DENGAN MENGGUNAKAN FINS DAN PADDLE TERHADAP KECEPATAN RENANG 50 METER GAYA KUPU-KUPU KU IV & V DI KLUB DASH YOGYAKARTA. *Ekp*, 13(3), 1576–1580.
- Munawarah, N., Hamid, A., & Warni, H. (2023). Analisis Daya Ledak Otot Lengan Daya Ledak Otot Tungkai Kecepatan Reaksi Dan Ketepatan Serangan Pada Atlet Anggar Kabupaten Balangan. *STABILITAS: Jurnal Pendidikan Jasmani Dan Olahraga*, 4(1), 62–72. <https://doi.org/10.20527/mpj.v4i1.1929>
- Nassor Faiza Ali. (2013). *KETERAMPILAN GAYA BEBAS (CRAWL) DALAM OLAHARAGA RENANG PADA MAHASISWA PENJASKESREK UNTAN ANGKATAN 2013*. 26(4), 1–37.
- nugraha, ugi , hadinata, R. (2019). Pengaruh Metode Latihan dan Motivasi Berlatih Terhadap Kemampuan Passing Sepakbola. *Fakultas Ilmu Keolahragaan, Universitas Jambi*, 13(1), 13–27. <https://online-journal.unja.ac.id/csp/article/view/9058>
- Pangestin, K. N. (2013). Hubungan Antara Kekuatan Otot Lengan Dengan Kecepatan Renang Renang Gaya Crawl 50 Meter Siswa Yang Mengikuti Ekstrakurikuler Renang Di Sd Negeri 1 Tlagayasa Kecamatan Bobotsari Kabupaten Purbalingga Skripsi. *Journal of Chemical Information and Modeling*, 1(1), 8–28. file:///C:/Users/User/Downloads/fvm939e.pdf

- Priana, A. (2019). Pengaruh Alat Bantu Latihan Pull Buoy Terhadap Prestasi Renang Gaya Dada. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 3(1), 9–14. <https://doi.org/10.37058/sport.v3i1.745>
- Saputra, S. A., Sukur, A., Tangkudung, J., Dlis, F., & ... (2019). The experiment of physical education teaching style on different categories of student confidence to improve the swimming learning value (Experimental method using *Journal of Education* ..., 9(6), 98–120. <https://apcz.umk.pl/JEHS/article/view/6986%0Ahttps://apcz.umk.pl/JEHS/article/download/6986/21024>
- Sulisyani, A. L., Prawira, A. Y., & ... (2023). Arm and Leg Muscle Strength Training on Swimming Speed 50 Meters Freestyle at Ekoatic Swimming Club. ... *Journal of Sports* ..., 26–30. <https://journal.apskori-sanjoss.org/index.php/njss/article/view/26%0Ahttps://journal.apskori-sanjoss.org/index.php/njss/article/download/26/22>
- Yudha Prawira, A., Prabowo, E., & Febrianto, F. (2021). Model Pembelajaran Olahraga Renang Anak Usia Dini: Literature Review. *Jurnal Educatio FKIP UNMA*, 7(2), 300–308. <https://doi.org/10.31949/educatio.v7i2.995>
- Yuliana, S., Darsi, H., & Remora, H. (2021). Penerapan Latihan Hand Paddel terhadap Kecepatan Renang Gaya Bebas Atlet Pemula Noren Tirta Buana Swimming Club. *Educative Sportive*, 2(1), 16–20.