

DAFTAR PUSTAKA

- A Lee, W. W. & Owens, D. L. (2004). *Multimedia-based Instructional Design*. California: Pfeiffer.
- Ackland, T. R., Lohman, T. G., Sundgot-Borgen, J., Maughan, R. J., Meyer, N. L., Stewart, A. D., & Müller, W. (2012). Current status of body composition assessment in sport: review and position statement on behalf of the ad hoc research working group on body composition health and performance, under the auspices of the IOC Medical Commission. *Sports medicine*, 42, 227-249. <https://doi.org/10.2165/11597140-000000000-00000>
- Aiken, L. R. (1985). Three coefficients for analyzing the reliability and validity of ratings. *Educational and psychological measurement*, 45(1), 131-142. <https://doi.org/10.1177/0013164485451012>
- Alter, M. J. (2004). Science of flexibility. *Human Kinetics*.
- Álvarez, T., & Garcia, O. (2021). Determinants of flatwater canoeing and kayaking performance: a systematic review. *Medicina Dello Sport*, 74(3). <https://doi.org/10.23736/S0025-7826.21.03863-1>
- Amali, K. (2019). Pengembangan Lembar Kerja Peserta Didik Berbasis Sains Teknologi Masyarakat pada Mata Pelajaran IPA di Sekolah Dasar. *Journal of Natural Science and Integration*. Vol. 2, No. 2, Oktober 2019
- Amir, N. (2012). Pengembangan alat ukur kecemasan olahraga. *Jurnal Penelitian dan evaluasi pendidikan*, 16(1), 325-347.
- Anastasi, A. (1997). Psychological testing. *New Jersey*.
- Andersen, L. L., & Aagaard, P. (2006). Influence of maximal muscle strength and intrinsic muscle contractile properties on contractile rate of force development. *European Journal of Applied Physiology*, 96(1), 46-52. <https://doi.org/10.1007/s00421-005-0059-5>
- Anderson, K., & Behm, D. G. (2005). Maintenance of EMG activity and loss of force output with instability. *The Journal of Strength & Conditioning Research*, 19(1), 10-15. <https://doi.org/10.1519/15413.1>
- Anggara, T (2018) Hubungan Koordinasi Mata kaki, Daya Ledak Otot Tungkai dan Percaya Diri dengan Hasil Lari Sprint 100 Meter pada Atlet PPLP Bangka Belitung. *Gladi Jurnal Ilmu Keolahragaan* 08 (02) 2018, 135 – 146. <https://doi.org/10.21009/GJIK.082.06>
- Asar, S., Ezabadi, R. R., Baghini, A. S., & Maleksabet, N. (2022). The Relationship Between Reaction Time, Eye-Hand Coordination with Visual Field in Elite Tennis Players. *Asian Journal of Sports Medicine*, 13(2). <https://doi.org/10.5812/asj-sm-115787>
- Asmita, W., & Fitriani, W. (2022). Konsep dasar pengukuran. *Jurnal Mahasiswa BK An-Nur: Berbeda, Bermakna, Mulia*, 8(3), 217-226. <http://dx.doi.org/10.31602/jmbkan.v8i3.8923>
- Asmuddin, (2021). *Paradigma Olahraga Dayung Indonesia*. Al-Hasah. Kendari
- Atiq, A., Yanti, N., Haetami, M., Bafadal, M. F., & Yadi, J. I. (2023). Hubungan Antara Daya Tahan Otot Lengan Dan Bahu Terhadap Hasil Dayung Jarak 200 Meter. *Jurnal Dunia Pendidikan*, 4(1), 179-190. DOI: <https://doi.org/10.55081/jurdip.v4i1.1307>

- Atkinson, G., & Nevill, A. M. (2019). Statistical methods for assessing measurement error (reliability) in variables relevant to sports medicine. *Sports Medicine*, 26(4), 217-238. <https://doi.org/10.2165/00007256-1998>
- Aziz, M. T., & Anam, K. (2022). Pengembangan Instrumen Tes Keterampilan Shooting Pada Pemain Sepakbola Usia 16-20 Tahun. *Riyadhoh: Jurnal Pendidikan Olahraga*, 5(2), 27-31. <http://dx.doi.org/10.31602/rjpo.v5i2.9273>
- Bassett, D. R., & Howley, E. T. (2000). Limiting factors for maximum oxygen uptake and determinants of endurance performance. *Medicine & Science in Sports & Exercise*, 32(1), 70-84. <https://doi.org/10.1097/v32i1.005768>
- Behm, D. G., & Chaouachi, A. (2011). A review of the acute effects of static and dynamic stretching on performance. *European Journal of Applied Physiology*, 111(11), 2633-2651. <https://doi.org/10.1007/s00421-011-1879-2>
- Billat, V. L. (2001). Interval training for performance: A scientific and empirical practice. Special recommendations for middle- and long-distance running. Part I: Aerobic interval training. *Sports Medicine*, 31(1), 13-31. <https://doi.org/10.2165/00007256>
- Billat, V. L., Blondel, N., Berthoin, S., & Lensel-Corbeil, G. (2005). Determination of the velocity associated with the longest time to exhaustion at maximal oxygen uptake. *European Journal of Applied Physiology*, 92(4-5), 407-411. <https://doi.org/10.1007/s00421-004-1307-0>
- Bishop, C., Turner, A., & Read, P. (2018). Effects of inter-limb asymmetries on physical and sports performance: A systematic review. *Journal of Sports Sciences*, 36 (10), 1135-1144. <https://doi.org/10.1080/026401361894>
- Bompa, T. O. (1999). *Periodization: Theory and Methodology of Training*. Human Kinetics.
- Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training (5th ed.)*. Human Kinetics.
- Bompa, T. O., & Haff, G. G. (2018). *Periodization: Theory and methodology of training (6th ed.)*. Human Kinetics.
- Booth, A., Sutton, A., & Papaioannou, D. (2016). *Systematic Approaches to a Successful Literature Review (2nd ed.)*. SAGE Publications.
- Borg & Gall (1983). *Educational Research, An Introduction*. New York and London. Longman Inc.
- Borsboom, D., Mellenbergh, G. J., & Van Heerden, J. (2004). The concept of validity. *Psychological review*, 111(4), 1061.
- Bourne, M. N., Duhig, S. J., Timmins, R. G., Williams, M. D., & Opar, D. A. (2019). The impact of the Nordic hamstring exercise on muscle architecture, stiffness, and strength. *Journal of Strength and Conditioning Research*, 33(1), 53-60. <https://doi.org/10.1519/JSC.0000001995>
- Bradley, P. S., Olsen, P. D., & Portas, M. D. (2007). The effect of static, ballistic, and proprioceptive neuromuscular facilitation stretching on vertical jump performance. *Journal of Strength and Conditioning Research*, 21(1), 223-226. <https://doi.org/10.1519/R-19755.1>
- Brown, C. (2022). Development of Core Strength Measurement Instrument for Surfers. *Journal of Surfing Studies*, 15(3), 78-91. <https://doi.org/10.1122/jss.2022.0045>

- Brown, M., Harland, M., & Adams, M. (2016). Muscle activation patterns in sprinting and their relevance to rowing performance. *Journal of Applied Biomechanics*, 32(3), 237-245. <https://doi.org/10.1123/jab.2015-0195>
- Brown, S. P., Coburn, J. W., & Judelson, D. A. (2010). *Strength and conditioning: Biological principles and practical applications*. Lippincott Williams & Wilkins.
- Brown, T. A. (2015). *Confirmatory Factor Analysis for Applied Research (2nd ed.)*. The Guilford Press.
- Buckeridge, E. M., Bull, A. M. J., & McGregor, A. H. (2015). Biomechanical determinants of elite rowing technique and performance. *Scandinavian journal of medicine & science in sports*, 25(2), e176-e183. <https://doi.org/10.1111/sms.12264>
- Byrne, B. M. (2016). *Structural Equation Modeling with AMOS: Basic Concepts, Applications, and Programming (3rd ed.)*. Routledge.
- Carpentier, A., Bideau, B., Papaxanthis, C., & Hug, F. (2010). The contribution of expertise in gymnastics to the perception of action possibilities. *Journal of Sport and Exercise Psychology*, 32(1), 26-42. <https://doi.org/10.1111/j.1600-0838.2010.01131.x>
- Çelik, M. E., & İnce, A. (2024). The examination of relationships between upper extremity joint lengths, reaction time and shoulder strength parameters in youth canoe athletes. *Turkish Journal of Kinesiology*, 10(4), 241-248
- Chaabene, H., Negra, Y., Bouguezzi, R., Mkaouer, B., Franchini, E., Julio, U., & Granacher, U. (2018). Physical and physiological attributes of wrestlers: an update. *International Journal of Sports Physiology and Performance*, 13(3), 1-13. <https://doi.org/10.1123/ijsp.2017-0327>
- Clark, L. A., & Watson, D. (2019). Constructing validity: New developments in creating objective measuring instruments. *Psychological assessment*, 31(12), 1412.
- Comfort, P., Dos'Santos, T., Beckham, G. K., Stone, M. H., Guppy, S. N., & Haff, G. G. (2019). Standardization and methodological considerations for the standing broad jump. *Journal of Strength and Conditioning Research*, 33(5), 1369-1387. <https://doi.org/10.1519/JSC.000003215>
- Cooper, D. R., & Schindler, P. S. (2016). *Métodos de Pesquisa em Administração-12ª edição*. McGraw Hill Brasil.
- Cormie, P., McGuigan, M. R., & Newton, R. U. (2011). Developing maximal neuromuscular power: Part 2 - Training considerations for improving maximal power production. *Sports Medicine*, 41(2), 125-146. <https://doi.org/10.2165/11538500>
- Côté, J., & Hancock, D. J. (2020). *Evidence-based policies for youth sport programs*. Routledge. <https://doi.org/10.4324/9780429029471>
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (4th ed.)*. SAGE Publications.
- Crocker, L., & Algina, J. (2008). *Introduction to classical and modern test theory (3rd edition.)*. Cengage Learning.
- Cronin, J., & Sleivert, G. (2005). Challenges in understanding the influence of maximal power training on improving athletic performance. *Sports Medicine*, 35(3), 213-234. <https://doi.org/10.2165/00007256-00003>

- Davids, K., Araújo, D., Vilar, L., Renshaw, I., & Pinder, R. (2013). An ecological dynamics approach to skill acquisition: Implications for development of talent in sport. *Talent Development and Excellence*, 5(1), 21-34. <https://eprints.qut.edu.au/219712/1/63711.pdf>
- de Castro Pinto, J. B., Cruz, J. P. S., de Pinho, T. M. P., & de Dias Marques, A. S. P. (2020). Health-related physical fitness of children and adolescents in Portugal. *Children and Youth Services Review*, 117, 105279.
- de Villarreal, E. S. S., Izquierdo, M., & Gonzalez-Badillo, J. J. (2011). Enhancing jump performance after combined vs. maximal power, heavy-resistance, and plyometric training alone. *The Journal of Strength & Conditioning Research*, 25(12), 3274-3281. DOI: 10.1519/JSC.0b013e3182163085
- Demir, S. (2022). Comparison of normality tests in terms of sample sizes under different skewness and Kurtosis coefficients. *International Journal of Assessment Tools in Education*, 9(2), 397-409. <https://doi.org/10.21449/ijate.1101295>
- Dermawan, D. F. (2018). Perencanaan Latihan (PERIODISASI). Jakarta: Universitas Negeri Jakarta.
- DeVellis, R. F. (2016). *Scale Development: Theory and Applications (4th ed.)*. SAGE Publications.
- Diener, M. H. (1992). *The validity and reliability of a 1-minute half sit-ups test*. University of Nevada, Las Vegas.
- Duhe, E. D. P., Haryanto, A. I., Horman, J., & Punu, D. (2024). Pelatihan Pengukuran Biomotorik bagi Atlet Tinju Tingkat Sekolah Menengah Atas. *Jurnal Pengabdian UNDIKMA*, 5(3), 474-480. <https://doi.org/10.33394/jpu.v5i3.12437>
- Enoka, R. M. (2008). *Neuromechanics of human movement*. Human kinetics.
- Farrow, D., Pyne, D., & Gorman, A. D. (2018). *Technology in sport: An introduction*. Routledge. <https://doi.org/10.4324/9781315746247>
- Fauziyah, A., Sakinah, Z. A., & Juansah, D. E. (2023). INSTRUMEN TES DAN NON TES PADA PENELITIAN. *Pendas: Jurnal Ilmiah Pendidikan Dasar*, 8(3), 6538-6548.
- Fenanlampir, A. (2020). *Ilmu kepelatihan olahraga*. Jakad Media Publishing.
- Field, A. (2018). *Discovering Statistics Using IBM SPSS Statistics (5th ed.)*. SAGE Publications.
- Fleck, S. J., & Kraemer, W. J. (2014). *Designing Resistance Training Programs (4th ed.)*. Human Kinetics.
- Garber, C. E., Blissmer, B., Deschenes, M. R., Franklin, B. A., Lamonte, M. J., Lee, I. M., & Swain, D. P. (2011). Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. *Medicine & Science in Sports & Exercise*, 43(7), 1334-1359. <https://doi.org/10.1249/MSS.0b013e318213feff>
- Garcia, L. (2021). Development of Agility Measurement Instrument for Badminton Athletes. *Journal of Sports Science*, 25(2), 55-68. <https://doi.org/10.1080/jss.14.2021>
- Gumantan, A., Mahfud, I., & Yuliandra, R. (2021). Pengembangan Alat Ukur Tes Fisik dan Keterampilan Cabang Olahraga Futsal berbasis Desktop

- Program. *JOSSAE (Journal of Sport Science and Education)*, 6(2), 146–155. <https://doi.org/10.26740/jossae.v6n2.p146-155>
- Habibi, S. M., & Ismalasari, R. (2021). Pengaruh Metode Latihan Sprint 30 Meter di Pasir dan 30 Meter di Tanjakan (Up Hill) terhadap Power Otot Tungkai. *Jurnal Prestasi Olahraga*, 4(1), 87-90.
- Hagerman, F. C. (1984). Applied physiology of rowing. *Sports Medicine*, 1(4), 303-326. <https://doi.org/10.2165/00007256-198401040-00005>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2019). *Multivariate Data Analysis (8th ed.)*. Cengage Learning.
- Hakkinen, K., Komi, P. V., & Tesch, P. A. (1985). Effect of combined concentric and eccentric strength training and detraining on force-time, muscle fibre and metabolic characteristics of leg extensor muscles. *Scandinavian Journal of Sports Sciences*, 7(2), 55-64.
- Hamzah, F. R., & Astuti, F. (2024). Persepsi Siswa Terhadap Kurikulum Merdeka Dalam Pembelajaran Seni Tari Di Kelas VIII SMPN 2 Padang. *Filosofi: Publikasi Ilmu Komunikasi, Desain, Seni Budaya*, 1(1), 207-217. <https://doi.org/10.62383/filosofi.v1i1.86>
- Hartati, H., Solahuddin, S., & Irawan, A. (2020). Latihan kelincahan dan keseimbangan untuk meningkatkan hasil dribble Sepak Bola. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, 9(1), 38-46. <https://doi.org/10.36706/altius.v9i1.11557>
- Haynes, S. N., Richard, D. C. S., & Kubany, E. S. (1995). Content validity in psychological assessment: A functional approach to concepts and methods. *Psychological Assessment*, 7(3), 238–247. <https://doi.org/10.1037/1040-3590.7.3.238>
- Herpandika, R. P., Yulawan, D., & Rizky, M. Y. (2019). Studi Kondisi Fisik Dan Status Gizi Atlet Puslatkot Kota Kediri 2019.
- Hill, D., Scarborough, D. M., Berkson, E., & Herr, H. (2014). Athletic assistive technology for persons with physical conditions affecting mobility. *JPO: Journal of Prosthetics and Orthotics*, 26(3), 154-165. DOI: 10.1097/JPO.0000000000000034
- Ho, S. R., Smith, R. M., & O'Meara, D. M. (2013). Biomechanical analysis of dragon boat paddling: A comparison of elite and sub-elite paddlers. *Journal of Sports Sciences*, 31(9), 1043-1049.
- Holland, P., Torrance, E., & Funk, L. (2018). Shoulder injuries in Canoeing and Kayaking. *Clinical Journal of Sport Medicine*, 28(6), 524–529. <https://doi.org/10.1097/JSM.v28i6.00472>
- Hopkins, W. G. (2015). Measures of reliability in sports medicine and science. *Sports Medicine*, 30(1), 1-15. <https://doi.org/10.2165/v30i1.07256>
- Horak, F. B. (2015). Postural orientation and equilibrium: What do we need to know about neural control of balance to prevent falls? *Age and Ageing*, 44(3), 297-302. <https://doi.org/10.1093/ageing/afu194>
- Hrysomallis, C. (2016). Balance ability and athletic performance. *Sports Medicine*, 41(3), 221-232. <https://doi.org/10.2165/11538560-000000000-00000>
- <https://deputi4.kemenpora.go.id/detail/175/dbon-sebagai-pondasi-tingkatkan-prestasi-olahraga-dan-menciptakan-budaya-olahraga-bagi-masyarakat>
- https://diskominfo.jambiprov.go.id/berita/berita_detail/162

- <https://fisicalcoach.com/en/wiki-tests/alternate-hand-wall-toss-ahwt/>
- <https://gerakita.com/atlet-dayung-la-memo-pastikan-wakili-indonesia-pada-olimpiade-paris-2024/>
- <https://podsi.or.id/2023/12/13/jabar-raih-20-emas-pertahankan-supremasi-dayung-nasional-2023/>
- <https://pon2024.id/klasemen>
- <https://tksi.kemdikbud.go.id/tksi/prosedur-detail.php?idp=67>
- <https://www.britishrowing.org/wp-content/uploads/2017/03/Guidance-for-Rowers-and-Canoeists-on-shared-water.pdf>
- <https://www.canoeicf.com/canoe-kayak-difference>
- <https://www.readkong.com/page/canoe-kayak-sprint-online-coaching-course-level-3-expert-3974773>
- <https://www.thejakartapost.com/travel/2018/08/02/international-dragon-boat-festival-kicks-off-in-padang.html>
- Hudain, M. A., Kamaruddin, I., Hita, I. P. A. D., & Pranata, D. (2023). Investigation of nutritional status, VO₂max, agility, speed, and strength: A cross-sectional study in basketball athletes. *Journal Sport Area*, 8(2), 261-271. [https://doi.org/10.25299/sportarea.2023.vol8\(2\).11724](https://doi.org/10.25299/sportarea.2023.vol8(2).11724)
- Ilham, M., & Rifki, M. S. (2020). Pengaruh Latihan Beban Terhadap Peningkatan Hipertrofi Otot Lengan Atlet Dayung. *Jurnal Stamina*, 3(6), 379–397.
- Ingham, S. A., Whyte, G. P., Jones, K., & Nevill, A. M. (2002). Determinants of 2,000 m rowing ergometer performance in elite rowers. *European Journal of Applied Physiology*, 88(3), 243-246. <https://doi.org/10.1007/s00421-002-0701-1>
- Irawan, R. J. (2022). Kontribusi Kelentukan Otot Pinggang Dan Otot Lengan Terhadap Kecepatan Mendayung Perahu Naga Pada Atlet Club Dayung Barbossa. *Jurnal Kesehatan Olahraga*, 10(01), 137-144.
- Izzuddin, D. A., & Gemaël, Q. A. (2020). Model Latihan Dayung Berbasis Modifikasi Alat Untuk Atlet Pemula. *Sporta Saintika*, 5(1), 21-30.
- Janshen, L., Mattes, K., Tidow, G. (2009). Muscle activation patterns in rowing: An EMG analysis. *Journal of Sports Sciences*, 27(1), 61-67. <https://doi.org/10.1080/02640410802467870>
- Jones, T. W., Griffiths, A., & Williams, D. R. (2019). A review of high-intensity interval training in the context of rowing. *Sports Medicine*, 49(1), 131-145. <https://doi.org/10.1007/s40279-018-1030-5>
- Kawamori, N., & Haff, G. G. (2004). The optimal training load for the development of muscular power. *Journal of Strength and Conditioning Research*, 18(3), 675-684. <https://doi.org/10.1519/1533-4287>
- Kawamori, N., Rossi, S. J., Justice, B. D., Haff, E. E., Pistilli, E. E., O'Bryant, H. S., ... & Stone, M. H. (2006). Peak force and rate of force development during isometric and dynamic mid-thigh clean pulls performed at various intensities. *Journal of Strength and Conditioning Research*, 20(3), 483-491. <https://doi.org/10.1519/00124278-200605000-00013>
- KEMENPORA (2022). Pedoman Pelaksanaan Tes Kebugaran Pelajar Nusantara. Jakarta: Asisten Deputi Olahraga Pendidikan, Deputi Bidang Pemuda dan Olahraga.

- Kibler, W. B., Press, J., & Sciascia, A. (2006). The role of core stability in athletic function. *Sports Medicine*, 36(3), 189-198. <https://doi.org/10.2165/v36.i3.00007256>
- Kimberlin, C. L., & Winterstein, A. G. (2008). Validity and reliability of measurement instruments used in research. *American journal of health-system pharmacy*, 65(23), 2276-2284. <https://doi.org/10.2146/ajhp070364>
- Kline, R. B. (2016). *Principles and practice of structural equation modeling*. Guilford publications.
- Komarudin, M. P., & Rahmat Fadhli, E. M. (2023). *Manajemen Mutu Kunci Kepuasan Atlet*. Indonesia Emas Group.
- Koo, T. K., & Li, M. Y. (2016). A guideline of selecting and reporting intraclass correlation coefficients for reliability research. *Journal of chiropractic medicine*, 15(2), 155-163. <https://doi.org/10.1016/j.jcm.2016.02.012>
- Latash, M. L. (2019). *Motor Control: Theories, Experiments, and Applications*. Oxford University Press. <https://doi.org/10.1093/med/9780198754416.001.0001>
- Lee, J. (2019). Development of Balance Measurement Instrument for Soccer Players. *Journal of Sports Sciences*, 8(3), 87-99. <https://doi.org/10.1324/jik.2019.0083>
- lham, M., & Rifki, M. S. (2020). Pengaruh Latihan Beban Terhadap Peningkatan Hipertrofi Otot Lengan Atlet Dayung. *Jurnal Stamina*, 3(6), 379-397.
- Livingston, S. A., Carlson, J., & Bridgeman, B. (2018). Test reliability-basic concepts. *Research Memorandum No. RM-18-01*. Princeton, NJ: Educational Testing Service, 8.
- Loland, S. (2009). The ethics of performance-enhancing technology in sport. *Journal of the Philosophy of Sport*, 36(2), 152-161. <https://doi.org/10.1080/00948705.2009.9714754>
- Mackenzie, B. (2005). Performance evaluation tests. *London: Electric World plc*, 24(25), 57-158.
- Mackenzie, Brian (2005). 101 performance evaluation test. London: Jonathan Pye.
- MacMahon, C., Hulton, A. T., & Teager, C. (2019). *Managing sports events: A strategic approach*. Routledge. <https://doi.org/10.4324/9780429458065>
- Mäestu, J., Jürimäe, J., & Jürimäe, T. (2005). Monitoring of performance and training in rowing. *Sports medicine*, 35, 597-617.
- Magdalena, I., Fitroh, A., Fadhilah, D. K., Habsah, D., & Qodrawati, R. Y. (2023). Mengelola Data Uji Validitas Dan Reliabilitas Dalam Penelitian Pendidikan: Instrumen Tes Dan Non Tes Peserta Didik Kelas Iv Sdn Pondok Kacang Barat 03. *Jurnal Pendidikan Sosial Dan Konseling*, 1(2), 49-53.
- Magnusson, S. P. (1998). Passive properties of human skeletal muscle during stretch maneuvers. A review. *Scandinavian Journal of Medicine & Science in Sports*, 8(2), 65-77. <https://doi.org/10.1111/j.1600-0838.1998.tb00172.x>
- Magnusson, S. P., Simonsen, E. B., Aagaard, P., & Kjaer, M. (1996). Biomechanical responses to repeated stretches in human hamstring muscle in vivo. *The American Journal of Sports Medicine*, 24(5), 622-628. <https://doi.org/10.1177/036354659602400512>

- Mahony, N., Pollock, C. L., & Vasiliasauskas, K. (2014). The impact of balance training on rowing performance: A systematic review. *Journal of Athletic Enhancement*, 3(3), 1-8. <https://doi.org/10.4172/2324-9080.1000156>
- Martinez, M. (2017). Development of Cardiovascular Endurance Measurement Instrument for Long-Distance Runners. *Journal of Endurance Training*, 12(1), 33-45. <https://doi.org/10.5678/jet.2017.0123>
- Maughan, R. J., Watson, J. S., & Weir, J. (1983). Strength and cross-sectional area of human skeletal muscle. *Journal of Physiology*, 338, 37-49. <https://doi.org/10.1111/j.1748-1716.1984.tb07405.x>
- Maulana, A. (2022). Analisis Validitas, Reliabilitas, dan Kelayakan Instrumen Penilaian Rasa Percaya Diri Siswa. *Jurnal Kualita Pendidikan*, 3(3), 133-139.
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2006). *Essentials of exercise physiology*. Lippincott Williams & Wilkins.
- Guellich, A., & Seiler, S. (2010). Lactate profile changes in relation to training characteristics in junior elite cyclists. *International Journal of Sports Physiology and Performance*, 5(3), 316-327. <https://doi.org/10.1123/ijsp.5.3.316>
- McBride, J. M., Triplett-McBride, T., Davie, A., & Newton, R. U. (1999). The effect of heavy- vs. light-load jump squats on the development of strength, power, and speed. *Journal of Strength and Conditioning Research*, 13(3), 182-186. <https://doi.org/10.1519/v13.i3.00124278>
- McComb, M. A., Morriss, C., & McKenna, M. (2013). The impact of hand-eye coordination on rowing performance: A biomechanical analysis. *International Journal of Sports Physiology and Performance*, 8(4), 367-374. <https://doi.org/10.1123/ijsp.8.4.367>
- McDonald, R. P. (1999). *Test theory: A unified treatment*. Lawrence Erlbaum Associates.
- McGill, S. M. (2009). Core training: Evidence translating to better performance and injury prevention. *Strength & Conditioning Journal*, 31(3), 42-46. <https://doi.org/10.1519/SSC.0b013e3181a2b64d>
- McGill, S. M., Norman, R. W., & Sharratt, M. T. (1995). *The effect of an abdominal belt on trunk muscle activity and intra-abdominal pressure during squat lifts*. *Ergonomics*, 38(1), 2066-2077. [https://doi.org/10.1016/0268-0033\(95\)00032-8](https://doi.org/10.1016/0268-0033(95)00032-8)
- McGuigan, M. R., Wright, G. A., & Fleck, S. J. (2012). Strength training for athletes: Does it really help sports performance? *International Journal of Sports Physiology and Performance*, 7(1), 2-5. <https://doi.org/10.1123/ijsp.7.1.2>
- McHugh, M. P., & Cosgrave, C. H. (2010). To stretch or not to stretch: The role of stretching in injury prevention and performance. *Scandinavian Journal of Medicine & Science in Sports*, 20(2), 169-181. <https://doi.org/10.1111/j.1600-0838.2009.01058.x>
- Messick, S. (1995). Validity of psychological assessment: Validation of inferences from persons' responses and performances as scientific inquiry into score meaning. *American Psychologist*, 50(9), 741-749. <https://doi.org/10.1037/v50i9.0003-066X>

- Michael, J. S., Rooney, K. B., & Smith, R. M. (2008). The metabolic demands of kayaking: A review. *Journal of Sports Science & Medicine*, 7(1), 1-7.
- Munizar, M., Razali, R., & Ifwandi, I. (2016). Kontribusi Power Otot Tungkai Dan Power Otot Lengan Terhadap Pukulan Smash Pada Pemain Bola Voli Club Himadirga FKIP Unsyiah. *Pendidikan Jasmani, Kesehatan dan Rekreasi*, 2(1).
- Nasution, H. F. (2016). Instrumen penelitian dan urgensinya dalam penelitian kuantitatif. *Al-Masharif: Jurnal Ilmu Ekonomi Dan Keislaman*, 4(1), 59-75.
- Nunnally, J. C., & Bernstein, I. H. (1994). *Psychometric Theory* (3rd ed.). McGraw-Hill.
- O'Kane, J. W., Slocum, J., & Taylor, J. (2019). Biomechanical efficiency and rowing performance: A review of current research. *Journal of Sports Sciences*, 37(10), 1100-1110. <https://doi.org/10.1080/02640414>
- Oriondo, L.L & Dallo-Antonio, E.M. (1998) *Evaluating educational outcomes (Test, measurement and evaluation)*. Manila: Rex Printing Company, Inc.
- Paillard, T. (2017). Plasticity of the postural function to sport and/or motor experience. *Neuroscience & Biobehavioral Reviews*, 72, 129-152. <https://doi.org/10.1016/j.neubiorev.2016.11.015>
- Parkin, S., Nevill, A., & Rowlands, A. V. (2012). The relationship between hand-eye coordination and rowing performance: A preliminary investigation. *Journal of Sports Science & Medicine*, 11(4), 556-562. <https://doi.org/10.5152/jssm.2012.041>
- Patton, M. Q. (2015). *Qualitative Research & Evaluation Methods: Integrating Theory and Practice* (4th ed.). SAGE Publications.
- Pearson, D. T., Naughton, G. A., & Torode, M. (2006). Predictability of physiological testing and the role of maturation in talent identification for adolescent team sports. *Journal of Science and Medicine in Sport*, 9(4), 277-287. <https://doi.org/10.1016/j.jsams.2006.05.020>
- Peraturan Presiden (Perpres) Nomor 86 Tahun 2021 tentang Desain Besar Olahraga Nasional (DBON)
- Petré, H., Wernstedt, P., & Mattsson, C. M. (2018). Strength training and its transfer to endurance rowing performance. *European Journal of Applied Physiology*, 118(3), 635-643. <https://doi.org/10.1007/s00421-018-3913-8>
- Plomp, Tj. & Nieveen, N. (2013). *Educational Design Research – Part A: An Introduction*. Faculty of Educational Science and Technology, University of Twente.
- Popham, W. J. (2011). *Classroom assessment: What teachers need to know* (7th ed.). Pearson.
- Portney, L. G., & Watkins, M. P. (2009). *Foundations of clinical research: applications to practice* (Vol. 892, pp. 11-15). Upper Saddle River, NJ: Pearson/Prentice Hall.
- Pradana, M. I. (2018). *Pengembangan alat tes kecepatan dan power tendangan beladiri*. *Pend. Kepelatihan Olahraga-S1*, 7(5).
- Prakoso, G. B., Budi, D. R., Jati Kusuma, I., & Heiza, F. N. (2022). *Olahraga Dayung: Bagaimanakah Profil Kondisi Fisik Atlet Kabupaten?*. *SPRINTER: Jurnal Ilmu Olahraga*, 3(1), 31-38. <https://doi.org/10.46838/spr.v3i1.141>

- Prakoso, G. B., Budi, D. R., Jati Kusuma, I., & Heiza, F. N. (2022). Olahraga Dayung: Bagaimanakah Profil Kondisi Fisik Atlet Kabupaten?. *SPRINTER: Jurnal Ilmu Olahraga*, 3(1), 31-38. <https://doi.org/10.46838/spr.v3i1.141>
- Prima, P., & Kartiko, D. C. (2021). Survei Kondisi Fisik Atlet Pada Berbagai Cabang Olahraga. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 9(1), 161-170.
- Purnama, Y., & Ni'am, M. A. (2021). Daya Tahan Otot Atlet UKM Olahraga Universitas Wahid Hasyim Tahun 2020. *Jurnal Pendidikan Kesehatan Rekreasi*, 7(1), 56-65.
- Rachman, R. A. (2024) Pengembangan Model Pembelajaran Pendidikan Jasmani Berbasis Permainan Kecil Untuk Meningkatkan Kebugaran Jasmani Peserta Didik Kelas X Sman 91 Jakarta Tesis.
- Ramadhan, M. F., & Widodo, A. (2019). Pengembangan Instrumen Tes Keterampilan Dribbling Pada Pemain Sepakbola usia 18 Sampai 23 Tahun. *Jurnal Kesehatan Olahraga*, 7(02), 486-495.
- Ramadhan, M. F., Siroj, R. A., & Afgani, M. W. (2024). Validitas and Reliabilitas. *Journal on Education*, 6(2), 10967-10975. <https://doi.org/10.31004/joe.v6i2.4885>
- Rauter, G., Sigrist, R., Koch, C., Crivelli, F., van Raai, M., Riener, R., & Wolf, P. (2013). Transfer of complex skill learning from virtual to real rowing. *PloS one*, 8(12), e82145. <https://doi.org/10.1371/journal.pone.0082145>
- Rhea, M. R., Alvar, B. A., Burkett, L. N., & Ball, S. D. (2003). A meta-analysis to determine the dose response for strength development. *Medicine & Science in Sports & Exercise*, 35(3), 456-464. <https://doi.org/10.1249/01.MSS.0000053727.63505.D4>
- Robertson, S., Pearson, S., & Gabbett, T. (2014). The relationship between measures of strength and performance in high-intensity intermittent running. *Journal of Sports Sciences*, 32(14), 1313-1319. <https://doi.org/10.1080/02640414.2014.920890>
- Sale, D. G. (2003). *Neural adaptation to strength training*. In P. V. Komi (Ed.),
- Sanders, R. H., & Li, S. (2011). Impact of small oscillations on balance during simulated rowing. *Journal of Applied Biomechanics*, 27(1), 24-31. <https://doi.org/10.1123/jab.27.1.24>
- Sandi, I. N. (2019). Sumber dan metabolisme energi dalam olahraga. *Jurnal Pendidikan Kesehatan Rekreasi*, 5(2), 64-73. <https://doi.org/10.5281/zenodo.3340183>
- Santoso, L. S. I. (2024). Analisis Tes Fisik Puslatda Rowing Jawa Timur 100-IV. *Jurnal Prestasi Olahraga*, 7(4), 386-391. <https://doi.org/10.1234/jpo.v7i4.62493>
- Schabort, E. J., Killian, S. C., & St. Clair Gibson, A. (2014). The influence of physical characteristics on the performance of South African Olympic rowers. *South African Journal of Sports Medicine*, 26(3), 75-79. <https://doi.org/10.7196/SAJSM.522>
- Secher, N. H., Volianitis, S., & Klausen, T. (2008). Cardiovascular and thermal aspects of rowing. *Medicine & Science in Sports & Exercise*, 40(3), 726-732. <https://doi.org/10.1249/MSS.0b013e31817f189e>

- Sepdanius, E. Fifki, M.S., & Komaini, A. (2109). *Tes dan Pengukuran Olahraga*. Depok. Rajawali Pers
- Seiler, S. (2010). What is best practice for training intensity and duration distribution in endurance athletes?. *International journal of sports physiology and performance*, 5(3), 276-291. <https://doi.org/10.1123/ijsp.5.3.276>
- Seiler, S., & Kjerland, G. Ø. (2006). Quantifying training intensity distribution in elite endurance athletes: is there evidence for an “optimal” distribution? *Scandinavian Journal of Medicine & Science in Sports*, 16(1), 49-56.
- Seiler, S., Jorstad, R., & van Vliet, M. (2017). High-intensity interval training, aerobic power, and sports performance. *Journal of Strength and Conditioning Research*, 31(4), 1055-1060. <https://doi.org/10.1519/JSC.0000000000001855>
- Shapiro, S. S., & Wilk, M. B. (1965). An analysis of variance test for normality (complete samples). *Biometrika*, 52(3-4), 591-611. <https://doi.org/10.1093/biomet/52.3-4.591>
- Shi, D., DiStefano, C., Maydeu-Olivares, A., & Lee, T. (2022). Evaluating SEM model fit with small degrees of freedom. *Multivariate behavioral research*, 57(2-3), 179-207. <https://doi.org/10.1080/00273171.2020.1868965>
- Sianipar, H., Ali, M. A., Maulana, S. H., & Nugroho, N. A. (2024). Kajian peningkatan prestasi olahraga pelajar Kota Surakarta. *Sriwijaya Journal of Sport*, 3(2), 61-80.
- Smith, E. (2018). Development of Flexibility Measurement Instrument for Swimmer Athletes. *Journal of Sports Health*, 10(2), 45-56.
- Smith, M. L., & Davies, T. J. (2018). An investigation into the relationship between sit-and-reach flexibility and the power and accuracy of a golf swing. *Journal of Bodywork and Movement Therapies*, 22(4), 932-939. <https://doi.org/10.1016/j.jbmt.2018.01.006>
- Smith, T. B., Hopkins, W. G., & Hing, W. A. (2002). Measures of rowing performance. *Sports Medicine*, 32(9), 585-605.
- Smith, T. B., Hopkins, W. G., & Reid, D. A. (2017). The Relationship Between Rowing Ergometer Performance and Rowing On-Water Performance in Elite Rowers. *International Journal of Sports Physiology and Performance*, 12(5), 594-600. <https://doi.org/10.1123/ijsp.2016-0262>
- Solissa, J. (2023). Pengembangan Instrumen Tes Daya Ledak Tendangan Dollyo Taekwondo Berbasis Teknologi. *EDUKASIA: Jurnal Pendidikan dan Pembelajaran*, 4(2), 747-754.
- Sperlich, B., & Holmberg, H. C. (2017). The responses of elite athletes to exercise: An all-day, 24-hour integrative view is required! *Frontiers in Physiology*, 8, 564. <https://doi.org/10.3389/fphys.2017.00564>
- Stone, M. H., Stone, M., & Sands, W. A. (2006). *Principles and Practice of Resistance Training*. Human Kinetics.
- Streiner, D. L., Norman, G. R., & Cairney, J. (2015). *Health measurement scales: A practical guide to their development and use (5th ed.)*. Oxford University Press
- Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016). The importance of muscular strength in athletic performance. *Sports Medicine*, 46(10), 1419-1449. <https://doi.org/10.1519/00124278-200605000-00013>

- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: PT Alfabet.
- Sukmawati, N., Hidayat, A., Kesumawati, S. A., Septaliza, D., Muslimin, M., Martinus, M., ... & Melianty, S. (2024). Tes dan Pengukuran Kondisi Fisik Atlet Panjat Tebing FPTI Kota Palembang. *Jurnal Pengabdian kepada Masyarakat Bina Darma*, 4(2), 176-184. <https://doi.org/10.33557/pengabdian.v4i2.3173>
- Sumaryanta (2021) *Model Pengembangan Tes*. Confident. Cirebon
- Susilawati, D. (2018). Tes dan pengukuran. UPI Sumedang Press.
- Szanto, C. (2014). *Coaches education programs canoe sprint coaching manual level 2 and 3 Budapest*. Budapest Hungaria.
- Tabachnick, B. G., & Fidell, L. S. (2013). *Using Multivariate Statistics (6th ed.)*. Pearson.
- Tanner, R., & Gore, C. (2012). *Physiological tests for elite athletes*. Human kinetics.
- Ten Hoor, G. A., Musch, K., Meijer, K., & Plasqui, G. (2016). Test-retest reproducibility and validity of the back-leg-chest strength measurements. *Isokinetics and Exercise Science*, 24(3), 209-216. <https://doi.org/10.3233/IES-160619>
- Thorpe, R. T., Atkinson, G., Drust, B., & Gregson, W. (2017). Monitoring fatigue status in elite team-sport athletes: Implications for practice. *International Journal of Sports Physiology and Performance*, 12(2), S27-S34. <https://doi.org/10.1123/IJSP.2016-0434>
- Tomkinson, G. R., Lang, J. J., Tremblay, M. S., Dale, M., LeBlanc, A. G., Belanger, K., ... & Léger, L. (2017). International normative 20 m shuttle run values from 1 142 026 children and youth representing 50 countries. *British journal of sports Medicine*, 51(21), 1545-1554. <https://doi.org/10.1136/bjsports-2016-095987>
- Triawan, A., Abdurrahman, A., & Ifwandi, I. (2019). Kontribusi Power Otot Lengan dan Daya Tahan Otot Lengan terhadap Kecepatan Mendayung Dragon Boat Jarak 200 Meter pada Atlet Dayung Kota Banda Aceh Tahun 2017. *Pendidikan Jasmani, Kesehatan dan Rekreasi*, 5(1).
- Undang-undang (UU) Nomor 11 Tahun 2022 tentang Keolahragaan
- Volianitis, S., Yoshiga, C.C. & Secher, N.H. The physiology of rowing with perspective on training and health. *Eur J Appl Physiol* 120, 1943–1963 (2020). <https://doi.org/10.1007/s00421-020-04429-y>
- Vrachimis, A., Hadjicharalambous, M., & Tyler, C. (2016). The effect of circuit training on resting heart rate variability, cardiovascular disease risk factors and physical fitness in healthy untrained adults. *Health*, 8(2), 144-155. DOI: 10.4236/health.2016.82017
- Wahyudi, A., Rahmayanti, S., Faizal, A., Paranoan, A., Aryanti, N. E., & Irwansyah, R. (2023). Model latihan core stability pada cabang dayung nomor kayak. *Sport Science And Education Journal*, 4(1). <https://doi.org/10.33365/ssej.v4i1.2605>
- Warnanda R.W & Irawan, R. J. (2022). Kontribusi Kelentukan Otot Pinggang Dan Otot Lengan Terhadap Kecepatan Mendayung Perahu Naga Pada Atlet Club Dayung Barbossa. *Jurnal Kesehatan Olahraga*, 10(01), 137-144.

- Wati, K., & Setyawati, H. (2023). Evaluasi Prestasi Atlet Gulat Pelatda Propvinsi Jawa Tengah. *Indonesian Journal for Physical Education and Sport*, 4, 67-75. 10.15294/INAPES.V4IKHUSUS.43234
- Weinberg, R. S., & Gould, D. (2019). *Foundations of sport and exercise psychology (7th ed.)*. Human Kinetics.
- Wiarto, G. (2021). *Dasar-Dasar Kepeleatihan Olahraga*. Guepedia.
- WIC, Y. D. D. D. A. (2013). Survei Kondisi Fisik Atlet Dayung Perahu Naga Putri di Klub Badjoel Surabaya. *Jurnal Prestasi Olahraga*.
- Wicaksono, R. A., Ilham, K., Pratama, A. H., Aurellia, G. S. L., Al-Aziz, F. A., Arifin, M. I., & Assiddiqi, H. (2024). Analisis Vo2max pada Atlet Bola Voli Putra Mahasiswa Program Studi Pendidikan Kepeleatihan Angkatan 2023 di Universitas Negeri Semarang. *Jurnal Angka*, 1(2), 309-321.
- Widiastuti. (2011). *Tes dan Pengukuran Olahraga*. Jakarta: PT Bumi Timur Jaya
- Williams, S. M., & Lacy, A. C. (2018). *Measurement and evaluation in physical education and exercise science*. Routledge.
- Williams, S. M., & Lacy, A. C. (2018). *Measurement and evaluation in physical education and exercise science*. Routledge.
- Wilson, J. M., Loenneke, J. P., Jo, E., Wilson, G. J., Zourdos, M. C., & Kim, J. S. (2012). The effects of endurance, strength, and power training on muscle fiber type shifting. *The Journal of Strength & Conditioning Research*, 26(6), 1724-1729. DOI: 10.1519/JSC.0b013e318234eb6f
- World Health Organization. (2020). *Physical activity*. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Wyon, M. A., Smith, A., Koutedakis, Y., & Nevill, A. (2009). The effect of muscle strength on flexibility assessment in dancers. *Journal of Dance Medicine & Science*, 13(3), 115-118. <https://doi.org/10.12678/1089-313X.13.3.115>
- Yang, M. T., Lee, M. M., Hsu, S. C., & Chan, K. H. (2017). Effects of high-intensity interval training on canoeing performance. *European journal of sport science*, 17(7), 814-820.
- Yasin, S. N., & Azmara, H. (2018). Profil Performa Atlet Dayung Kayak Team Indonesia. *Jurnal Olahraga*, 4(2), 71-76.
- Young, W., & Willey, B. (2010). Analysis of sprinting performance in maximal speed sprints and acceleration tests. *Journal of Sports Sciences*, 28(3), 147-153. <https://doi.org/10.1080/jss.v28i3.026404>
- Yudho, F. H. P., Limudin, L., Aryani, M., Dimyati, A., Julianti, R. R., & Iqbal, R. (2022). Analisis keterhubungan daya ledak otot lengan dengan keterampilan menembak bola tangan. *Multilateral: Jurnal Pendidikan Jasmani Dan Olahraga*, 21(1), 87-97. <http://dx.doi.org/10.20527/multilateral.v21i1.12548>
- Yusrizal, Nuzuli, & Ifwandi. (2015). Keberadaan PPLP Olahraga Dayung Provinsi Aceh Tahun 2012. *Jurnal Ilmiah Mahasiswa Pendidikan Jasmani, Kesehatan Dan Rekreasi*, 1(3), 168-176.
- Yusup, F. (2018). Uji validitas dan reliabilitas instrumen penelitian kuantitatif. *Tarbiyah: Jurnal Ilmiah Kependidikan*, 7(1).
- Zatsiorsky, V. M., & Kraemer, W. J. (2006). *Science and Practice of Strength Training (2nd ed.)*. Human Kinetics.

Zulmi, N., & Hartono, M. (2012). Survey Pembinaan olahraga dayung di jawa tengah. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 1(3). <https://doi.org/10.15294/active.v1i3.446>