

BIBLIOGRAPHY

- Brouha, L. (1943). The step test: A simple method of measuring physical fitness for muscular work. *Rev. Canad. Biol.*, 2, 86-91
- Cerqueira, É., Marinho, D. A., Neiva, H. P., & Lourenço, O. (2020). Inflammatory effects of high and moderate intensity exercise—A systematic review. *Frontiers in Physiology*, 10, 1550. <https://doi.org/10.3389/fphys.2019.01550>
- Charlot, K., Cornolo, J., Brugniaux, J. V., Richalet, J. P., & Pichon, A. 2014. Interchangeability of heart rate and oxygen uptake for estimating energy cost of exercise. *European Journal of Applied Physiology*, 114(1), 145-155.
- Gettman, L. R., & Pollock, M. L. (1981). Circuit weight training: A critical review of its physiological benefits. *The Physician and Sportsmedicine*, 9(1), 44–60. <https://doi.org/10.1080/00913847.1981.11710988>
- Hughes, D. C., Ellefsen, S., & Baar, K. (2018). Adaptations to endurance and strength training. *Cold Spring Harbor Perspectives in Medicine*, 8(6), a029769. <https://doi.org/10.1101/cshperspect.a029769>
- Keytel, L. R., Goedecke, J. H., Noakes, T.D., Hiiloskorpi, H., Laukkanen, R., van der Merwe, L., & Lambert, E. V. (2005). Prediction of energy expenditure from heart rate monitoring during submaximal exercise. *Journal of Sports Sciences*, 23(3), 289-297.
- Lee, A. K. Y., Morrison, B. N., Isserow, S., Heilbron, B., & Krahn, A. D. (2016). The impact of excessive endurance exercise on the heart. *British Columbia Medical Journal*, 58(4), 203–209.
- MacInnis, M. J., & Gibala, M. J. (2017). Physiological adaptations to interval training and the role of exercise intensity. *The Journal of Physiology*, 595(9), 2915–2930. <https://doi.org/10.1113/JP273196>
- McArdle, W. D., Katch, F. I., & Katch, V. L. (2015). *Exercise Physiology: Nutrition, Energy, and Human Performance* (8th ed.). Wolters Kluwer.
- Myer, G. D., Quatman, C. E., Khoury, J., Wall, E. J., & Hewett, T. E. (2009). Youth versus adult “weightlifting” injuries presenting to United States emergency rooms: Accidental versus nonaccidental injury mechanisms. *The Journal of Strength and Conditioning Research*, 23(7), 2054–2060. <https://doi.org/10.1519/JSC.0b013e3181b86712>

Novita, I. D. M. (2024). Pengukuran beban kerja dengan metode fisiologi (Studi kasus pada “X” Fitness Center Ambon). Program Studi Teknik Industri, Universitas Darussalam Ambon.

Powers, S. K., & Howley, E. T. (2012). *Exercise Physiology: Theory and Application to Fitness and Performance* (8th ed.) McGraw-Hill.

Setyaningrum, D. a. W. (2019). Cedera olahraga serta penyakit terkait olahraga. *Jurnal Biomedika Dan Kesehatan*, 2(1), 39–44. <https://doi.org/10.18051/jbiomedkes.2019.v2.39-44>

Sintia, I., Pasarella, M. D., & Nohe, D. A. (2022). *Perbandingan Tingkat Konsistensi Uji Distribusi Normalitas Pada Kasus Tingkat Pengangguran Di Jawa*.

Souza, D. de, McDaniel, G. M., & Baum, V. C. (2011). Cardiovascular physiology. In *Smith's Anesthesia for Infants and Children* (pp. 80–115). <https://doi.org/10.1016/B978-0-323-06612-9.00004-3>

Stone, M. H., Pierce, K. C., Sands, W. A., & Stone, M. E. (2006). Weightlifting: A brief overview. *Strength and Conditioning Journal*, 28(1), 50–66. [https://doi.org/10.1519/1533-4295\(2006\)28\[50:WABO\]2.0.CO;2](https://doi.org/10.1519/1533-4295(2006)28[50:WABO]2.0.CO;2)

Valentini, M., Parati, G., & Elsevier Inc. (2009). Variables influencing heart rate. In *Progress in Cardiovascular Diseases* (pp. 11–19). <https://doi.org/10.1016/j.pcad.2009.05.004>

Westerterp, K. R. (2016). Control of energy expenditure in humans. *European Journal of Clinical Nutrition*, 71(3), 340–344. <https://doi.org/10.1038/ejcn.2016.237>

Yuliani, E. N. S., Tirtayasa, K., Adiatmika, I. P. G., Iridiastadi, H., & Adiputra, N. (2021). Studi literatur: Pengukuran beban kerja. *Jurnal Penelitian dan Aplikasi Sistem & Teknik Industri (PASTI)*, 15(2), 194–205. <https://doi.org/10.25077/pasti.15.2.194-205.2021>