

DAFTAR PUSTAKA

- Afriani, Y. and Puspaningtyas, D.E., 2019. Hemoglobin Levels and Nutrients Intake on Young Soccer Athletes in Yogyakarta. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 8(3), pp.107-112.
- Al-Qatawneh, M.I., 2014. The impact of organizational structure on organizational commitment: A comparison between public and private sector firms in Jordan. *European Journal of Business and management*, 6(12), pp.30-37.
- Alfitasari, A. *et al.* 2019. Perbedaan Asupan Energi, Makronutrien, Status Gizi, Dan Vo2 Maks Antara Atlet Sepak Bola Asrama dan Non Asrama. *Media Gizi Indonesia*, p. 14. doi: 10.20473/mgi.v14i1.14-26.
- Allgrove, J., Farrell, E., Gleeson, M., Williamson, G. and Cooper, K., 2011. Regular dark chocolate consumption's reduction of oxidative stress and increase of free-fatty-acid mobilization in response to prolonged cycling. *International journal of sport nutrition and exercise metabolism*, 21(2), pp.113-123.
- Althaus, C., Bridgman, P. and Davis, G., 2013. *The Australian policy handbook*. Allen & Unwin.
- Andersen, D. *et al.* 2018. 'Academy of Nutrition and Dietetics: Revised 2017 Scope of Practice for the Registered Dietitian Nutritionist', *Journal of the Academy of Nutrition and Dietetics*, pp. 141–165. doi: 10.1016/j.jand.2017.10.002.
- Australia, S., 2018. Sport 2030: Participation, performance, integrity, industry. *Australian Government, Canberra*.
- Australian Institute of Sports, 2020. Sponsors. <https://www.sportaus.gov.au/sportaus/sponsors> [Diakses pada tanggal 14 Juli 2021].
- Babiak, K. and Willem, A., 2016. Interorganizational relationships in sport: From theory to practice. *The SAGE handbook of sport management*, pp.273-293.
- Balyi, I., Way, R., and Higgs, C. 2013. Long-Term Athlete Development. Champaign, IL: Human Kinetics.
- Baranauskas, M. *et al.* 2015. 'Nutritional habits among high-performance endurance athletes', *Medicina*, 51(6), pp. 351–362.
- Beaudoin, C., Callary, B. and Trudeau, F., 2015. Coaches' adoption and implementation of sport Canada's long-term athlete development model. *SAGE Open*, 5(3), p.2158244015595269.
- Bell, P. G., I. H. Walshe, G. W. Davison, E. J. Stevenson, and G. Howatson. 2015. Recovery facilitation with Montmorency cherries following high intensity, metabolically challenging exercise. *Applied Physiology, Nutrition, and*

Metabolism 40 (4):414–23.

Bentley, M.R., Patterson, L.B., Mitchell, N. and Backhouse, S.H., 2021. Athlete perspectives on the enablers and barriers to nutritional adherence in high-performance sport. *Psychology of Sport and Exercise*, 52, p.101831.

Belski, R., Donaldson, A., Staley, K., Skiadopoulos, A., Randle, E., O'Halloran, P., Kappelides, P., Teakel, S., Stanley, S., and Nicholson, M. (2018). Brief Education Intervention Increases Nutrition Knowledge and Confidence of Coaches of Junior Australian Football Teams. *International Journal of Sport Nutrition and Exercise Metabolism* 28, 3, 259-265

Birkenhead, K.L. and Slater, G., 2015. A review of factors influencing athletes' food choices. *Sports medicine*, 45(11), pp.1511-1522.

Blomkamp, E., Sholikin, M.N., Nursyamsi, F., Lewis, J.M. and Toumbourou, T., 2017. Understanding policymaking in Indonesia: In search of a policy cycle. *no. June*, pp.1-45.

Campos, P.A. and Reich, M.R., 2019. Political analysis for health policy implementation. *Health Systems & Reform*, 5(3), pp.224-235.

Canadian Sport Institute Pacific, 2017. Community Partners. <https://www.csipacific.ca/athletes/benefits/community-partners/> [Diakses pada tanggal 14 Juli 2021]

Close, G.L., Sale, C., Baar, K. and Bermon, S., 2019. Nutrition for the prevention and treatment of injuries in track and field athletes. *International journal of sport nutrition and exercise metabolism*, 29(2), pp.189-197.

Cockburn E, Fortune A, Briggs M, et al. 2014. Nutritional knowledge of UK coaches. *Nutrients*. 2014;6(4):1442–53.

Condo, D. *et al.* 2019. 'Nutritional Intake, Sports Nutrition Knowledge and Energy Availability in Female Australian Rules Football Players', *Nutrients*, 11(5). doi: 10.3390/nu11050971.

Conte, K.P. and Hawe, P., 2018. Will E-monitoring of policy and program implementation stifle or enhance practice? How would we know?. *Frontiers in public health*, 6, p.243.

Costa, M.S., Toscano, L.T., Toscano, L.D.L.T., Luna, V.R., Torres, R.A., Silva, J.A. and Silva, A.S., 2020. Ergogenic potential of foods for performance and recovery: a new alternative in sports supplementation? A systematic review. *Critical Reviews in Food Science and Nutrition*, pp.1-22.

Couture S, Lamarche B, Morissette E, et al. 2015. Evaluation of sports nutrition knowledge and recommendations among high school coaches. *Int J Sport Nutr Exerc Metab*. 2015;25(4):326–34.

- Damschroder, L. J. *et al.* 2009. 'Fostering implementation of health services research findings into practice: a consolidated framework for advancing implementation science', *Implementation Science*. doi: 10.1186/1748-5908-4-50.
- Davison, G., R. Callister, G. Williamson, K. A. Cooper, and M. Gleeson. 2012. The effect of acute pre-exercise dark chocolate consumption on plasma antioxidant status, oxidative stress and immunoendocrine responses to prolonged exercise. *European Journal of Nutrition* 51 (1):69–79.
- Diehl K, Thiel A, Zipfel S, et al. 2012. Elite adolescent athletes' use of dietary supplements: characteristics, opinions, and sources of supply and information. *Int J Sport Nutr Exerc Metab.* 2012;22(3):165–74.
- Erdman, K. A. 2015. 'A Lifetime Pursuit of a Sports Nutrition Practice', *Canadian journal of dietetic practice and research: a publication of Dietitians of Canada = Revue canadienne de la pratique et de la recherche en dietetique: une publication des Dietetistes du Canada*, 76(3), pp. 150–154.
- Fatimah, C.S., 2019. *Implementasi kebijakan Program Pembinaan Atlet pada Dinas Pemuda dan Olahraga Kota Bandung tahun 2017* (Doctoral dissertation, UIN Sunan Gunung Djati Bandung).
- Feldstein AC, Glasgow RE: A practical, robust implementation and sustainability model (PRISM) for integrating research findings into practice. *Joint Commission journal on quality and patient safety/Joint Commission Resources* 2008, 34:228-243.
- Greenhalgh T, Robert G, Macfarlane F, Bate P, Kyriakidou O: Diffusion of innovations in service organizations: systematic review and recommendations. *Milbank Q* 2004, 82:581-629.
- Grol, R., Baker, R. W. and Moss, F. 2003. *Quality Improvement Research: Understanding The Science of Change in Health Care*. BMJ Books.
- Health Policy Project. 2014. "Capacity Development Resource Guide: Implementation Barriers." Washington, DC: Futures Group, Health Policy Project.
- Howatson, G., M. P. McHugh, J. A. Hill, J. Brouner, A. P. Jewell, K. A. Van Someren, R. E. Shave, and S. A. Howatson. 2010. Influence of tart cherry juice on indices of recovery following marathon running. *Scandinavian Journal of Medicine & Science in Sports* 20 (6):843–52.
- Indonesia, R., 2005. Undang-undang No. 3 Tahun 2005 tentang Sistem Keolahragaan Nasional. *Lembaran Negara RI Tahun*, (3).
- Jacob, R., Couture, S., Lamarche, B., Provencher, V., Morissette, É., Valois, P., Goulet, C. and Drapeau, V., 2019. Determinants of coaches' intentions to

- provide different recommendations on sports nutrition to their athletes. *Journal of the International Society of Sports Nutrition*, 16(1), pp.1-10.
- Jenner, S. L. *et al.* 2018. 'Dietary intake of professional Australian football athletes surrounding body composition assessment', *Journal of the International Society of Sports Nutrition*, 15(1), p. 43.
- Johnson, Jesper. 2014. Cost-effectiveness and cost-benefit analysis of governance and anti-corruption activities. *U4 Anti-Corruption Resource Centre Chr. Michelsen Institute (CMI)*, 2014:10.
- Jones, G.R. 2013. *Organizational theory, design, and change* (pp. 31-33). Upper Saddle River, NJ: Pearson.
- Kelly, J., A. Vanhatalo, S. J. Bailey, L. J. Wylie, C. Tucker, S. List, and A. M. Jones. 2014. Dietary nitrate supplementation: Effects on plasma nitrite and pulmonary O₂ uptake dynamics during exercise in hypoxia and normoxia. *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology* 307 (7):920–30.
- Kerksick, C.M., Wilborn, C.D., Roberts, M.D., Smith-Ryan, A., Kleiner, S.M., Jäger, R., Collins, R., Cooke, M., Davis, J.N., Galvan, E. and Greenwood, M., 2018. ISSN exercise & sports nutrition review update: research & recommendations. *Journal of the International Society of Sports Nutrition*, 15(1), pp.1-57.
- Kim, S.-H., Oh, C.-S. and Lee, J.-H. 2019. 'Dietary nutrient intake of Korean adolescent distance runners', *Journal of exercise rehabilitation*, 15(6), pp. 781–786.
- Kusumawardhana, B., 2019. Analisis strategi pengelolaan gizi atlet PPLOP sepak takraw Jawa Tengah. *Journal Power Of Sports*, 2(1), pp.1-6.
- Larson-Meyer, D.E., Woolf, K. and Burke, L., 2018. Assessment of nutrient status in athletes and the need for supplementation. *International journal of sport nutrition and exercise metabolism*, 28(2), pp.139-158.
- Leeman J, Baernholdt M, Sandelowski M: Developing a theorybased taxonomy of Methods for implementing change in practice. *J Adv Nurs* 2007, 58:191-200.
- Levers, K., R. Dalton, E. Galvan, A. O'Connor, C. Goodenough, S. Simbo, S. U. Mertens-Talcott, C. Rasmussen, M. Greenwood, S. Riechman, et al. 2016. Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals. *Journal of the International Society of Sports Nutrition* 13 (22):1–23
- Lewis, J.M., 2006. Being around and knowing the players: networks of influence in health policy. *Social science & medicine*, 62(9), pp.2125-2136.

- Lewis, C.C., Mettert, K. and Lyon, A.R., 2021. Determining the influence of intervention characteristics on implementation success requires reliable and valid measures: results from a systematic review. *Implementation Research and Practice*, 2021;(2): pp 1-15.
- Lloyd, R. S. *et al.* 2018. ‘Applying Strength and Conditioning Practices to Young Athletes’, *Routledge Handbook of Strength and Conditioning*, pp. 23–37. doi: 10.4324/9781315542393-3.
- Lunn, W. R., S. M. Pasiakos, M. R. Colletto, K. E. Karfonta, J. W. Carbone, J. M. Anderson, and N. R. Rodriguez. 2012. Chocolate milk and endurance exercise recovery: Protein balance, glycogen, and performance. *Medicine and Science in Sports and Exercise* 44 (4):682–91.
- Manore MM, Patton-Lopez MM, Meng Y, et al. 2017. Sport nutrition knowledge, behaviors and beliefs of high school soccer players. *Nutrients*. 2017;9(4):350.
- Martínez-Sanz, J.M., Menal-Puey, S., Sospedra, I., Russolillo, G., Norte, A. and Marques-Lopes, I., 2020. Development of a sport food exchange list for dietetic practice in sport nutrition. *Nutrients*, 12(8), p.2403.
- Maughan, R.J., Burke, L.M., Dvorak, J., Larson-Meyer, D.E., Peeling, P., Phillips, S.M., Rawson, E.S., Walsh, N.P., Garthe, I., Geyer, H. and Meeusen, R., 2018. IOC consensus statement: dietary supplements and the high-performance athlete. *International journal of sport nutrition and exercise metabolism*, 28(2), pp.104-125.
- McFadyen, T., Chai, L.K., Wyse, R., Kingsland, M., Yoong, S.L., Clinton-McHarg, T., Bauman, A., Wiggers, J., Rissel, C., Williams, C.M. and Wolfenden, L., 2018. Strategies to improve the implementation of policies, practices or programmes in sporting organisations targeting poor diet, physical inactivity, obesity, risky alcohol use or tobacco use: a systematic review. *BMJ open*, 8(9), p.e019151.
- McIsaac, J.-L. D. *et al.* 2019. ‘Factors Influencing the Implementation of Nutrition Policies in Schools: A Scoping Review’, *Health Education & Behavior*, 46(2), pp. 224–250.
- Michael, M. K., Joubert, L. and Witard, O. C. 2019. ‘Assessment of Dietary Intake and Eating Attitudes in Recreational and Competitive Adolescent Rock Climbers: A Pilot Study’, *Frontiers in nutrition*, 6, p. 64.
- Morrison M, Weicker D. 2006. *Athletica Canada Long Term Athlete Development*. Athletics Canada
- Muadi, sholih, MH, Ismail, dan Sofwani, A. 2018. “Konsep dan Kajian Teori Perumusan Kebijakan Publik”, *JRP (Jurnal Review Politik)*, 6(2), pp. 195–224.
- Muggeridge, D. J., C. C. F. Howe, O. Spendiff, C. Pedlar, P. E. James, and C.

- Easton. 2014. A single dose of beetroot juice enhances cycling performance in simulated altitude. *Medicine and Science in Sports and Exercise* 46 (1):143–50
- Muhawarman, A., Ayuningtyas, D. and Misnaniarti, M., 2017. Formulasi Kebijakan Komunikasi untuk Pelaksanaan Program Pembangunan Kesehatan. *Media Kesehatan Masyarakat Indonesia Universitas Hasanuddin*, 13(2), pp.97-106.
- Mujika, I., Halson, S., Burke, L.M., Balagué, G. and Farrow, D., 2018. An integrated, multifactorial approach to periodization for optimal performance in individual and team sports. *International Journal of Sports Physiology and Performance*, 13(5), pp.538-561.
- Ong, J. L. and Brownlee, I. A. 2017. ‘Energy Expenditure, Availability, and Dietary Intake Assessment in Competitive Female Dragon Boat Athletes’, *Sports (Basel, Switzerland)*, 5(2). doi: 10.3390/sports5020045.
- Papacosta, E., G. P. Nassis, and M. Gleeson. 2015. Effects of acute postexercise chocolate milk consumption during intensive judo training on the recovery of salivary hormones, salivary SIgA, mood state, muscle soreness, and judo-related performance. *Applied Physiology, Nutrition, and Metabolism* 40 (11):1116–22. doi: 10.1139/apnm2015-0243.
- Patel, R. K., J. Brouner, and O. Spendiff. 2015. Dark chocolate supplementation reduces the oxygen cost of moderate intensity cycling. *Journal of the International Society of Sports Nutrition* 12 (1):47
- Pelly, F., O’Connor, H., Denyer, G. and Caterson, I., 2009. Catering for the athletes village at the Sydney 2000 Olympic Games: the role of sports dietitians. *International journal of sport nutrition and exercise metabolism*, 19(4), pp.340-354.
- Penggalih, M. H. S. T. *et al.* 2019. ‘Identifikasi status gizi, somatotipe, asupan makan dan cairan pada atlet atletik remaja di Indonesia’, *Journal of Community Empowerment for Health*, p. 85. doi: 10.22146/jcoemph.38410.
- Penggalih MHST, Narruti NH, Fitria F, Pratiwi D, Sari MDP, Winata IN, Fatimah, Kusumawati MD. 2016. Identification of somatotype, nutritional status, food and fluid intake in Gymnastics Youth Athletes. *Asian J. Clin. Nutr.*, 8 (1-3): 1-8.
- Penggalih MHST, Juffrie M, Sudargo T, Sofro ZM. 2017. Correlation between nutritional status and lifestyle for youth soccer athlete performance: A cohort study. *Pakistan Journal of Nutrition* 16(12): 895-905.
- Penggalih, M.H.S.T., Dewinta, M.C.N., Solichah, K.M.A., Pratiwi, D., Niamilah, I., Nadia, A. and Kusumawati, M.D. 2018. Identifikasi status gizi, somatotipe, asupan makan dan cairan pada atlet atletik remaja di Indonesia. *Journal of Community Empowerment for Health*, 1(2), pp.85-95.

- Penggalih, M.H.S.T., Dewinta, M.C.N., Pratiwi, D., Solichah, K.M.A. and Niamilah, I., 2020. *Gizi Olahraga I: Sistem Energi Antropometri dan Asupan Makan Atlet*. UGM PRESS.
- Peschek, K., R. Pritchett, E. Bergman, and K. Pritchett. 2013. The effects of acute post exercise consumption of two cocoa-based beverages with varying flavanol content on indices of muscle recovery following downhill treadmill running. *Nutrients* 6 (1):50–62.
- Peters, D. H. *et al.* 2013. *Implementation Research in Health: A Practical Guide*. World Health Organization.
- Phulkard, S., Sacks, G., Vandevijvere, S., Worsley, A. and Lawrence, M., 2017. Barriers and potential facilitators to the implementation of government policies on front-of-pack food labeling and restriction of unhealthy food advertising in Thailand. *Food Policy*, 71, pp.101-110.
- Popescu, Luminița Gabriela, 2020. "Implementation of public policies. The compatibility of the model of public policy with the target space of the policy," *Theoretical and Applied Economics*, Asociatia Generala a Economistilor din Romania - *AGER*, vol. 0(4(625), W), pages 345-356, Winter.
- Prasetyo, D.E., Damrah, D. and Marjohan, M., 2018. Evaluasi Kebijakan Pemerintah Daerah dalam Pembinaan Prestasi Olahraga. *Gelombang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga*, 1(2), pp.32-41.
- Rais, A. S., Setyowati, S. and Palupi, I. R. 2019. 'The Correlation between Perception on Dormitory Food and Nutrient Intake of Young Athletes Residing at Athlete's Dormitory', *Unnes Journal of Public Health*, pp. 117–124. doi: 10.15294/ujph.v0i0.28380.
- Sasmarianto, S., 2020. Manajemen Pengelolaan Gizi Dan Tingkat Pengetahuan Atlet Di Sma Negeri Olahraga Provinsi Riau. *Jurnal Ilmiah Bina Edukasi*, 13(2), pp.56-65.
- Sari, H.P., Handayani, O.W.K. and Hidayah, T., 2017. Evaluasi program pembinaan atlet pekan olahraga nasional cabang olahraga bulu tangkis provinsi Sumatera Selatan. *Journal of Physical Education and Sports*, 6(3), pp.261-265.
- Savino, G., Valenti, L., D'Alisera, R., Pinelli, M., Persi, Y., Trenti, T. and WDPP, W.G.D.P.P., 2019. Dietary supplements, drugs and doping in the sport society. *Ann Ig*, 31(6), pp.548-55.
- Scott, S.D., Plotnikoff, R.C., Karunamuni, N., Bize, R. and Rodgers, W., 2008. Factors influencing the adoption of an innovation: An examination of the uptake of the Canadian Heart Health Kit (HHK). *Implementation Science*, 3(1), pp.1-8.

- Signé, L., 2017. Policy Implementation—A synthesis of the Study of Policy Implementation and the Causes of Policy Failure. *Morocco: OCP Policy Center*.
- Simpson DD, Dansereau DF: Assessing Organizational Functioning as a Step Toward Innovation. *NIDA Science & Practice Perspectives* 2007, 3:20-28.
- Singapore Sports School, 2021. Sponsors. <https://www.sportsschool.edu.sg/community/partners/sponsors> [Diakses pada tanggal 14 Juli 2021].
- Solberg, L. I. 2000. 'Guideline Implementation: What the Literature Doesn't Tell Us', *The Joint Commission Journal on Quality Improvement*, pp. 525–537. doi: 10.1016/s1070-3241(00)26044-6.
- Syafruddin, Nur S, Alwi, Baharuddin. 2015. Behavior Of Bureaucracy In Good Program Policy Implementation In District Bombana. *International Journal of Scientific & Technology Research*, Vol 4(4).
- Tampubolon, J. and Harianja, R.R., 2020. Analisis Kebijakan Pemerintah Daerah Dalam Upaya Peningkatan Prestasi Atlit Sumatera Utara (Studi Kasus: Dinas Pemuda dan Olah Raga Provinsi Sumatera Utara).
- Taylor, M. J. *et al.* 2014. 'Systematic review of the application of the plan-do-study-act method to improve quality in healthcare', *BMJ quality & safety*, 23(4), pp. 290–298.
- Thomas, D. T. *et al.* 2016. 'Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance', *Journal of the Academy of Nutrition and Dietetics*, pp. 501–528. doi: 10.1016/j.jand.2015.12.006.
- Trakman, G.L., Forsyth, A., Devlin, B.L. and Belski, R., 2016. A systematic review of athletes' and coaches' nutrition knowledge and reflections on the quality of current nutrition knowledge measures. *Nutrients*, 8(9), p.570.
- Wylie, L. J., J. Kelly, S. J. Bailey, J. R. Blackwell, P. F. Skiba, P. G. Winyard, A. E. Jeukendrup, A. Vanhatalo, and A. M. Jones. 2013. Beetroot juice and exercise: Pharmacodynamic and dose-response relationships. *Journal of Applied Physiology* 115 (3):325–36.