

## DAFTAR PUSTAKA

- Burdon, C., O'Connor, H., Gifford, J., Shirreffs, S., Chapman, P., and Johnson, N., 2010, Effect of Drink Temperature on Core Temperature on Core Temperature and Endurance Cycling Performance, in Warm, Humid Conditions, *Journal of Sport Sciences*, Vol.28, pp.1147-1156.
- Byrne, C., Owen, C., Cosnefroy, A., and Lee, J. K. W., 2011 Self-Paced Exercise Performance in the Heat After Pre-Exercise Cold-Fluid Ingestion, *Journal of Athletic Training*, Vol.46, pp.592-599.
- Food and Agriculture Organization of the United Nations, 2017, *FAOSTAT Data*, <http://www.fao.org/faostat/en/#data/QC>, (online accessed February 15th, 2017).
- Haff, G. G. and Dumke, C., 2012, *Laboratory Manual for Exercise Physiology, Human Kinetics*, 1<sup>st</sup> ed., Human Kinetics, United States of America.
- Hasegawa, H., Takatori, T., Komura, T., and Yamasaki, M., 2006, Combined Effect of Pre-cooling and Water Ingestion on Thermoregulation and Physical Capacity During Exercise in a Hot Environment, *Journal of Sports Sciences*, Vol.24, pp.3-9.
- Hosseini, A., Khamnei, S., and Zamanlu, M., 2013, The Effect of Water Temperature and Voluntary Drinking on The Post Rehydration Sweating, *International Journal of Clinical and Experimental Medicine*, Vol.6, pp.683-687.
- Ismail, I., Singh, R., and Sirisinghe, R.G., 2007, Rehydration with Sodium-Enriched Coconut Water After Exercise-Induced Dehydration, *The Southeast Asian Journal of Tropical Medicine Public Health*, Vol.38, pp.769-785.
- Kalman, D.S., Feldman, S., Krieger, D.R., and Bloomer, R.J., 2012, Comparison Of Coconut Water And a Carbohydrate-Electrolyte Sport Drink on Measures of Hydration And Physical Performance in Exercise-Trained Men, *Journal of the International Society of Sports Nutrition*, Vol.9, pp.1-10.
- Lee, J. K. W. and Shirreffs, S. M., 2007, The Influence of Drink Temperature on Thermoregulatory Responses During Prolonged Exercise in a Moderate Environment, *Journal of Sport Sciences*, Vol.25, pp.975-985.
- Lee, J.K.W., Maughan, R. J., and Shirreffs, S. M., 2008, The Influence of Serial Feeding of Drinks at Different Temperatures on Thermoregulatory Responses During Cycling, *Journal of Sports Sciences*, Vol.26, pp.583-590.
- Lim, C.L., Byrne, C., and Lee, J.K.W., 2008, Human Thermoregulation and Measurement of Body Temperature in Exercise and Clinical Setting, *Annals of Academy of Medicine Singapore*, Vol.37, pp.347-353.
- Maunder, E., Laursen, P. B., and Kilding, A.E., 2017, Effect of ad Libitum Ice Slurry and Cold Fluid Ingestion on Cycling Time-Trial Performance in the Heat, *International Journal of Sports Physiology and Performance*, Vol.12, pp.99-105.

- Parsons, K., 2003, *Human Thermal Environments: The Effect of Hot, Moderate, and Cold Environments on Human Health, Comfort, and Performance*, 2<sup>nd</sup> ed., Taylor and Francis Inc., London.
- Ross, M., Abbiss, C., and Laursen, P., 2013, Precooling Methods and Their Effects on Athletic Performance: A Systematic Review and Practical Applications, *Sports Medicine*, Vol.43, pp.207-225.
- Saat, M., Singh, R., Sirisinghe, R.G., and Nawawi, M., 2002, Rehydration after Exercise with Fresh Young Coconut Water, Carbohydrate-Electrolyte Beverage and Plain Water, *Journal of Physiological Anthropology and Applied Human Science*, Vol.21, pp.93-104.
- Siegel, R. and Laursen, P.B., 2012, Keeping Your Mind Cool: Possible Mechanisms for Enhanced Exercise Performance in the Heat with Internal Cooling Methods, *Sports Medicine*, Vol.42, pp.89-98.
- Siegel, R., Mate, J., Brearley, M. B., Watson, G., Nosaka, K., and Laursen, P., 2010, Ice Slurry Ingestion Increases Core Temperature Capacity and Running Time in the Heat, *Medicine and Science in Sports and Exercise*, Vol.42, pp.717-725.
- Siegel, R., Mate, J., Watson, G., Nosaka, K., and Laursen, P.B., 2012, Pre-cooling with Ice Slurry Ingestion Leads to Similar Run Times to Exhaustion in the Heat as Cold Water Immersion, *Journal of Sports Sciences*, Vol.30, pp.155-165.
- Stevens, C.J., Thoseby, B., Sculley, D. V., Callister, R., Taylor, L., and Dacombe, B.J., 2016, Running Performance and Thermal Sensation in the Heat are Improved with Menthol Mouth Rinse but not Ice Slurry Ingestion, *Scandinavian Journal of Medicine and Science in Sports*, Vol.26, pp.1209-1216.
- Tan, P. M. S. and Lee, J. K. W., 2015, The Role of Fluid Temperature and Form on Endurance Performance in The Heat, *Scandinavian Journal of Medicine and Science in Sports*, Vol.25, pp.39-51.
- Wegmann, M., Faude, O., Poppendieck, W., Hecksteden, A., Frohlich, M., and Meyer, T., 2012, Pre-Cooling and Sports Performance: A Meta-Analytical Review, *Sports Medicine*, Vol.42, pp.545-564.
- Wendt, D., van Loon, L. J. C., and Lichtenbelt, W. D., 2007, Thermoregulation during Exercise in the Heat: Strategies for Maintaining Health and Performance, *Sports Medicine*, Vol.37, pp.669-682.
- Yeo, Z. W., Fan, P. W. P., Nio, A. Q. X., Byrne, C., and Lee, J. K. W., 2012, Ice Slurry on Outdoor Running Performance in heat, *International Journal of Sports Medicine*, Vol. 33, pp.859-866.
- Yong, J., Ge, L., Fei, Y., and Tan, S., 2009, The Chemical Composition and Biological Properties of Coconut (*Cocos nucifera* L.) Water, *Molecules*, Vol. 14, pp. 5144-5164.