

DAFTAR PUSTAKA

- Abdossaleh, Zar. Fatemeh, Ahmadi. Frozan, Karimi. Amin, Safari Mohammad. (2014). Leukocytes subsets is differentially affected by exercise Intensity. *International Journal of Sport Studies*. Vol., 4 (2), 246-253, 2014.
- Adamopoulos S, Parissis J, Kroupis C, Georgiadis M, Karatzas D, Karavolias G, et al. (2001). Physical training reduces peripheral markers of inflammation in patients with chronic heartfailure. *Eur Heart J*, 2001;22:791—7.
- Alghannam, Abdullah F. (2013). “Physiology of Soccer: The Role of Nutrition in Performance”. *J Nov Physiother*, 2013, S3.
- Ascensao, A. Rebelo, A. Oliveira, E. Marques, F. Pereira, L. Magalhaes, J. (2008). “Biochemical impact of a soccer match - analysis of oxidative stress and muscle damage markers throughout recovery”. *Clin Biochem*. 2008 Jul;41(10-11):841-51.
- Bishop, N.C. Walsh, N.P. Haines, D.L. Richards, E.E. Gleeson, M. (2001). Pre-Exercise carbohydrate status and immune responses to prolonged cycling: II. Effect on plasma cytokine concentration. *Int. J. Sport Nutr. Exerc. Metab.* 2001, 11, 503–512.
- Bishop NC, Walsh N, Scanlon GA. (2003). Effect of prolonged exercise and carbohydrate on total neutrophil elastase content. *Med Sci Sports Exerc*. 2003 Aug;35(8):1326-32.
- Carlson LA, Headley S, DeBruin J, Tuckow AT, Koch AJ, Kenefick RW. (2008). Carbohydrate supplementation and immune responses after acute exhaustive resistance exercise. *Int J Sport Nutr Exerc Metab*. 2008 Jun;18(3):247-59.
- Casa, Douglas J.; Armstrong, Lawrence E.; Hillman, Susan K.; Montain, Scott J.; Reiff, Ralph V.; Rich, Brent S.E.; Roberts, William O.; Stone, Jennifer A. (2000). “National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes. *Journal of Athletic Training* 2000;35(2):212-224.
- Chen, Y.J. Wong, S.H. Chan, C.O. Wong, C.K. Lam, C.W. Siu, P.M. (2009). Effects of glycemic index meal and CHO-electrolyte drink on cytokine response and run performance in endurance athletes. *J. Sci. Med. Sport* 2009, 12, 697–703.
- Davison, Glen dan Gleeson, Michael (2005). “Influence of Acute Vitamin C and/or Carbohydrate Ingestion on Hormonal, Cytokine, and Immune Responses to Prolonged Exercise”. *International Journal of Sport Nutrition and Exercise Metabolism*, 2005, 15, 465-479

- Deilami, Abolfazl; Sangari, Mandana; Shojaeimehr, Mohammad Taghi (2013). "The Effect of Two Intensive Aerobic and Anaerobic Tests on Immune System in Male Athletic Students in Iran". *World Applied Sciences Journal* 21 (10): 1530-1539, 2013.
- Departemen Kesehatan (2002). *Gizi Atlet Sepak Bola*. Jakarta.
- Du, M. Prescott, J. Kraft, P. Han, J. Giovannucci, E. Hankinson, S. E. De Vivo, I. (2012). Physical activity, sedentary behavior, and leukocyte telomere length in women. *Am J Epidemiol*. 2012 Mar 1;175(5):414-22.
- Duzova, Halil. Erdogan, Hasan. Fadillioglu, Ersin. dan Hanifi, Memet E. (2012). Effects of Maximal Anaerobic Exercise on Neutrophil Oxidants/Antioxidants in among the Sportsmen Trained at Various Levels. *Medicine Science*, 2012;1(2):77-89
- Fatemeh, Ahmadi. Salesi, Mohsen. dan Kushki, Maryam. (2014). Effect of High Intensity Training on Changes Leukocytes Subsets in Men Football Player. *International Research Journal of Applied and Basic Sciences*, 2014, Vol, 8 (8): 1023-1027.
- Fehrenbach E, Passek F, Niess AM, Pohla H, Weinstock C, Dickhuth HH, Northoff H. (2000) HSP expression in human leukocytes is modulated by endurance exercise. *Med Sci Sports Exerc*. 2000 Mar;32(3):592-600.
- Fischbach, Frances dan Dunning, Marshall B. (2009). *A Manual of Laboratory and Diagnostic tests, 8th edition*. Lippicott Williams & Wilkins: China
- Freidenreich DJ, dan Volek JS. (2012). Immune responses to resistance exercise. *Exerc Immunol Rev*. 2012;18:8-41.
- Gabriel, H. dan Kindermann, W (1997). "The Acute Immune Response to Exercise: What Does It Mean?". *Int. J. Sports Med.*, Vol. 18 (SUPPL. I), pp. 528-545, 1997.
- Gibney, Michael J. 2003. *Nutrition and Metabolism*. Roche: Blackwell Science
- Gleeson, Michael. (2007). Immune function in sport and exercise. *J Appl Physiol* 103:693–699.
- Gleeson, Michael. Nieman, David C. dan Pedersen, Bente K. (2004). Exercise, nutrition and immune function. *Journal of Sports Sciences*, 2004, 22, 115–125
- Gleeson, Michael. (2008). Dosing and Efficacy of Glutamine Supplementation in Human Exercise and Sport Training. *J. Nutr.* 138: 2045S–2049S, 2008.

- Green, Katherine J. Croaker, Susan J. dan Rowbottom, David G. (2003). Carbohydrate supplementation and exercise-induced changes in T-lymphocyte function *J Appl Physiol* 95: 1216–1223, 2003.
- Greenwood, Mike; Kalman, Douglas S.; Antonio, Jose (2008). *Nutritional Supplements in Sport and Exercise*. Humana Press: Totowa, USA
- Gunzer, Wolfgang; Konrad, Manuela; Pail, Elisabeth (2012). “Exercise-Induced Immunodepression in Endurance Athletes and Nutritional Intervention with Carbohydrate, Protein and Fat—What Is Possible, What Is Not?”. *Review. Nutrients* 2012, 4, 1187-1212
- Gurcan, N; Erbas, D; Ergen, E; Bilgehan, A; Dundar, S; Aricioglu, A; Dikmenoglu, N (1998). “Change in Blood Haemorheological Parameter After Submaximal Exercise in Trained and Untrained Subjects”. *Physiol. Res.* 47: 23 – 27, 1998
- Hasanloei, Fakhradin; Dodman, Mohammad Khaled; Kalantar, Jonaid (2013). “Effect of Vitamin C Intake Following Exhaustive Aerobic Exercise on Serum Immunoglobulins A and G in Karate Athletes”. *International Journal of Sport Studies*. Vol., 3 (3), 327-333, 2013
- Haider, Muhammad Jamal dan Rauf, Abdul. (2010). Smoking Habits and Their Association with Total Leukocytes Count among Healthy Men in Karachi, Pakistan. *World Applied Sciences Journal*, 11 (6): 669-673, 2010
- Henson, DA. Nieman, DC. Parker, JC. Rainwater, MK. Butterworth, DE. Warren, BJ. Utter, A. Davis, JM. Fagoaga, OR. dan Nehlsen-Cannarella, SL. (1998). Carbohydrate supplementation and the lymphocyte proliferative response to long endurance running. *Int J Sports Med*, 19: 574–580, 1998.
- Herawati, Maya (2013). POMNAS 2013 Sepak Bola DIY Masuk Final. <http://www.harianjogja.com/baca/2013/11/28/pomnas-2013-sepak-bola-diy-masuk-final-469432>
- Hsu, Tai-Ger; Hsu, Kuang-Ming; Kong, Chi-Woon; Lu, Fung-Jou; Cheng, Hu; Tsai, Kelvin (2001). “Leukocyte Mitochondria Alterations after Aerobic Exercise in Trained Human Subjects”. *Medicine & Science in Sports & Exercise*
- Irawan, M. Anwari (2007). *Cairan, Karbohidrat dan Performa Sepakbola*. <http://www.pssplab.com/journal/05.pdf>
- Jentjens, R.L.P.G.; Venables, M.C.; Jeukendrup, A.E. (2004). “Oxidation Of Exogenous Glucose, Sucrose And Maltose During Prolonged Cycling Exercise”. *J Appl Physiol*. 96: 1285-1291, 2004.

- Jeukendrup, Asker E. (2004). "Carbohydrate Intake During Exercise and Performance". Review Article, *Nutrition* 2004;20:669–677.
- Jeukendrup, Asker E. dan Gleeson, Michael (2010). *Sport Nutrition: An Introduction to Energy Production and Performance*. Champaign: Human Kinetics.
- Katch, Victor L.; McArdle, William D.; Katch, Frank I. (2010). *Essentials of Exercise Physiology, Fourth Edition*. Lippicott Williams & Wilkins: Baltimore.
- Kemenpora. *Langkah Tim Sepak Bola Indonesia AYG Terganjil di Perempat Final* (2013). Selasa, 20 Agustus 2013, 11:09 WIB. <http://kemenpora.go.id/index/preview/search/8075>.
- Khorshidi-Hosseini, Mahdi dan Nakhostin-Roohi, Babak (2013). "Effect of Glutamine and Maltodextrin Acute Supplementation on Anaerobic Power". *Asian Journal of Sports Medicine*, Volume 4 (Number 2), June 2013, Pages: 131-136.
- Koch, Alexander J. (2010). "Immune response to Exercise". *Brazilian Journal of Biomotricity*, v. 4, n. 2, p. 92-103, 2010.
- Krause, R. Patruta, S. Daxbock, F. Fladerer, P. Biegelmayr, C dan Wenisch C. (2001). Effect of vitamin C on neutrophil function after high-intensity exercise. *Eur J Clin Invest*, 31: 258-263, 2001.
- Kreider, Richard B., Wilborn, Colin D., Taylor, Lem., Campbell, Bill., Almada, Anthony L., Collins, Rick., Cooke, Mathew., Earnest, Conrad P., Greenwood, Mike., Kalman, Douglas S., Kerksick, Chad M., Kleiner, Susan M., Leutholtz, Brian., Lopez, Hector., Lowery, Lonnie M., Mendel, Ron., Smith, Abbie., Spano Marie., Wildman, Robert., Willoughby, Darryn S., Ziegenfuss, Tim N., Antonio, Jose. (2010). "ISSN exercise & sport nutrition review: research & recommendations". *Journal of the International Society of Sports Nutrition* 2010, 7:7.
- Kullo IJ, Khaleghi M, Hensrud DD. (2007). Markers of inflammation are inversely associated with VO2 max in asymptomatic men. *J Appl Physiol* (1985). 2007 Apr;102(4):1374-9. Epub 2006 Dec 14.
- Kumar, Vinay. Abbas, Abdul K.Fausto, Nelson. dan Mitchell, Richard N. (2007). "Robbins Basic Pathology, 8th edition. China: Saunders Elsevier.
- Lancaster GI, Jentjens RL, Moseley L, Jeukendrup AE, Gleeson M. (2003). Effect of pre-exercise carbohydrate ingestion on plasma cytokine, stress hormone, and neutrophil degranulation responses to continuous, high-intensity exercise. *Int J Sport Nutr Exerc Metab*. 2003 Dec;13(4):436-53.

- Lancaster, G.I.; Khan, Q.; Drysdale, P.T.; Wallace, F.; Jeukendrup, A.E.; Drayson, M.T.; Gleeson, M. (2005). Effect of prolonged exercise and carbohydrate ingestion on type 1 and type 2 T lymphocyte distribution and intracellular cytokine production in humans. *J. Appl. Physiol.* 2005, 98, 565–571.
- Leese, G.P.; Bowtell, J.; Mudambo, S. (1995). “Post-exercise Gastric Emptying of Carbohydrate Solutions Determined Using The “C Acetate Breath Test”. *Eur J Appl Physiol.* 1995;71:306-10.
- Mahan, L. Kathleen dan Escott-Stump, Sylvia (2008). *Krause’s Food & Nutrition Therapy, International Edition, 12th edition*. Elsevier: Canada
- McKune, A.J. Smith, L.L. Semple, S.J. dan Wadee, A.A. (2004). Non-allergic activation of eosinophils after strenuous endurance exercise : original research article. *South African Journal of Sports Medicine*, 2004, Jun, Vol 16, Issue 2, p. 12-16.
- Nakhostin-Roohi B, Babaei P, Rahmani-Nia F, Bohlooli S. (2008). Effect of vitamin C supplementation on lipid peroxidation, muscle damage and inflammation after 30-min exercise at 75% VO₂max. *J Sports Med Phys Fitness.* 2008 Jun;48(2):217-24.
- Nieman, David C. dan Pedersen, Bente K. (2000). *Nutrition and Exercise Immunology*. CRC Press LLC. Boca raton, Florida.
- Nieman, D.C. Henson, D.A. Smith, L.L. Utter, A.C. Vinci, D.M. Davis, J.M. Kaminsky, D.E. Shute, M. (2001). Cytokine changes after a marathon race. *J. Appl. Physiol.* 2001, 91, 109–114.
- Norton, Kevin. Norton, Lynda dan Sadgrove, Daryl. (2010). Position statement on physical activity and exerciseintensityterminology. *Journal of Science and Medicine in Sport* 13 (2010) 496–502.
- O’Brien, Wendy Jean dan Rowlands, David S. (2011). Fructose:Maltodextrin Ratio Enhance Endurance Performance and Exogenous Carbohydrate Oxidation.
- Oman, Roy dan McAuley, Edward. (1993). Intrinsic motivation and exercise behavior. *Journal of Health Education*,24, 232–238.
- Otten, Jennifer J. Hellwig, Jennifer Pitzi. Meyers, Linda D. (2006). *Dietary reference intakes : the essential guide to nutrient requirements*. National Academy of Sciences: USA
- Ozaslan, M.; Aytakin, T.; Kilic, I.H.; Bozkurt, A.I.; Guldur, E.; Cengiz, B.; Bagct, C. (2004). “The Effect of Vitamin C Supplementation on Leucocyte Counts

and Exercise Performance”. *Journal of Exercise Physiology online*, Volume 7 Number 2 April 2004

Paul, William E. (2013). *Fundamental Immunology, 7th edition*. Lippincott Williams & Wilkins: China

Peake, Jonathan M. (2003). Vitamin C: Effects of Exercise and Requirements With Training. *International Journal of Sport Nutrition and Exercise Metabolism*, 2003, 13, 125-151

Peake, Jonathan dan Suzuki, Katsuhiko. (2004). Neutrophil activation, antioxidant supplements and exercise-induced oxidative stress. *Exerc Immunol Rev.* 2004;10:129-41.

Pedersen, Bente Klarlund dan Hoffman-Goetz, Laurie (2000). “Exercise and the Immune System: Regulation, Integration, and Adaptation”. *Physiological Reviews* Vol. 80, No. 3, July 2000

Penkman MA, Field CJ, Sellar CM, Harber VJ, Bell GJ. (2008). Effect of hydration status on high-intensity rowing performance and immune function. *Int J Sports Physiol Perform.* 2008 Dec;3(4):531-46.

Powers, Scott K. dan Howley, Edward T.. (2012). *Exercise Physiology: Theory and Application to Fitness and Performance, 8th edition*. McGraw-Hill: USA

Pusat Pembinaan dan Pengembangan Bahasa (2008). *Kamus Besar Bahasa Indonesia*, edisi IV. Jakarta: Balai Pustaka

Quindry JC, Stone WL, King J, Broeder CE. (2003). The effects of acute exercise on neutrophils and plasma oxidative stress. *Med Sci Sports Exerc.* 2003 Jul;35(7):1139-45.

Robson, PJ. Bouic, PJ. Myburgh, KH. (2003). Antioxidant supplementation enhances neutrophil oxidative burst in trained runners following prolonged exercise. *Int J Sport Nutr Exerc Metab.* 2003 Sep;13(3):369-81.

Rombaldi, Airton Jose; Leite, Catia Fernandes; Hartleben, Claudia Pinho; Medeiros, Tanisia Hipolito (2013). “Effects of Carbohydrate Supplementation and Different Types Of Exercise Training on Blood Cells Concentrations”. *Rev Bras Med Esporte*, Vol. 19, No 3 – May/June, 2013

Romeo, J.; Jiménez-Pavón D.; Cervantes-Borunda, M.; Wärnberg, J.; Gómez-Martínez, S.; Castillo, M.J.; Marcos, A. (2008). “Immunological Changes After A Single Bout Of Moderate-Intensity Exercise In A Hot Environment”. *J Physiol Biochem*, 64 (3), 00-00, 2008.

Roy, E dan J. Shephard (1994). *Exercise and the Sports Med.*, 18(5): 340-369.

- Ruffo, AM.; Osiecki, R.; Fernandes, L.C. (2009). "Moderate to High Dose of Maltodextrin Before Exercise Improves Glycogen Availability in Soleus and Liver After Prolonged Swimming in Rats". *J Exerc Physiol online* 2009;12:30-8.
- Saputra, Imam Yuda (2013). Indonesia U-23 VS Thailand, Kalah Tipis 0-1, Penantian Emas Timnas Berlanjut, <http://www.solopos.com/2013/12/21/sea-games-2013-indonesia-u-23-vs-thailand-kalah-tipis-0-1-penantian-emas-timnas-berlanjut-476372>.
- Scharhag J, Meyer T, Gabriel HH, Auracher M, Kindermann W. (2002). Mobilization and oxidative burst of neutrophils are influenced by carbohydrate supplementation during prolonged cycling in humans. *Eur J Appl Physiol*. 2002;87(6):584-7.
- Shirreffs, Susan M. (2003). "The Optimal Sports Drink". *Sportmedizin und Sporttraumatologie*, 51 (1), 25–29, 2003.
- Singh, Rabindarjeet (2003). "Fluid Balance and Exercise Performance", *Mal J Nutr* 9(1): 53-74, 2003.
- Siregar, Rosmayanti Syafariani (2007). "Pengaruh Pemberian Minuman Berkarbohidrat terhadap Denyut Jantung Selama Latihan Fisik pada Murid Laki-laki di SLTP Aek Nabara Selatan". *Tesis*. Fakultas Kedokteran Universitas Sumatra Utara. Medan.
- Starkie, R. L. Angus, D. J. Rolland, J. Hargreaves, M. dan Febbraio, M. A. (2000). Effect of prolonged, submaximal exercise and carbohydrate ingestion on monocyte intracellular cytokine production in humans. *Journal of Physiology* (2000), 528.3, pp. 647—655.
- Suyitno, Ayid (2007). "Menanamkan Cinta Olahraga Sejak Dini". *Jurnal Iptek Olahraga*, 2007
- Swasti, Hilda Kumala dan Sulistyarini, Indah Ira (2009). "Hubungan Kepemimpinan Transformasional Pelatih Dengan Motivasi Bertanding Pada Atlet Sepakbola". Naskah Publikasi. Fakultas Psikologi Dan Ilmu Sosial Budaya Universitas Islam Indonesia Yogyakarta
- Tauler, Pedro. Sureda, Antoni . Cases, Nuria. Aguilo, Antoni. Rodriguez-Marroyo, Jose A. Villa, Gerardo. Tur, Josep A. dan Pons, Antoni. (2006). Increased lymphocyte antioxidant defences in response to exhaustive exercise do not prevent oxidative damage. *Journal of Nutritional Biochemistry* 17 (2006) 665–671.

- Tenorio TR, Farah BQ, Ritti-Dias RM, Botero JP, Brito DC, Moura PM, Prado WL. (2014). Relation between leukocyte count, adiposity, and cardiorespiratory fitness in pubertal adolescents. *Einstein (Sao Paulo)*. 2014 Dec;12(4):420-4.
- Toumpanakis, Dimitrios. Karatza, Maria-Helena. Katsaounou, Paraskevi. Roussos, Charis. Zakyntinos, Spyros. Papapetropoulos, Andreas. dan Vassilakopoulos, Theodoros. (2009). Antioxidant Supplementation Alters Cytokine Production From Monocytes. *Journal Of Interferon & Cytokine Research*, Volume 29, Number 11, 2009.
- Trenell, Michael I. Marshall, Nathaniel S. dan Rogers, Naomi L. (2007). Sleep and metabolic control: waking to a problem?. *Clin Exp Pharmacol Physiol*. 2007 Jan-Feb;34(1-2):1-9.
- Triplett, D. dan Doyle, J.A. (2010). “An Isocaloric Glucose-Fructose Beverage’s Effect on Simulated 100-km Cycling Performance Compared with a Glucose-Only Beverage”. *International Journal of Sport Nutrition and Exercise Metabolism*20(2): 122-131.
- Walrand, S., Guillet, C., Boirie, Y., dan Vasson, M.P. (2006). Insulin differentially regulates monocyte and polymorphonuclear neutrophil functions in healthy young and elderly humans. *The Journal of Clinical Endocrinology and Metabolism*, 91, 2738–2748.
- Walsh NP, Gleeson M, Shephard RJ, Gleeson M, Woods JA, Bishop NC, Fleshner M, Green C, Pedersen BK, Hoffman-Goetz L, Rogers CJ, Northoff H, Abbasi A, Simon P. (2011). Position statement. Part one: Immune function and exercise. *Exerc Immunol Rev*. 2011;17:6-63.
- Wright, D.A.; Sherman, W.M.; Dernbach, A.R. (1991) “Carbohydrate Feedings Before, During, Or In Combination Improve Cycling Endurance Performance”. *J Appl Physiol* 1991;71:1082-8
- Yeargin, Susan Walker (2010). “Thermoregulatory Responses and Hydration Practices in Heat-Acclimatized Adolescents During Preseason High School Football”. *Journal of Athletic Training* 2010;45(2):136–146