

DAFTAR PUSTAKA

- Abreu, P., Cardoso L.J.H., Ceccatto, V.M., Hirabara, S.M., 2017. Regulation of muscle plasticity and trophism by fatty acids: A short review. *Rev Assoc Med Bras.* 63(2):148-155.
- Adams, G.R., Haddad, F., Baldwin, K.M., 1999. Time courses of changes in markers of myogenesis in overloaded rat skeletal muscles. *J Appl Physiol.* 87(5): 1705-1712.
- Alter, J., Rosentzweig, D., Bengal, E., 2008. Inhibition of myoblast differentiation by tumor necrosis factor- α is mediated by c-Jun N-terminal-Kinase and Leukemia Inhibitory Factor. *J Biol Chem.* 283(34): 23224-23234.
- Assumpcao, C.D.O., Lima, L.C.R., Oliviera, F.B.D., Greco, C.C., Denadai, B.S., 2013. Exercise induced muscle damage and running economy in humans. *Scientific World Journal.* 189149: 1-11.
- Armstrong, RB., 1990. Initial event in exercise-induced muscular injury. *Med Sci Sport Exerc.* 22(4): 429-435.
- Baird, M.F. Graham, S.M., Baker, J.S., Bickerstaff, G.F., 2012. Creatine kinase and exercise related muscle damage implications for muscle performance and recovery. *J Nutr Metab.* 960363: 1-13.
- Bhullar, A.S., Putman, C.T., Mazurak, V.C., 2016. Potential role of omega-3 fatty acids on the myogenic program of satellite cells. *Nutr Metab Insights.* 9: 1-10.
- Briolay, A., Jaafar, R., Nemoz, G., Bessueille, L., 2013. Myogenic differentiation and lipid-raft composition of L6 skeletal muscle cells are modulated by PUFAs. *Biochim Biophys Acta.* 1828 (2): 602-613.
- Calder, P.C., 2006. n-3 polyunsaturated fatty acids, inflammation and inflammatory. *Am J Clin Nutr.* 83: 1505-1519.
- Calder, P.C., 2012. Mechanisms of action of (n-3) fatty acids. *J Nutr.* 142(3): 592-599.
- Calle, M.C. and Fernandez, M.L., 2010. Effects of resistance training on the inflammatory response. *Nutr Res Pract.* 4(4): 259-269.
- Castelliro, E., Martin, A.I., Lopez, M., Vilanova, A., Lopez, C.A., 2009. Eicosapentaenoic acid attenuates arthritis-induced muscle wasting acting on atrogen-1 and on myogenic regulatory factors. *Am J physiol regul integr comp physiol.* 297 (5): 1324-1331.

- Chang, C.L. and Dechkelbaul, R.J., 2013. Omega 3 fatty acid: mechanism underlying "protective effect" in atherosclerosis. *Curr Opin Lipidol.* 24(4) : 345-350.
- Ciciliot, S. and Schiaffino, S., 2010. Regeneration of mammalian skeletal muscle: Basic mechanisms and clinical implications. *Curr Pharm Des.* 16(8): 906–914.
- Cockburn, E., 2010. Acute protein carbohydrate supplementation: effects on exercise induced muscle damage. *J Int Soc Sports Nutr.* 8(1): 7–18.
- Cooke, M., 2005. The effects of nutritional supplementation on regeneration of muscle [dissertation]. University of Victoria, Australia.
- D'Antona, G., Nabavi, S.M., Michelletti, P., Lorenzo, A.D., Aquilani, R., Nisoli, E., *et al.*, 2014. Creatine, L-carnitine, and ω 3 polyunsaturated fatty acid supplementation from healthy to diseased skeletal muscle. *Biomed Res Int.* 613890: 1-16
- Danovis, M.E., and Yablonka, Z., 2012. Skeletal muscle satellite cells: background and methods for isolation and analysis in a primary culture system. *Method Mol Biol.* 798(206): 1–30.
- Davies, R.C. and Sciences, H., 2010. The effects of exercise induced muscle damage on the human response to dynamic exercise [disertation]. University of Exeter, UK.
- Fappi, A. Godoy, T.S., Maximino, J.R., Rizzato, V.R., Neves, J.C., Chadi, G., Zanoteli, E., 2014. The effects of omega-3 fatty acid supplementation on dexamethasone induced muscle atrophy. *Biomed Res Int.* 961438: 1-13
- Fernyhough, M.E., Bucci, L.R., Felicano, J., Dodson, M.V., 2010. The effect of nutritional supplements on muscle derived stem cell in vitro. *Int J Stem Cell.* 3(1): 63-67.
- Forbes, S.C., Little, J.P., Candow, D.G., 2012. Exercise and nutritional interventions for improving aging muscle health. *Endocrine.* 42: 29–38.
- Gebauer, S.K., Psota, T.L., Harris, W.S., Kris, P.M., 2006. n-3 fatty acid dietary recommendations and food sources to achieve essentiality and cardiovascular benefits. *Am J Clin Nutr.* 83(6): 1526–1535.
- Goetsch, K.P., Kallmeyer, K., Niesler, C.U., 2011. Decorin modulates collagen I-stimulated but not fibronectin-stimulated, migration of C2C12 myoblasts. *Matrix Biol.* 30(2): 109–117.
- Gray, P., Gabriel, B., Thies, F., Gray, S.R., 2012. Fish oil supplementation augments post exercise immune function in young males. *Brain Behav Immun.* 26(8):

1265–1272.

- Hawke, T.J. and Garry, D.J., 2001. Myogenic satellite cell: physiology to molecular biology. *J Appl Physiol*. 91: 534–551.
- Heriansyah, T., 2012. Pengaruh pemberian pentoksifilin terhadap perubahan kadar tumor nekrosis faktor alfa pada cedera reperfusi-iskemik tungkai akut. *Jurnal kedokteran syiah kuala*. 12: 90–98.
- Innis, S.M., Novak, E.M., Keller, B.O., 2016. Prostaglandins, leukotrienes and essential fatty acids long chain omega-3 fatty acids: micronutrients in disguise. *Prostaglandins Leukot Essent Fatty Acids*. 88(1): 91–95.
- Isabel, L.I., Moreira, A.J., Marroni, M.P., Xavier, R.M., 2009. Nitric oxide and repair of skeletal muscle injury. *Nitric Oxide*. 21(34): 157-163.
- Isanejad, A. Saraf, S.H., Mahdavi, M., Gharakhanlou, R., Shamsi, M.M., Paulsen, G., 2015. The effect of endurance training and downhill running on the expression of IL-1 β , IL-6, and TNF- α and HSP72 in rat skeletal muscle. *Cytokine*. 73(2): 302–308.
- Jeromson, S. Gallakher, I.J., Galloway, S.D.R., Hammilton, D.L., 2015. Omega-3 fatty acids and skeletal muscle health. *Mar Drugs*, 13(11): 6977–7004.
- Kalimo, H., 2008. Skeletal muscle repair after exercise-induced injury. In S. Schiaffino and T. Partridge (Ed): *Skeletal Muscle Repair and Regeneration*. pp. 217–242. Netherland.
- Karalaki, M. Fili, S., Philippou, A., Koutsilieris, M., 2009. Muscle regeneration: cellular and molecular events. *In Vivo*. 796: 779–796.
- Kato, H., Miura, K., Nakano, S., Suzuki, K., Bannai, M., Inoue, Y., 2016. Leucine enriched essential amino acids attenuate inflammation in rat muscle and enhance muscle repair after eccentric contraction. *Amino Acids*. 48(9): 2145-2155.
- Lee, J. Tachibana, H., Morinaga, Y., Fujimura, Y., Yamada, K., 2009. Modulation of proliferation and differentiation of C2C12 skeletal muscle cells by fatty acids. *Life Sci*. 84(13-14): 415–420.
- Li, C. Yang, H., Hou, Y., Chiu, Y., Chiu, W.C., 2014. Dietary fish oil reduces systemic inflammation and ameliorates sepsis induced liver injury by up regulating the peroxisome proliferator-activated receptor gamma mediated pathway in septic mice. *J Nutr Biochem*. 25(1): 19–25.
- Li, Ju. Regulation of satellite cell activity and identity [Dissertation], University of Florida: USA.

- Liao, P., Zhou, J., Ji, L., Zhang, Y., 2010. Eccentric contraction induces inflammatory responses in rat skeletal muscle: Role of tumor necrosis factor- α . *Am J Physiol Regul Integr Comp Physiol*. 298(3): 599-603.
- Liu, M., Stevens, J.E., Jayaraman, A., Ye, F., Conover, C., Walter, G.A., *et al.*, 2010. Impact of treadmill locomotor training on skeletal muscle IGF1 and myogenic regulatory factors in spinal cord injured rats. *Eur J App Physiol*, 109(4): 709–720.
- Loell, I. and Lundberg I.E., 2011. can muscle regeneration fail in chronic inflammation: a weakness in inflammatory myopathies?. *J Intern Med*. 269(3): 243-257.
- Macaluso, F., Baronr, R., Catanese, P., Carini, F., Rizzuto, L., Farina, F., Felice, V., 2013. Do fat supplements increase physical performance?. *Nutrients*. 5(2): 509-524.
- Magee, P., Pearson, S., Allen, J., 2008. The omega-3 fatty acid, eicosapentaenoic acid (EPA), prevents the damaging effects of tumour necrosis factor (TNF α) during murine skeletal muscle cell differentiation. *Lipid Health Dis*. 7(24): 1-11.
- Mickleborough, T.D., 2013. Omega-3 polyunsaturated fatty acids in physical performance optimization. *Int J Sport Nutr Exerc Metab*. 23: 83–96.
- Minari, A.L.A., Oyama, L.M., Santors, R.V.T., 2014. Downhill exercise-induced changes in gene expression related with macrophage polarization and myogenic cells in the triceps long head of rats. *Inflammation*. 38: 209-213.
- Miyata, T., Tanaka, S., Tachino, K., 2009. MyoD and myogenin mRNA level after single session of treadmill exercise in rat skeletal muscle. *J Phys Ther Sci*. 21: 81-84.
- Miyata, T., Tanaka, S., Yamazaki, T., 2009. MyoD, myogenin and myosin heavy chain mRNA ekspression in rat skeletal muscle after a single session of low-intensity treadmill exercise. *J Phys Ther Sci*. 21: 379-383.
- Mizunoya, W., Tashima, A., Sato, Y., Tatsumi, R., Ikeuchi, J., 2014. The growth promoting activity of egg white proteins in the C2C12 myoblast cell line. *Anim Sci J*. 86: 194-199.
- Musaro, A., 2014. The basis of muscle regeneration. *Advance Biol*. 2014: 1-16.
- Peng, Y., Zheng, Y., Zhang, Y., 2012. Different effects of omega-3 fatty acids on the cell cycle in C2C12 myoblast proliferation. *Mol Cell Biochem*. 367: 165–173.
- Proske, U. and Morgan, D.L., 2001. Muscle damage from eccentric exercise: Mechanism, mechanical signs, adaptation and clinical applications. *J Physiol*.

537(2): 333–345.

- Ramirez, V., Macias-Islas, M.A., Ortis, G., Moises, F., Torres-Sanchez, E.D., Sorto-gomez, T.E., *et al.*, 2013. Efficacy of fish oil on serum of TNF α , IL-1 β , and IL-6 oxidative stress markers in multiple sclerosis treated with interferon Beta-1b. *Oxid Med Cell Longev.* 709493: 1-8.
- Serrano, A.L., and Munoz-canoves, P., 2010. Regulation and dysregulation of fibrosis in skeletal muscle. *Exp Cell Res.* 316(18): 3050–3058.
- Srikuea, R., Pholpramool, C., Kitiyanant, Y., Yimlamai, T., 2010. Satellite cell activity in muscle regeneration after contusion in rats. *Clin Exp Pharmacol Physiol.* 37: 1078–1086.
- Sundrarjun, T., Komindr, S., Archararit, N., Dahlan, W., Puchaiwatananon, O., Anghararak, S., *et al.*, 2004. Effect of n-3 fatty acid on serum interleukin-6, tumor necrosis factor- α and asoluble tumor necrosis factor receptors p55 in active rheumatoid arthritis. *J IntMed Res.* 32(5): 443-54.
- Tanaka, S., Miyata, T., Fujita, T., Kaharawa, E., Tachino, K., Funakoshi, H., Nakamura, T., 2009. Differing responses of satellite cell activity to exercise training in rat skeletal muscle. *J Phys Ther Sci.* 21: 141-145.
- Toigo, M. & Boutellier, U., 2006. New fundamental resistance exercise determinants of molecular and cellular muscle adaptations. *Eur J App Physiol.* 97(6): 643–663.
- Urso, M.L., 2013. Anti inflammatory interventions and skeletal muscle injury: benefit or detriment. *J Appl Physiol.* 115(6): 920–928.
- Van de Vyver, M., Myburgh, K.H., 2012. Cytokine and satellite cell responses to muscle damage: interpretation and possible confounding factors in human studies. *J Muscle Res Cell Motil.* 33: 177–185.
- Vierck, J., Oreilly, B., Hossner, K., Antonio, J., Byrne, K., Bucci, L., Dodson, M., 2000. Satellite cell regulation following myotrauma caused by resistance exercise. *Cell Biol Int.* 24(5): 263–272.
- Walter J, T., 2015. Therapeutic strategies for preventing skeletal muscle fibrosis after injury. *Front Pharmacol.* 6(87): 1-9.
- Wilson, E.M. and Rotwein, P., 2006. Control of MyoD function during initiation of muscle differentiation by an autocrine signalling pathway activated by insulin like growth factor II. *J Biol Chem.* 281(40): 29962-29971.



Yin, H., Price, F., Rudnicki, M.A., 2013. Satellite cells and the muscle stem cell niche. *Physiol Rev.* 93(1): 23–67.