

DAFTAR PUSTAKA

- American College of Sports Medicine. (2022). *ACSM's Guidelines for Exercise Testing and Prescription* (11th ed.). Wolters Kluwer.
- Bull, F. C., et al. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *British Journal of Sports Medicine*, 54(24), 1451–1462. <https://doi.org/10.1136/bjsports-2020-102955>
- Andreato, L. V., Esteves, J. V., & Coimbra, D. R. (2019). *The influence of high-intensity interval training on anthropometric variables of overweight or obese individuals: A systematic review and network meta-analysis*. *Obesity Reviews*, 20, e12766.
- Bauer, N., Sperlich, B., & Engel, F. A. (2022). *Effects of high-intensity interval training in school on the physical performance and health of children and adolescents*. *Sports Medicine - Open*, 8(1), 56.
- Cao, M., Tang, Y., Li, S., & Zou, Y. (2021). *High-intensity interval training vs moderate-intensity continuous training on cardiometabolic risk in obese adolescents*. *International Journal of Environmental Research and Public Health*, 18, 11905.
- Cohen, J. (2013). *Statistical power analysis for the behavioral sciences*. routledge.
- da Silva, M. R., Waclawovsky, G., Perin, L., & Camboim, I. (2020). *Effects of high-intensity interval training on body composition and physical fitness in adolescents*. *Physiology & Behavior*, 224, 113059.
- Delgado-Floody, P., Espinoza-Silva, M., et al. (2018). *Effects of 28 weeks of high-intensity interval training during physical education classes on cardiometabolic risk factors in Chilean schoolchildren*. *European Journal of Pediatrics*, 177, 1829–1838.
- Delgado-Floody, P., & Latorre-Román, P. (2019). *Integration of HIIT into PE programs to improve body composition and cardiorespiratory capacity of overweight adolescents*. *Journal of Exercise Science*, 18, 322–331.
- Deng, Y., & Wang, X. (2024). *Effect of HIIT on cardiorespiratory fitness in overweight adolescents: A meta-analysis of randomized controlled trials*. *Frontiers in Public Health*, 12, 1269508.

- Duncombe, S. L., Barker, A. R., Bond, B., & Earle, R. (2022). *School-based high-intensity interval training in children and adolescents*. PLOS ONE, 17(4), e0266427.
- Espinoza-Silva, M., & Latorre-Román, P. (2019). *Response of obese schoolchildren to high-intensity interval training applied in the school context*. Endocrinología, Diabetes y Nutrición, 66(8), 465–472.
- Field, A. (2021). *Discovering Statistics Using IBM SPSS Statistics* (5th ed.). Sage Publications.
- Gravetter, F. J., & Wallnau, L. B. (2021). Forzano LAB, Witnauer JE. *Essentials of Statistics for the Behavioral Sciences*, 326-333.
- Khammassi, M., Ouerghi, N., & Hadj-Taieb, S. (2018). *Impact of a 12-week high-intensity interval training without caloric restriction on body composition and lipid profile in sedentary youth*. Journal of Exercise Rehabilitation, 14(1), 118–125.
- Li, L., Zhou, Y., Zou, S., & Wang, Y. (2023). The effects of high-altitude mountaineering on cognitive function in mountaineers: a meta-analysis. *International Journal of Environmental Research and Public Health*, 20(6), 5101.
- Martin-Smith, R., Cox, A., & Buchan, D. S. (2020). *HIIT improves cardiorespiratory fitness in obese adolescents: A systematic review*. International Journal of Environmental Research and Public Health, 17, 2955.
- Meng, C., Yucheng, T., Shu, L., & Yu, Z. (2022). *Effects of school-based high-intensity interval training on body composition, cardiorespiratory fitness, and cardiometabolic markers in adolescent boys with obesity*. BMC Pediatrics, 22, 311.
- Poon, E. T. C., Wongpipit, W., Sun, F., & Tse, A. C. Y. (2023). *High-intensity interval training in children and adolescents with special educational needs*. International Journal of Behavioral Nutrition and Physical Activity, 20, 84.

- Shapiro, S. S., & Wilk, M. B. (1965). An analysis of variance test for normality (complete samples). *Biometrika*, 52(3-4), 591-611.
- Song, H., & Kim, Y. (2019, May). Improving land-cover classification accuracy with a patch-based convolutional neural network: data augmentation and purposive sampling. In *2019 Joint Urban Remote Sensing Event (JURSE)* (pp. 1-4). IEEE.
- Viana, R. B., Naves, J. P. A., & Coswig, V. S. (2019). *Is interval training the magic bullet for fat loss? A systematic review and meta-analysis*. *British Journal of Sports Medicine*, 53, 655–664.
- Wei, Z., Zhu, W., & Wu, W. B. (2023). Weighted averaged stochastic gradient descent: Asymptotic normality and optimality. *arXiv preprint arXiv:2307.06915*.
- Wewege, M., van den Berg, R., Ward, R. E., & Keech, A. (2017). The effects of high-intensity interval training vs. moderate-intensity continuous training on body composition in overweight and obese adults: A systematic review and meta-analysis. *Obesity Reviews*, 18(6), 635–646. <https://doi.org/10.1111/obr.12532>
- WHO. (2023). *Global Report on Obesity Prevention and Physical Activity*.
- World Health Organization. (2022). *WHO European Regional Obesity Report 2022*. WHO.
- Zhu, Y. et al. (2021). *The effect and safety of high-intensity interval training in the treatment of adolescent obesity*. *Ann Palliat Med*, 10(8), 8596–8606.
- Zouhal, H., Ben Abderrahman, A., & Khodamoradi, A. (2020). *Effects of physical training on anthropometrics and physiological capacities in individuals with obesity*. *Obesity Reviews*, 21(9), e13039.