

DAFTAR PUSTAKA

- American College of Sports Medicine. (2018). *ACSM's guidelines for exercise testing and prescription* (10th ed.). Wolters Kluwer.
- Borg, G. A. (1982). Psychophysical bases of perceived exertion. *Medicine & Science in Sports & Exercise*, 14(5), 377–381.
- Buchan, D. S., Ollis, S., Young, J. D., Cooper, S.-M., Shield, J. P., & Baker, J. S. (2013). High intensity interval running enhances measures of physical fitness but not metabolic measures of cardiovascular disease risk in healthy adolescents. *BMC Public Health*, 13(1), 498. <https://doi.org/10.1186/1471-2458-13-498>
- Buchheit, M., & Laursen, P. B. (2013). High-intensity interval training, solutions to the programming puzzle: Part I: Cardiopulmonary / neuromuscular responses. *Sports Medicine*, 43(5), 313–338.
- Budyono, C. (2022). Obesitas dan dampaknya terhadap kesehatan. *Jurnal Kesehatan*.
- Cao, M., Quan, M., & Zhuang, J. (2019). Effect of High-Intensity Interval Training versus Moderate-Intensity Continuous Training on Cardiorespiratory Fitness in Children and Adolescents: A Meta-Analysis. *International Journal of Environmental Research and Public Health*, 16(9), 1533. <https://doi.org/10.3390/ijerph16091533>
- Costigan, S. A., Eather, N., Plotnikoff, R. C., Taaffe, D. R., & Lubans, D. R. (2015). High-intensity interval training for improving health-related fitness in adolescents: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 49(19), 1253. <https://doi.org/10.1136/bjsports-2014-094490>
- Deng, Y., & Wang, X. (2024). Effect of high-intensity interval training on cardiorespiratory in children and adolescents with overweight or obesity: A meta-analysis of randomized controlled trials. *Frontiers in Public Health*, 12, 1269508. <https://doi.org/10.3389/fpubh.2024.1269508>
- Després, J. P. (2012). Body fat distribution and risk of cardiovascular disease: An update. *Circulation*, 126(10), 1301–1313.
- Duncombe, S. L., Barker, A. R., Bond, B., Earle, R., Varley-Campbell, J., Vlachopoulos, D., Walker, J. L., Weston, K. L., & Stylianou, M. (2022). School-based high-intensity interval training programs in children and adolescents: A systematic review and meta-analysis. *PLOS ONE*, 17(5), e0266427. <https://doi.org/10.1371/journal.pone.0266427>
- Eddolls, W. T. B., McNarry, M. A., Stratton, G., Winn, C. O. N., & Mackintosh, K. A. (2017). High-Intensity Interval Training Interventions in Children and Adolescents: A Systematic Review. *Sports Medicine*, 47(11), 2363–2374. <https://doi.org/10.1007/s40279-017-0753-8>
- Falconer, C. J., & Rutherford, T. (2012). *The effect of kettlebell training on aerobic capacity and body composition*.

- Feito, Y., Heinrich, K. M., Butcher, S. J., & Poston, W. S. C. (2018). High-Intensity Functional Training (HIFT): Definition and research roadmap for new arena of exercise training. *Sports*, 6(3), 76.
- Field, A. (2021). *Discovering statistics using IBM SPSS statistics* (5th ed.). SAGE Publications.
- García-Hermoso, A., Cerrillo-Urbina, A. J., Herrera-Valenzuela, T., Cristi-Montero, C., Saavedra, J. M., & Martínez-Vizcaíno, V. (2016). Is high-intensity interval training more effective on improving cardiometabolic risk and aerobic capacity than other forms of exercise in overweight and obese youth? A meta-analysis. *Obesity Reviews*, 17(6), 531–540. <https://doi.org/10.1111/obr.12395>
- Gibala, M. J., Little, J. P., Essen, M. V., Wilkin, G. P., Burgomaster, K. A., Safdar, A., Raha, S., & Tarnopolsky, M. A. (2006). Short-term sprint interval training increases human skeletal muscle oxidative capacity and alter metabolic control during exercise. *The Journal of Physiology*, 575(3), 901–911.
- Gibala, M. J., Little, J. P., Macdonald, M. J., & Hawley, J. A. (2012). Physiological adaptations to low-volume, high-intensity interval training in health and disease. *The Journal of Physiology*, 590(5), 1077–1084.
- Gist, N. H., Freese, E. C., & Cureton, K. J. (2014). Comparison of responses to two high-intensity interval exercise protocols. *Journal of Strength and Conditioning Research*, 28(11), 3033–3040.
- Gravetter, F. J., & Wallnau, L. B. (2020). *Statistics for the behavioral sciences* (10th ed.). Cengage Learning.
- Helgerud, J., Høydal, K., Wang, E., Karlsen, T., Berg, P., Bjerkaas, M., Simonsen, T., Helgesen, C., Hjorth, N., Bach, R., & Hoff, J. (2007). Aerobic high-intensity intervals improve VO₂max more than moderate training. *Medicine & Science in Sports & Exercise*, 39(4), 665–671.
- International Diabetes Federation. (2006). *The IDF consensus worldwide definition of the metabolic syndrome*. IDF Communications.
- Kaparang, D. R., Padaunan, E., & Kaparang, G. F. (2022). Indeks Massa Tubuh dan Lemak Viseral Mahasiswa. *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 8(3), 1579. <https://doi.org/10.37905/aksara.8.3.1579-1586.2022>
- Karvonen, M. J., Kentala, E., & Mustala, O. (1957). The effects of training on heart rate; a longitudinal study. *Annales Medicinae Experimentalis et Biologiae Fenniae*, 35(3), 307–315.
- Kementerian Kesehatan RI. (2018). *Hasil utama Riset Kesehatan Dasar (Riskesdas) 2018*. Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan RI.
- Kementerian Kesehatan RI. (2023). *Laporan nasional Survei Kesehatan Indonesia (SKI) 2023*. Badan Kebijakan Pembangunan Kesehatan, Kementerian Kesehatan RI.
- Li, X., Cui, Z., Tan, Z., Li, J., & Yang, C. (2025). Comparative effects of high-intensity interval training versus moderate-intensity continuous training on body composition and blood pressure in overweight

- adolescents: A systematic review and meta-analysis of randomized controlled trials. *Frontiers in Physiology*, 16, 1636792. <https://doi.org/10.3389/fphys.2025.1636792>
- Mansyah, B. (2021). Sistematis Review: Faktor Resiko Obesitas terhadap Diabetes Mellitus Tipe 2 pada Remaja. *Jurnal Surya Medika*, 7(1), 233–242. <https://doi.org/10.33084/jsm.v7i1.2420>
- Martin-Smith, R., Cox, A., Buchan, D. S., Baker, J. S., Grace, F., & Sculthorpe, N. (2020). High Intensity Interval Training (HIIT) Improves Cardiorespiratory Fitness (CRF) in Healthy, Overweight and Obese Adolescents: A Systematic Review and Meta-Analysis of Controlled Studies. *International Journal of Environmental Research and Public Health*, 17(8), 2955. <https://doi.org/10.3390/ijerph17082955>
- Purwanto, N. H., Wardani, R. A., & Cahyono, E. A. (2025). kombinasi intermittent fasting dan strength training untuk menurunkan lingkar perut dan indeks massa tubuh. *Pengembangan Ilmu Dan Praktik Kesehatan*, 4(5), 321–337. <https://doi.org/10.56586/pipk.v4i5.542>
- Racil, G., Coquart, J. B., Elmontassar, W., Haddad, M., Goebel, R., Chaouachi, A., Amri, M., & Chamari, K. (2016). Greater effects of high-compared with moderate-intensity interval training on cardio-metabolic variables, blood leptin concentration and ratings of perceived exertion in obese adolescent females. *Biology of Sport*, 33(2), 145–152.
- Ridwandhani, R. A., & Iskandar, D. (2025). The Influence of High Intensity Interval Training (HIIT) on VO2Max Endurance in Extracurricular Basketball Participant at SMA. *Champions: Education Journal of Sport, Health, and Recreation*, 3(2), 33–38. <https://doi.org/10.59923/champions.v3i2.444>
- Shapiro, S. S., & Wilk, M. B. (1965). An analysis of variance test for normality (complete samples). *Biometrika*, 52(3/4), 591–611. <https://doi.org/10.2307/2333709>
- Siregar, S., & Hardinoto. (2024). *Metodologi penelitian olahraga dan eksperimen semu*. Penerbit FIKS UNIPMA.
- Tabata, I., Nishimura, K., Kouzaki, M., Hirai, Y., Ogita, F., Miyachi, M., & Yamamoto, K. (1996). Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2max. *Medicine & Science in Sports & Exercise*, 28(10), 1327–1330.
- Thivel, D., Masurier, J., Baquet, G., Timmons, B. W., Pereira, B., Berthoin, S., Duclos, M., & Aucouturier, J. (2019). High-intensity interval training in overweight and obese children and adolescents: systematic review and meta-analysis. *The Journal of Sports Medicine and Physical Fitness*, 59(2). <https://doi.org/10.23736/S0022-4707.18.08075-1>
- World Health Organization, International Association for the Study of Obesity, & International Obesity Task Force. (2000). *The Asia-Pacific*