



# PROCEEDING



International Conference  
on Sport Sciences and Health

Preparing Young People in  
Global Economic Challenges in Sport and Health  
Malang, September 23, 2017

Sport Sciences Faculty  
State University of Malang



978-602-71646-2-8

# **The 1<sup>st</sup> International Conference on Sports Science and Health**

## **THE PROCEEDINGS BOARD OF EDITORIAL**

### **ADVISOR**

Prof. Dr. M.E Winarno, M.Pd

**ISBN : 978-602-71646-2-8**

### **EDITOR**

1. Dr. Asim, M.Pd
2. Dr. Hariyoko, M.Pd
3. Dr. Mahmud Yunus, M.Kes
4. Dr. Slamet Rahardjo, M.Or
5. Drs. Supriatna, M.Pd
6. Nurrul Riyad Fadhli, S.Pd., M.Or
7. Dona Sandy Yudasmaras, S.Pd., M.Or

### **REVIEWER**

1. Prof. Mohd. Salleh Aman, Ph.D
2. Dee dee Mahmoud, Ph.D
3. Drs. Suroto, M.A., Ph.D
4. Dr. Mathew Lantz Blaylock, Ph.D

### **COVER DESIGNER**

Aditya Yudha

### **PUBLISHER**

Fakultas Ilmu Keolahrgaan, Universitas Negeri Malang  
Jalan Semarang 5 Malang  
Email: [icssh.fik@um.ac.id](mailto:icssh.fik@um.ac.id)

### **DISTRIBUTOR**

Fakultas Ilmu Keolahrgaan, Universitas Negeri Malang  
Jalan Semarang 5 Malang  
Email: [icssh.fik@um.ac.id](mailto:icssh.fik@um.ac.id)

First Edition, September 2017

Copyrights is protected by the law

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

## **PREFACE**

*Assalamualaikum Warrahmatullahi Wabarakatuh*

The honorable speakers, Prof. Saleh Aman (Malaysia), Feeder Mahmood (Singapore), Matthew Lantz Blaylock (US) and Suroto,. (Indonesia).

First of all, on behalf of the committee of the International Conference Sport Science and Health let me express great thanks to God Allah SWT who gives us opportunity and health, so that we can join this International Conference Sport Science and Health. It is my pleasure to welcome you to the International Conference Sport Science and Health in Faculty of Sport Science Malang State University. The international conference is in order to celebrate the 63th anniversary of Malang State University. In this opportunity, we invite four speakers from four countries; they are from Malaysia, Singapore, Alabama, and Indonesia. The participants of the conference are 250 participants. The presenters of the conference are 35 presenters.

Finally, allow me to express my gratitude to all audiences, especially the honorable speakers and the distinguished guests for paying attention to this seminar. I hope that the conference will run well and be successful. Thank you very much.

*Wassalamualaikum Warrahmatullahi Wabarakatuh*

## Welcoming Speech of Rector Universitas Negeri Malang

Malang, 23 September 2017

Dear ICSSH 2017 participants,

Welcome to the first International Conference on Sport Sciences and Health 2017 (ICSSH 2017).

The Faculty of Sport Sciences in Universitas Negeri Malang is our second youngest faculty which has just been established in 2008. At the moment the Faculty of Sport Sciences has five Departments; Physical Education and Health Sciences, Sports Science, Sport Coaching Education and Public Health and Postgraduate Program of Sports Education.

The International Conference on Sport Sciences and Health is a milestone for the Faculty of Sport Sciences to open the possibility of collaborating to practitioners around the world, building amazing networking aiming to develop the sports and health education in Indonesia.

I warmly welcome the conference participants to Malang, Indonesia. This conference invites you all to extensively and intensively explore and discuss various aspects of how young people facing the global economic challenges.

Indonesia actively and dynamically learns how to engage its people to perform daily exercise and conducting healthy life style, thus, we love to explore any possibilities by learning from the diverse experiences of other countries. Indonesia also enthusiastically joins the world on empowering young people to be the motor of country's economic development. The conference sums it up on this year's theme of "Preparing Young People in Global Economic Challenges in Sport and Health".

Universitas Negeri Malang is committed to supporting the forum to share ideas, insights, and interesting strategies to nurture the sport and health culture for all people. Hence, we are delighted to see many academics, researchers and practitioners, teachers and students to actively participate in this conference. Please do take as much benefit as you can from this conference and enjoy Universitas Negeri Malang.

Regards,

Dr. Syamsul Hadi, M.Si., M.Ed  
Vice Rector  
Universitas Negeri Malang

## TABLE OF CONTENTS

Cover		i
Editorial Boards		ii
Preface		iii
Welcoming Speech From Rector Universitas Negeri Malang		iv
Table of Contents		v
“Sport management careers and the need of general skill for young people in entering the new global economy” By: Prof. Mohd. Salleh Aman, Ph.D		1
“Empowerment of Youths in the Globalisation of Careers in Health and Fitness” By: Dee Dee Mahmoud., PhD		6
“Measuring Competency Of Prospective PE Teachers And PE Teachers In Digital Era: Based On National Standard For Indonesian” By: Drs. Suroto., M.A., Ph.D		10
1. The Influence Of Passing-Moving Training Dan Command Style Training Towards The Vo2 Max Improvement Of Futsal Player	Ayik Syaikhul, Hariyoko	24-33
2. Evaluation Of Lesson Plan (RPP) On Semester I Physical And Health Education In SMPN 6 Malang	Veni Imawati, M E Winarno, Gema Fitriyadi	34-47
3. Development Of Basketball Variation Of Basketball Dribbling Practices For Extracurricular Participants	Choirul Mala A, Siti Nurrochmah, Febrita Paulina H	48-63
4. Improving Volleyball Forearm Pass Basic Skills Using Various Drills Method	Eva Novitasari, Agus Tomi, Dona Sandy	64-69
5. Effect Of Exercise Regularly And Non Regularly In Calcium Content Of Bone	Harris Catur W, Rias Gesang K, Slamet R	70-74
6. The Effect Of Rhythmic Body Movement On The Balance Of The Body Of Mentally Disabled Children	Rensy Dwi A, Saichudin, Slamet R	75-83
7. The Effect Of Regulating And Not Regulated Exercises To The Blood SOD Activity	Muchammad Rif’at Fawaid A, Rias Gesang K, Olivia A.	84-91
8. Level Of Coaches’ Understanding On Exercise Program In Koni Malang	Imam Hariadi, Nurrul Riyad Fadhli,	92-96
9. The Influence Of Model Combination Exercise: Passing, Dribble, And Shooting In Improving Basketball Skills For Senior High School Students	Septianto Andika Putra	97-104
10. The Effect Of Dribble Variations Exercise Based On Playing Situation On Dribbling Skill Of Youth Athletes	Moch. Yunus, Shan Willies	105-111
11. Takraw Low Service Training Model For Junior Athletes	Romadhoni, Supriatna, Muchamad Dwi Hanavi, Roesdiyanto,	112-116
12. Effect Of Plyometrics Exercise On Increasing Leg Muscle Power Of Female Volleyball Athlete	Firman Nur Ardyan Syah,	117-124

13	The Effect Of The Exercisevariations Of Forearm Pass On The Improvement Of Forearm Pass Basic Skill In Volleyball	Setyo Budiwanto, Emania Agestin, Sulistyorini,	125-133
14	Relationship Of Body Mass Index (BMI), Waist Circumference, And Total Cholesterol With Incidence Of Hypertension	Betrix Rifana Kusumaning Indah, Endang Sri Redjeki, Rara Warih Gayatri,	134-141
15	The Effect Of Knowledge And Family Socioeconomic To The Implementation Of Clean And Healthy Living Behavior Towards Household Level In Working Area	Dwi Wahyu Yuliandari, Nurnaningsih Herya Ulfah, Endah Retnani Wismaningsih,	142-147
16	Building Adaptive Physical Education With A Neuropathophysiology Approach In The New Paradigm Of Physical Education	Mochammad Bhirowo	148-160
17	The Effect Of Shadow Shuttlecock, Trainer Direct Command And Free Shadow Footwork On Badminton Agility	Adi Wijayanto, Hari Setijono, Occe Wiriawan,	161-171
18	Analysis Of Electromyogram On Takraw Basic Techniques	Rusli, Hari Setijono, Edy Mintarto,	172-181
19.	The Role Of Blended Learning For Student Learning Character In Physical Education	Mazhar Bagus Setyawan	182-188
20.	Economic Empowerment For Former Leprosy Patient Through Cultivation Of Mosquito Repellent Plants	Puri Ratna Kartini, Ani Sulistyarsi, Arum Suproborini	189-195
21.	Sports Education And Science School Technology Progress	Mat Wajib	196-201
22.	The Content Of Metal Elements In Medicinal Plants In Dusun Mesu Desa Boto Jatiroto Wonogiri Central Java Indonesia	Arum Suproborini, M.S.Djoko Laksana, Dwi Fitri Yudiantoro	202-208
23.	Nutritional Status Of Indonesian Martial Arts Athlete	Moh.Nur Kholis, Setyo Harmono	209-213
24.	The Development Of Edutainment Anatomy Learning Material Based On Android For College Students	Farizha Irmawati Erfitra Rezqi Prasmala Ika Oktavia Purnamasari	214-218
25.	Evaluation Of Tennis Resource Management	Isnaini Dina Rahmawati Agus Kristiyanto, Kiyatno	219-225
26.	Strengthen The Indonesian Economic Society Through Sport Tourism	Titin Kuntum Mandalawati	226-231

		Ardyansyah Arief Budi Utomo Hagus Muryanto, Martdiana Prasasi Putra	232-243
27.	Physical Condition and Anthropometry Towards Risk of Sports Injury		
28.	The Effect of Motor Ability and Visualization To The Learning Outcomes In Sepaktakraw	Nur Ahmad Muharram Puspodari,	244-248
29.	Development Of Locomotor Basic Movement Learning Shooting Ball Game Model With Variation And Combination Approach For Third Grade In Elementary School	Rizky Fithrony Prayoga Suroto Wijono,	249-252
30.	The Effect of Low Impact and Mixed Impact Aerobic Dance Exercise Towards The Body Mass Index	Khairuddin Rizki Ramadhani Umar	253-261
31.	Effect of Snake Jump Ladder Drill And Run Through The Hurdle Exercise To Speed and Agility	F. Ardiyana, A Khamidi, Edy Mintarto	262-272
32.	Improving Thinking Mind, Feeling, Attitude, Acting, And Responsible For Tarung Derajat (West Java Traditional Martial Art) Athlete	Alnedral Roma Irawan Umar	273-282
33.	Physical Conditions Level of Football School Athlete	M. Yanuar rizky Weda Mochammad ervin fadhillah	283-287
34.	The Effect of Split Squat Jump And Lateral Box Push Off Exercises On “Tanti” Speed	Umar Alnedral Gande Mutia Miselza	288-294
35.	The Effect of Concentration Exercise On The Precision of Jump Shoot and Free Throw on Basketball	Ana Naimatul Jannah Wijono Miftakhul Jannah	295-302
36.	Profile of Physical Ability of Persik Kediri Player	M. Akbar Husein All Sabah	303-307
37.	Effect of Plyometric Exercise Knee Tuck Jump And Double Leg Jump of Leg Muscle Explosive Power on Junior Basketball Players	Rendhitya Prima Putra Irwan Setiawan	308-311
38.	Effect of Speed, Agility, and Quickness (Saq) and Ladder Drill Exercise Against Speed, Agility, and Explosive Power	Rosida Azadi, Hari Setijono Nining W. Kusnanik	312-317
39.	Improvement of Physical Fitness With Net Games Model For Elementary School Students	Dhedhy Yuliawan, Reo Prasetyo H	318-323
40.	Implementation of Recreational And Traditional Sport Festival For Improving Community Economy	Ghon Lisdiantoro, Pratama Dharmika Nugraha	324-329

41.	Increased Vo2 Max Due To Carnitin Loading In Youth	Enggel bayu pratama Agung Kurniawan Rona Sari Mahaji Putri	330-337
42.	The Effect of Fartlek Workout To Vo2 Max Capacity And Oxygen Degree In The Blood	Ary Artanty	338-347
43.	Effect of Ladder Drill Ickey Shuffle And Billy Sims Crossover To Speed And AGILITY	Nur Wahyudiono, Edy Mintarto Agus Hariyanto	348-357



## THE EFFECT OF MOTOR ABILITY AND VISUALIZATION TO THE LEARNING OUTCOMES IN SEPAKTAKRAW

**Nur Ahmad Muharram**, Universitas Nusantara PGRI Kediri  
**Puspodari**, Universitas Nusantara PGRI Kediri  
Email: Martdiana@gmail.com

**Abstract:** This study aims to determine: (1) the effect of conventional teaching methods and visualization of the learning outcomes sepaktakraw skills, (2) the effect of high and low motor ability to the learning outcomes sepaktakraw skills, (3) interaction with motor ability teaching methods to the learning outcomes sepaktakraw skills. This research uses experimental methods to design 2 x 2 factorial design number of samples in this study were 61 students. Data collection techniques with a series of skills tests sepaktakraw. Data analysis technique is the analysis of variance (ANOVA) on  $\alpha = 0.05$  significance level.

**Keywords:** Visualization, Motor Ability, Learning Outcomes, Sepaktakraw

Physical education is part of the education program is also developing three main domains, namely: psychomotor, affective, and cognitive. The development of the psychomotor domain in physical education is usually associated with the goal of developing physical fitness and motor ability attainment. Teaching duties within the territory of psychomotor, usually divided into two main objectives, namely objectives related to the development of motor ability attainment and improvement of physical fitness. Both of these goals, by experts regarded as surplus contained in physical education lessons. Learning motor ability in physical education aims to master skills in various sports and is therefore physical education teacher has a unique responsibility is to develop the motor ability. In relation to the issue of the implementation of physical education, the necessary means or strategies in the teaching skills of the sport movement. One strategy is to try innovations in teaching methods.

In creating innovation teaching motor ability, teachers or lecturers should understand the concept of skill itself. The term can be translated more operational skills, for example, is associated with a sports skills, for example: Skilled in sepaktakraw; sepaktakraw players are considered skilled if (1) can place the ball accurately at the desired place, (2) good punch technique so efficient in power, (3) can use these techniques in all conditions and a variety of opponents. Referring to the three important skills or performances, can be described as follows; when a player is able to place the ball accurately, it demonstrates the effectiveness of quality. Then, when the player has to do it the right way in accordance with the demands of the technique, it shows the quality of efficiency. When a player can use the punch in all game conditions that showed the quality of adaptation. Based on the principles of the movement skills, the authors conducted a study related to the strengthening of the visualization of the students in achieving the learning outcomes sepaktakraw skills at the level of motor ability.

### METHOD

The method used in this study is the experimental method, namely; a method that uses experimentation activities or treatment. With the existence of such treatment will be

visible causality of the influence of the implementation of the treatment given. The design used in this experiment is a 2 x 2 factorial design samples are 61 male students.

The population was male student of Penjaskesrek UN PGRI Kediri. The sampling technique is the randomized group design with the following way; students are given tests of motor ability, and then be ranked. The ability of students above the mean is a high motor students group then who are below the mean is a low motor students group. Afterwards each group were randomized to be placed on each cell that eventually every cell numbered among others: (1) Cell A1B1 = 16 students (2) Cell A2B1 = 15 students (3) Cell A1B2 = 14 students and (4) Cell A2B2 = 16 students. The data required in this research are: (a) the data of motor ability of students; and (b) learning outcomes data sepaktakraw skills. To obtain the data of motor ability used Barrow General Motor ability Test, whereas to obtain a sepaktakraw learning outcomes used a series of skills tests Verducci. The data in this study is an analysis of variance (ANOVA) and Tukey test continued with  $\alpha = 0.05$  at significance level. This research was conducted at the Penjaskesrek UN PGRI Kediri.

## RESULTS

Hypothesis testing using the technical analysis of variance (ANOVA) in both directions. ANOVA calculation can be found in appendix, a summary appears in the following table:

**Table 1. Summary of Results of ANOVA calculation**

Variance Source	JK	dk	RJK	Fh	Ft
Inter Column (A)	130.414	1	130.414	0.204	
Inter Line (B)	2428.295	1	2428.295	3.806	
Interaction (AxB)	460.922	1	460.922	0.722	4,01
In Group (Error)	36365.385	57	637,989		
Total	39385.016				

Specification:

dk : Degrees of Freedom  
JK : Sum of Squares  
RJK : Average Number Squares  
Fh : F Observation Value  
Ft : F Table Value

- 1) F value count between conventional learning methods and visualization acquired Fh = 0.204 smaller than Ft, ( $p < 0.05$ ) = 4.01 means there is no difference.
- 2) F value count among the groups of high and low motor ability acquired Fh = 3.806 smaller than Ft, ( $p < 0.05$ ) = 4.01 means there is no difference.
- 3) F value count interaction study method of motor ability acquired Fh = 0722 smaller than Ft, ( $p < 0.05$ ) = 4.01 means that there is no interaction between the method of learning and motor ability.

**Table 2. Results of Two-Way ANOVA calculation by 0,05 at Significance Level for Service Skills**

Variance Source	JK	db	RJK	Fh	Ft
Inter Column (A)	21.836	1	21.836	<b>5.9793*</b>	
Inter Line (B)	13.311	1	13.311	3.6450	4,01
Interaction (AxB)	1.961	1	1.961	0.5370	

Variance Source	JK	db	RJK	Fh	Ft
In Group (Error)	208.1369	57	3.652		
Total	245.246				

F value count between Learning Methods acquired  $F_h = 5.9793$  bigger than  $F_t$ , ( $p < 0.05$ ) = 4.01; means that there are significant differences between the conventional method and the method of visualization of the short service skills learning outcomes. Hypothesis testing results indicate that the two methods did not differ, this means the research hypothesis is not verified, it is possible because the factors bottleneck in research experiments. Some things that allegedly led to the hypothesis is not proven possible because:

- 1) The timing of the experiment is limited to scheduled practice sepaktakraw course of 90 minutes, once a week, 16 sessions, so the frequency to master the skills of sepaktakraw which has a high difficulty factor (complex) is still low. In the calculation for learning outcomes service skills proven there are significant differences.
- 2) The use of the ball sepaktakraw feather types, it is also very decisive result sepaktakraw skills tests. ball slower pace so that the type of test target distance away (pitch towards the back), as serve, smash and passing requires a large force (a factor difficult to obtain a high score).
- 3) Limitations shoes are used when less standardized tests, because the students wear their own shoes. From this small allows occurred score in the assessment of learning outcomes sepaktakraw skills then it affected the results.

## DISCUSSION

### Effect of Motor ability Against Sepaktakraw Skills Learning Outcomes

For students who have a high motor ability, will have the potential to perform better motor ability than those who have low motor ability. In other words, a high motor ability can quickly master the skills of the motion, in this case sepaktakraw skills. For students who have a low motor ability in the learning process less potential to master the complex motor ability. Very low motor ability take a long time compared to students who have a high motor ability. With such characteristics, the low motor ability are very precise when using visualization methods.

Thus it can be assumed that learning sepaktakraw skills using visualization methods would be more effective than the conventional teaching methods to students who have poor motor ability. Conventional teaching methods and visualization has different characteristics. In the implementation of visualization teaching methods emphasize the provision of learning materials to strengthen the concept of motion, it is very important to be able to master the subject matter is complex. In this case the person's motor ability are not so dominant in learning a skill motion.

### Effect of Method of Teaching "Conventional - Visualization" Against Sepaktakraw Skills Learning Outcomes.

Methods of presentation in learning skills is a blend of learning phasing of motion, techniques and instructional strategies, which can make it easier for students learns skills taught. The more precise method is used, the more easy for students to learn that skill. The more students the opportunity to practice the more skilled. To eliminate the error needs to take into account the feedback, so that improved performance

capabilities. In this study developed a model providing feedback to enable the visualization of strengthening the concept of motion the students will learn more robust.

The learning process that occurs in the cognitive stage are as follows: students observe demonstrations visualization such a way that they acquire roundness observation of movements that organized the impact they will understand the movement. While students using conventional methods limited observations gained. From the point of hearing as a second modality of observation, with visualization of the process of memory, which imbibe or capturing impressions, and then save the impressions that, in the warehouse or the memory of their brains.

At this stage of fixation or exercise phase, impressions strengthening reproduced visualization back to train. Movement sequences set will simplify the process of retention. Besides learning processes mentioned above at this stage there is also a process of thinking through three steps, namely: first, the establishment of understanding, this happens through a process of describing or identifying characteristics of movement, classify characteristic same movement and abstracted the movement- the movement; second, the formation of opinions, it is laying the relationship between two or more movements; Third, the establishment of the decision, it is the conclusion that such a decision. The decision is the result of a reasonable performance in the form of a new opinion formed based on the logic that already exist, as they follow all of the learning process that starts from observation, vision, hearing on the explanation and demonstration sepaktakraw movement, then at the end of the thought process they make a decision on the sepaktakraw movement. This is a decision that will be reproduced on the fixation stage. For students who use the visualization method, the above occurred a strengthening of the concept of task units that are part of sepaktakraw skills, this is due to a clearer delineation through sense empowerment.

The learning process that occurs in the fixation stage or exercise, the students try to do what has been obtained in the learning process of cognitive stages, namely memory reproducing impressions that turn out to be a decision on the process of thinking. Students who use the methods of studying visualization get the full experience of moving from task sepaktakraw skills. Students planning to compare the patterns they produce on the stage of the cognitive and movement they do. Then do improvements based on the feedback they receive. Each part or sequential stimulus-response study can not be separated from the context visualization obtained. Besides the students use visualization methods to get a clear concept of motion on is taught. With the help of teachers, students can improve fault movement.

The learning process that occurs in the autonomous stage students get training experience to launch and harmonize the movement, so that the movement was done unwittingly. They receive informative feedback on the overall movement longer, thus allegedly giving more effective visualization. The advantage gained by providing visualization are: (1) in terms of legal practice, they get more reinforcement for a given teaching assignments because optimization of multiple senses, (2) they are more get the chance take advantage of the knowledge of the feedback, (3) to obtain insight, they are faster, (4) they get more references making it easier to take decisions. The framework leads to an allegation that the effect of visualization is more effective than without visualization (conventional) to the learning outcomes sepaktakraw skills.

### **Interaction between Motor ability and Visualization Method**

Visualization method in principle is very effective in strengthening the concept of the cognitive phase of learning the skills, effectiveness at this stage affects more effectively in the fixation stage. From these principles means that visualization is the

strengthening of engineering teaching through the effectiveness of the stimulus to the senses of students. In this study, students who have poor motor ability would be better with by given visualization because this method the material can be taught in a way that for those poor motor ability may well follow.

## CONCLUSION

From the research and interpretation can be deduced, while the conclusions in this study are as follows: Sepaktakraw skills learning outcomes showed no significant difference between the conventional group and visualization. But by testing the learning outcomes short service which is technically simpler mastery, use visualization method showed a better effect than the method without using the visualization of the short service skills learning outcomes.

## REFERENCES

- Bompa, Tudor O and G. Gregory Haff, (2009) *Periodization: Theory and Methodology of Training*, United States: Human Kinetics.
- Bompa, Tudor O, (1999) *Theory and Methodology of Training*, Dubuque: Kendal/Hunt Publishing Company.
- Djumidar. 2001. *Dasar-Dasar Sepak Takraw*. Jakarta: Universitas Terbuka, Depdiknas.
- Downey, Jake and David Brodie, (1980) *Get Fit For Sepaktakraw a Practical Guide to Training for Players & Coaches*: London: Pelham Books Ltd.:
- Furqon H., M. dan Sapta Kunta P.,(2008) *Olahraga Usia Dini dan Pemanduan Bakat Olahraga*, Jakarta: Kementerian Negara Pemuda dan Olahraga RI:
- Harsono. (1988). *Coaching & Aspek-Aspek Psikologis dalam Coaching*. Jakarta: LPTK
- Lutan, Rusli et al., *Manusia dan Olah Raga*, Bandung: ITB dan FPOK-IKIP Bandung.
- \_\_\_\_\_, (1988) *Belajar Keterampilan Motorik, Pengantar Teori dan Metode*, Jakarta: Direktorat Jenderal Pendidikan Tinggi,
- Porter, Kay dan Judy Foster (1986). *The Mental Athlete*, New York: Ballantine Books.
- Rushall, Brent S., (1991) *Imagery Training in Sports*, San Diego : Sports Science Associates.
- Singgih D. Gunarsa (1996) *Psikologi Olahraga: Teori dan Taktik*, Jakarta : PT BPK Gunung Mulia.
- , (1989) *Psikologi Olahraga*, Jakarta: PT. BPK Gunung Mulia.
- Tutko, Thomas dan Umberto Tosi (1976). *Sports Psyching*, Los Angeles: JP. Tarccher, Inc.