

## DAFTAR PUSTAKA

- Amara, S., Hammami, R., Zacca, R., Mota, J., Negra, Y., & Chortane, S. G. (2023). *The effect of combining HIIT and dry-land training on strength, technique, and 100-m butterfly swimming performance in age-group swimmers: a randomized controlled trial*. *Biology of Sport*, 40(1), 85–92. <https://doi.org/10.5114/biolsport.2023.110747>
- Bartolomeu, R. F., Rodrigues, P., Sokołowski, K., Strzała, M., Santos, C. C., Costa, M. J., & Barbosa, T. M. (2024). *Nonlinear Analysis of the Hand and Foot Force-Time Profiles in the Four Competitive Swimming Strokes*. *Journal of Human Kinetics*, 90, 71–88. <https://doi.org/10.5114/jhk/172616>
- De Matos, C. C., Guignard, B., Castro, F. D. S., & Guimard, A. (2023). *Effects of paddles and fins on front crawl kinematics, arm stroke efficiency, coordination, and estimated energy cost*. *Frontiers in Physiology*, 14(May), 1–11. <https://doi.org/10.3389/fphys.2023.1174090>
- Heinlein, S. A., & Cosgarea, A. J. (2010). *Biomechanical considerations in the competitive swimmer's shoulder*. *Sports Health*, 2(6), 519–525. <https://doi.org/10.1177/1941738110377611>
- Matsuura, Y., Matsunaga, N., Akuzawa, H., Kojima, T., Oshikawa, T., Iizuka, S., Okuno, K., & Kaneoka, K. (2022). *Difference in muscle synergies of the butterfly technique with and without swimmer's shoulder*. *Scientific Reports*, 12(1), 1–9. <https://doi.org/10.1038/s41598-022-18624-8>
- Putra, R. P. (2021). Analisis Kemampuan Vo2max Atlet Selam Koni Kota Kediri. *Jurnal Kejaora (Kesehatan Jasmani Dan Olah Raga)*, 6(1), 203-206.
- Qi, Y., Sun, K., Zhao, D., Liu, L., & Zhang, S. (2023). *Kinematic and electromyography characteristics of performing butterfly stroke with different swimming speeds in flow environment*. *Heliyon*, 9(9), e20122. <https://doi.org/10.1016/j.heliyon.2023.e20122>
- Sugiyono. (2013). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. *Bandung: Alfabeta*.
- Sugiyono. (2017). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. *Bandung: Alfabeta*.
- Sugiyono. (2018). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. *Bandung: Alfabeta*.
- Sugiyono. (2020). Metode Penelitian Kuantitatif, Kualitatif, dan R&D. *Bandung: Alfabeta*.

Wymore, L., Reeve, R. E., & Chaput, C. D. (2012). *No correlation between stroke specialty and rate of shoulder pain in NCAA men swimmers*. *International Journal of Shoulder Surgery*, 6(3), 71–75.  
<https://doi.org/10.4103/0973-6042.102555>