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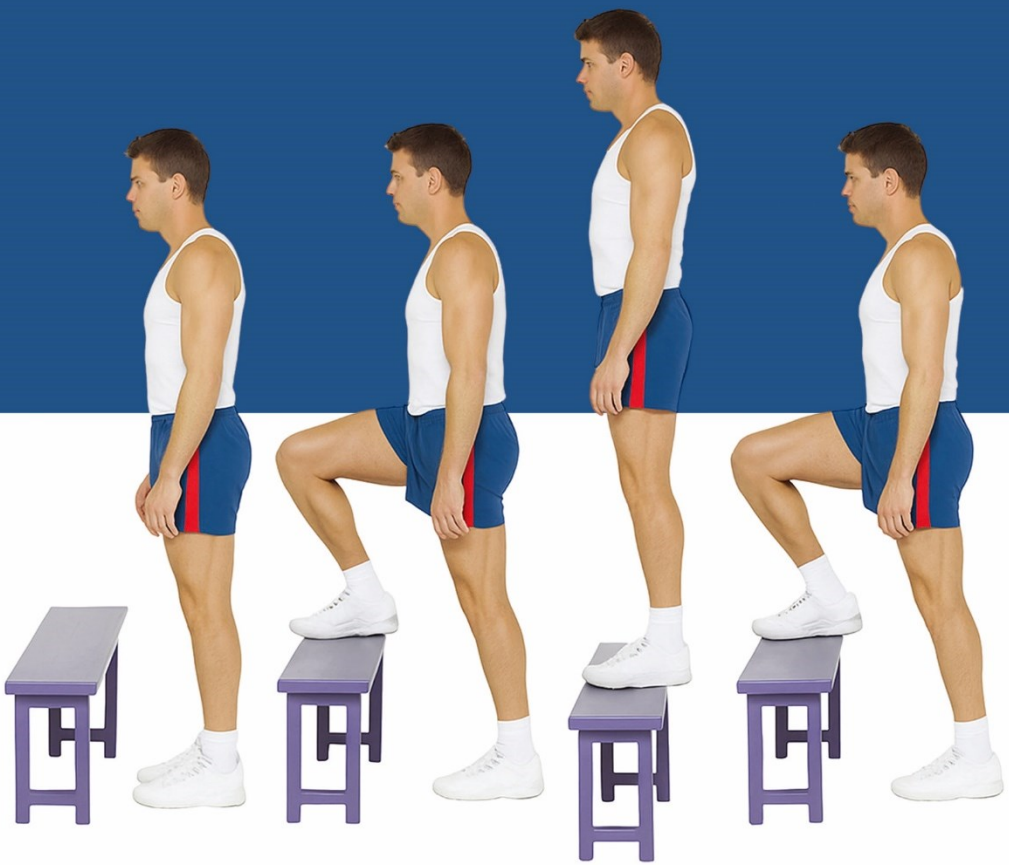
HARVARD STEP TEST



Dr. dr. Nora Maulina, M. Biomed.

HARVARD
-- Step Test --

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Editor
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HARVARD STEP TEST

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KATA PENGANTAR

Puji syukur penulis panjatkan kehadirat Allah SWT, atas berkat dan rahmat-Nya buku *Harvard Step Test* yang berada di tangan pembaca ini dapat kami selesaikan. Buku *Harvard Step Test* ini membahas terkait konsep dan prosedur tes mengukur kebugaran dari kinerja jantung dan paru.

Tim penulis mengucapkan banyak terima kasih kepada semua pihak yang telah bekerja sama dalam penyusunan buku ini. Buku referensi ini semoga dapat memperkaya literatur yang telah ada sebelumnya. Buku ini terdiri dari 8 Bab yang membahas secara rinci dan terstruktur terkait *Harvard Step Test*.

Bab 1 Pengenalan dan Sejarah *Harvard Step Test*
Bab 2 Hubungan Antara Fisiologi Manusia Dengan *Harvard Step Test*
Bab 3 Tujuan *Harvard Step Test*
Bab 4 Prosedur dan Skor *Harvard Step Test*
Bab 5 Versi Modifikasi *Harvard Step Test*
Bab 6 Indikasi dan Kontraindikasi *Harvard Step Test*
Bab 7 Kelebihan dan Kekurangan *Harvard Step Test*
Bab 8 Pengembangan Metode *Harvard Step Test*
Bab 9 Aplikasi dan Inovasi Modern *Harvard Step Test*
Bab 10 Ekspansi Topik Baru *Harvard Step Test*

Tim penulis menyadari bahwa karya ini masih jauh dari kata sempurna. Oleh karena itu, penulis membuka diri untuk kritik dan saran yang membangun guna penyempurnaan buku ini. Akhir

kata kami berharap Allah SWT membalas segala kebaikan semua pihak yang telah membantu. Semoga buku ini membawa manfaat bagi pengembangan pengetahuan dalam bidang kedokteran.

Lhokseumawe, Mei 2024

Tim Penulis

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PROFIL PENULIS

Dr. dr. Nora Maulina. M Biomed, Lahir di Kota Lhokseumawe 06 Januari 1982, anak pasangan dari H. Djamaluddin Amin (alm) dan Hj. Aida Rosmani (almh), suami penulis dr. Nazaruddin, Sp.PD, FINASIM dan memiliki 2 orang anak, Siti Khalila dan Muhammad El Zavier. Penulis merupakan anak ke 5 dari 5 bersaudara (dr. Nanda Susanti, M.Ked(ped) Sp.A. dr. Dara Juliana, M.Kes. Romi Sahputra, SE. Dwi Fitri, S.Sos, M.A). Penulis merupakan dosen pengajar tetap pada Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Malikussaleh. Jenjang Akademik penulis diawali dengan menempuh Program Pendidikan Dokter di Fakultas Kedokteran Universitas Syiah Kuala dan lulus pada tahun 2008 (S1). Setelah itu penulis melanjutkan pendidikan pada Progam Studi Ilmu Biomedik Fakultas Kedokteran Universitas Sumatera Utara dengan peminatan fisiologi (S2). Jenjang pendidikan untuk Doktoral penulis menempuh Pendidikan di Program Studi pasca sarjana Doktor Mathematics dan Aplikasi Sains Universitas Syiah Kuala (S3) dan mendapatkan predikat kelulusan Cumlaude.

Pengalaman di dunia professional penulis dimulai dengan menjadi staff pengajar di Fakultas Kedokteran Universitas Malikussaleh sejak tahun 2008 sampai dengan sekarang, penulis sampai saat ini masih sebagai Kepala Laboratorium Fisiologi Fakultas Kedokteran Universitas Malikussaleh.