

Blood Glucose As a Primary Energy In Volleyball Match After Using Rally Point System

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graph TD; A[Volleyball Match] --> B[Three hours]; B --> C[Rally point score]; C --> D[Two hours]; D --> E[Energy System];
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Volleyball Match

Three hours

Rally point score

Two hours

Energy System

Two hours
exercise
three times a day

The Energy System

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graph TD; A["The Energy System"] --> B["Phosphagen System"]; A --> C["Lactid acid system"]; A --> D["Oxygen or aerobic system"]; D --> E["aerobic glykolyysis"]; D --> F["Beta-oxidation"];
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Phosphagen System

Lactid acid system

Oxygen or aerobic system

Oxygen or aerobic system

aerobic glykolyysis

Beta-oxidation

Two hours exercise
use blood glucose
(*aerobic glykolyisis*)

glycogenolysis
liver glycogen

blood
glucose
decreased

ATP production

Glucose + O₂ > Lipid + O₂

Two hours exercise
(aerobic glykolyisis)

*Incresed enzymes
of glycolysis aerobic*

*increased the reserves
of liver glycogen*

*Intensity under
anaerobic threshold*

