

B4 Knowledge Organiser – 4.4.2 – Respiration

Respiration

Occurs continuously in all living cells. It is an **exothermic** reaction. The energy transferred supplies all the energy needed for living processes. Organisms need energy for:

- chemical reactions to build larger molecules
- movement
- keeping warm.

Aerobic respiration

carbon glucose oxygen dioxide water energy C6H12O6 + 6O2 ➡ 6CO2 + 6H2O + ATP

Aerobic respiration produced a lot more energy than anaerobic respiration.

Response to exercise

During exercise the body needs more energy so the respiration rates increase. The heart rate, breathing rate and breath volume increase during exercise to supply the muscles with more oxygenated blood.

If insufficient oxygen then anaerobic respiration takes place in muscles, this causes lactic acid to build up. During long periods of vigorous activity muscles become fatigued and stop contracting efficiently.

Blood flowing through the muscles transports the lactic acid to the liver where it is converted back into glucose. Oxygen debt is the amount of extra oxygen the body needs after exercise to react with the accumulated lactic acid and remove it from the cells.

Anaerobic respiration

As the oxidation of glucose is incomplete in anaerobic respiration much less energy is transferred than in aerobic respiration.

glucose lactic acid energy C6H12O6 ➡ 2C3H6O3 + 2ATP

Anaerobic respiration in plant and yeast cells (fermentation) is used to manufacture bread and alcoholic

drinks.



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Metabolism is the sum of all the reactions in a cell or the body. 4

The energy transferred by respiration in cells is used by the organism for the continual enzyme controlled processes of metabolism that synthesise new molecules.

Metabolism includes:

- conversion of glucose to starch, glycogen and cellulose
- the formation of lipid molecules from a molecule of glycerol and three molecules of fatty acids
- the use of glucose and nitrate ions to form amino acids which in turn are used to synthesise proteins
- respiration
- breakdown of excess proteins to form urea for excretion.

