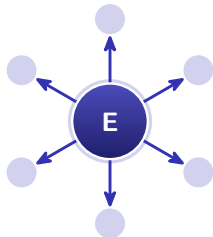


Respiration

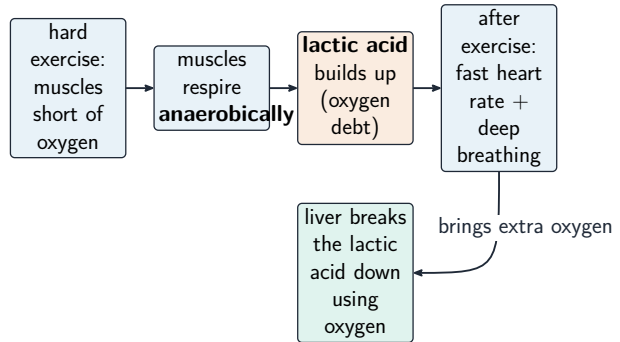
IGCSE Biology ■ Topic 12

IGCSE Biology



What we will cover

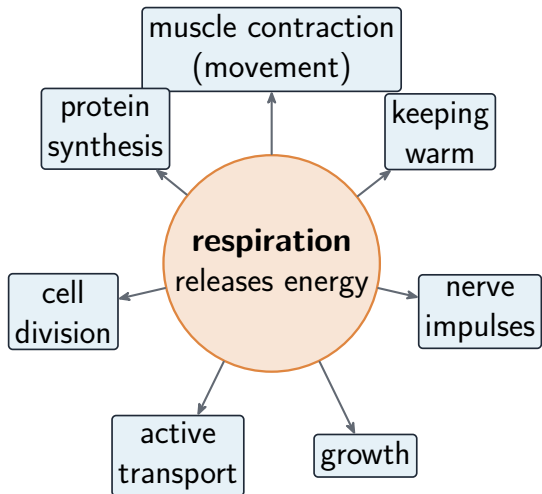
- 1 Respiration & energy
- 2 Aerobic respiration
- 3 Anaerobic respiration
- 4 Oxygen debt



oxygen debt



Respiration and energy



- **muscle** contraction (movement).
- **protein synthesis** (building proteins).
- cell **division** (making new cells).
- **active transport** .

What the energy is spent on

Building

Making large molecules from small ones – proteins from amino acids, starch from glucose.

Moving

Muscle contraction, and **active transport** against a concentration gradient.

Signalling

The passage of **nerve impulses** along every neurone, all day.

Staying warm

Keeping a constant body **temperature** in mammals and birds.

Aerobic respiration uses oxygen to break down **nutrient molecules** – mainly glucose – and release that energy.



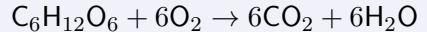
Aerobic respiration



Aerobic respiration releases energy steadily for sustained exercise.

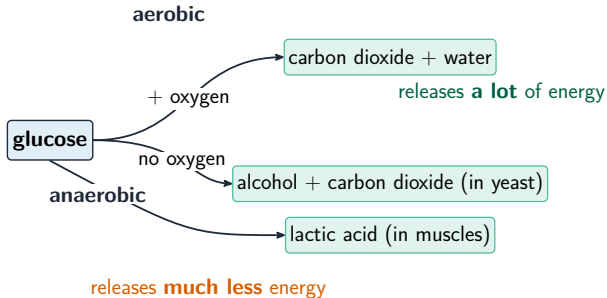
Word equation:

glucose + oxygen → carbon dioxide + water



Aerobic respiration releases far more energy per glucose molecule than anaerobic respiration.

Anaerobic respiration



Anaerobic respiration works **without** oxygen, giving **much less** energy.

- yeast: glucose → **alcohol** + CO₂
- muscle: glucose → **lactic acid**

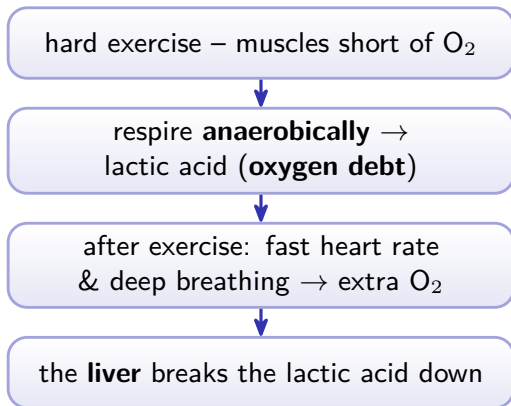
Both yeast products are used: the CO₂ makes **bread** rise, and the alcohol is what **brewing** is for.

In muscles (Supplement)

During hard exercise your muscles cannot get enough oxygen, so they respire anaerobically:

- your **heart rate** stays high, carrying the lactic acid in the blood from the muscles to the **liver** .
- you keep breathing deeply and quickly, taking in extra oxygen.
- the liver uses this oxygen to break the lactic acid down by aerobic respiration.

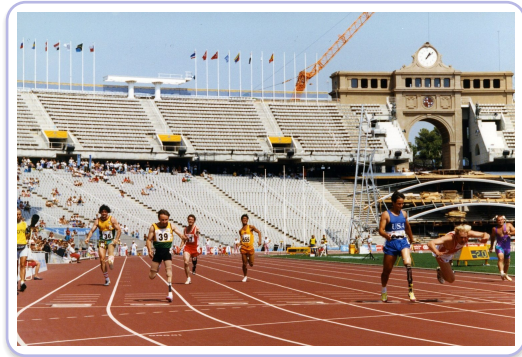
Oxygen debt



Lactic acid builds up – the **oxygen debt** .

After exercise: a fast heart rate & deep breathing bring extra O₂, so the **liver** breaks the lactic acid down.

Anaerobic respiration, continued



A hard sprint relies on anaerobic respiration, building up lactic acid.

Exam tips

- Respiration releases energy in **all** living cells, all the time – it is not breathing.
- Aerobic: glucose + oxygen $\rightarrow$ carbon dioxide + water, and it gives **a lot** of energy. Learn the balanced equation too.
- Anaerobic (no oxygen) gives **much less** energy. In yeast: glucose $\rightarrow$ alcohol + carbon dioxide. In muscles: glucose $\rightarrow$ lactic acid.
- Lactic acid causes an **oxygen debt**, repaid by a fast heart rate and deep breathing, with the liver breaking the lactic acid down.



Worked example – aerobic or anaerobic?

A sprinter's muscles ache after a 200 m race. Explain what happened.

- Sprinting needs energy **faster** than the blood can deliver oxygen.
- So muscles also respire **anaerobically** : glucose $\rightarrow$ **lactic acid** (+ a little energy).
- Lactic acid **builds up** in the muscle, causing the ache and fatigue.
- Afterwards you keep panting to repay the **oxygen debt** and break the lactic acid down.

Aerobic: glucose + oxygen $\rightarrow$ CO₂ + water, **lots** of energy. Anaerobic in muscle: glucose $\rightarrow$ lactic acid, **little** energy, no oxygen needed.

Topic 12 – key takeaways

1

Respiration

releases energy in all cells, all the time

2

Aerobic

glucose + O₂ → CO₂ + water;
lots of energy

3

Anaerobic

no O₂; alcohol (yeast) or lactic acid

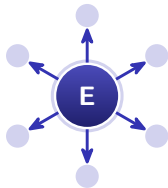
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Oxygen debt

repaid; liver breaks down lactic acid

Check yourself

- 1 Where in the body does respiration happen?
- 2 What are the products of aerobic respiration?
- 3 What does anaerobic respiration make in muscles?
- 4 Which organ breaks down lactic acid?



Answers 1. in every living cell 2. carbon dioxide & water 3. lactic acid 4. the liver