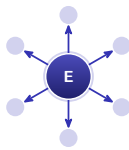


Respiration

IGCSE Biology ■ Topic 12

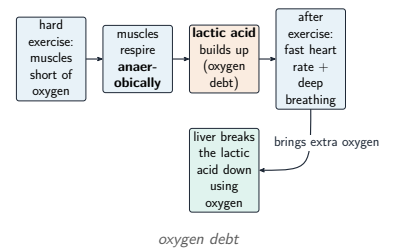
IGCSE Biology



Respiration

What we will cover

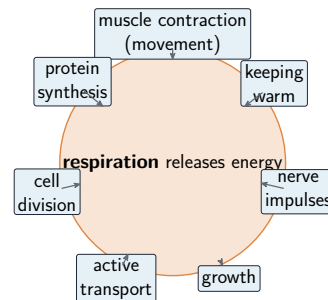
- 1 Respiration & energy
- 2 Aerobic respiration
- 3 Anaerobic respiration
- 4 Oxygen debt



1 Energy

Respiration
↳ Energy

Respiration and energy



- **muscle** 肌肉 contraction (movement).
- **protein synthesis** 蛋白质合成 (building proteins).
- **cell division** 分裂 (making new cells).
- **active transport** 主动运输.

Respiration
↳ Energy

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 主动运输 against a concentration gradient. |
| Signalling | The passage of nerve impulses 神经冲动 along every neurone, all day. |
| Staying warm | Keeping a constant body temperature 体温 in mammals and birds. |

Aerobic respiration 有氧呼吸 uses oxygen to break down **nutrient molecules** 营养分子 – mainly glucose – and release that energy.

2 Aerobic and anaerobic

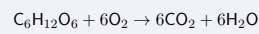
Aerobic respiration



Aerobic respiration releases energy steadily for sustained exercise.

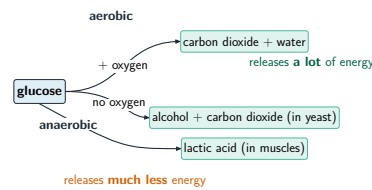
Word equation:

glucose + oxygen → carbon dioxide + water



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

Anaerobic respiration



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

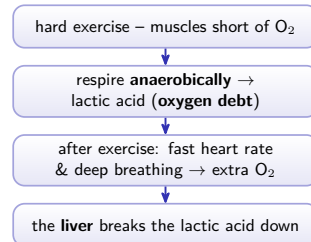
- yeast: glucose → **alcohol** 酒精 + CO₂
- muscle: glucose → **lactic acid** 乳酸

In muscles (Supplement)

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

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

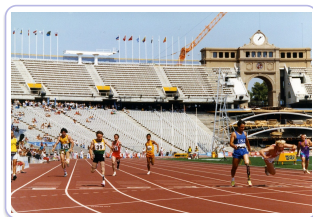
Oxygen debt



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

After exercise: a fast heart rate & deep breathing bring extra O₂, so the **liver** 肝脏 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 → 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 → alcohol + carbon dioxide. In muscles: glucose → 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.

3 Recap

Respiration
↳ Recap

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** 无氧地: glucose → **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 → CO₂ + water, **lots** of energy. Anaerobic in muscle: glucose → lactic acid, **little** energy, no oxygen needed.

Respiration
↳ Recap

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

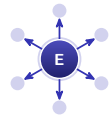
4 Oxygen debt

repaid; liver breaks down lactic acid

Respiration
↳ Recap

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