

Cellular respiration

- Process: organisms use oxygen to break down nutrients => chemical energy for cell functions.

Respiratory substrate

- organic nutrients oxidized at the time of respiration.
- carbohydrates.
- proteins, fats and even organic acids.
- respiratory substrates are often more than one.
- pure proteins or fats are never used as respiratory substrates.

Respiratory Quotient (RQ)

- $RQ = \frac{\text{volume of CO evolved}}{\text{volume of O consumed}}$

Types of cellular Respiration

- Main are aerobic respiration and anaerobic respiration.

Glycolysis

- metabolic pathway: converts glucose => into pyruvic acid.