

Why do organisms need energy?

- 1) Metabolism (e.g. polysaccharide/peptide synthesis/DNA+RNA synthesis)
- 2) Movement (within an organism, e.g. circulation of blood/movement of organism itself, locomotion)
- 3) Active transport^{*}/secretion
- 4) Production of substances such as enzymes/hormones
- 5) Maintenance, division + repair of cells/organelles
- 6) Maintenance of body temperature in endotherms (birds and mammals) - energy needed to replace that lost as heat to the environment.

* Activation of molecules. $+ P_i = \downarrow E_a$.

Energy is stored as ATP: Adenosine triphosphate (3 P_i)

Bonds between these phosphate groups are unstable: low E_a so easily broken.

When bonds break, energy is released. Usually only 1 P_i removed