MEMBRANES (part 2)

The phospholipid bilayer membrane separates the inside from the outside. However, cells need to bring things in and send things out. There are many methods for getting things in and out, depending on the size and the chemical properties of those things. Some ways require energy and some don't.

PASSIVE TRANSPORT Does not require energy.	ACTIVE TRANSPORT Uses energy (often from ATP or NADH)
1) SIMPLE DIFFUSION Very small, non-polar molecules, such as oxygen and carbon dioxide can go right through the membrane. Small lipids can also diffuse because they get along so well with the fatty acid tails in the middle layer.	1) PUMPS Use energy to push molecules across the membrane against the "concentration gradient." Types of energy: ATP, NADH carrying high-energy electrons
 2) FACILITATED DIFFUSION (facil = to make easier) Molecules that are polar or electrically charged can't use simple diffusion; they must use channel proteins. A) Aquaporins (for water) A quaporing (for water) Center of tube is tiny and will allow only 1 water molecule through at a time. However, 1 million water molecules get through every second! 	2) ENDOCYTOSIS (when particles are brought inside)
Б) Ion channels Types of gates: light, temperature, pressure, voltage, binding of messenger molecules	3) EXOCYTOSIS (when particles are sent out)