

October 20, 2010

When muscles get tired and cramp, it comes from a build up of lactic acid, which comes from pyruvate. (This is the case only in side abdominal cramps)

### Glycolysis

\*These are the answers to the blanks on the handout\*

- Anaerobic
- Glucose
- Pyruvate
- 2
- reversible

### Pyruvate Dehydrogenase Reaction

\*These are the answers to the blanks on the handout\*

- pyruvate
- acetyl-CoA
- nonreversible

### Essential Vitamins

- Co-factors/coenzymes to the reaction to help facilitate the reaction
  - Thiamin
  - Riboflavin
  - Niacin
  - Pantothenic acid

### The Kreb's (TCA) Cycle

\*These are the answers to the blanks on the handout\*

- Mitochondria
- Aerobic
- 38
- electron transport
- oxidative phosphorylation

### The Importance of Pyruvate

\*These are the answers to the blanks on the handout\*

- oxygen
- fatigue
- cramping
- stretch
- control breathing

### The Fate of Triglycerides

\*These are the answers to the blanks on the handout\*

- 95
- glycerol
- 3
- glycolysis
- pyruvate
- glucose
- Acetyl-CoA
- Energy
- Glucose

## Shifting to Ketosis

\*These are the answers to the blanks on the handout\*

- Amino acids (protein)
- Muscle
- Acetyl-CoA
- Glucose
- Ketone bodies
- Decrease

October 22, 2010

We reviewed for the exam. No new notes were taken.