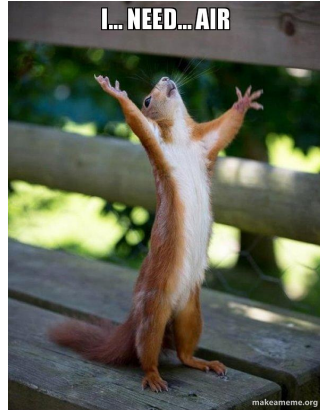


### Anaerobic Respiration

- Not all organisms need or use oxygen all the time (facultative anaerobes) – yeast
- Some organisms are even poisoned by it (obligate anaerobes) – *E. coli*.
- We must have oxygen to survive (obligate aerobes), but how do we deal with situations where we are lacking oxygen?



Definition: process of producing ATP without oxygen

Useful when:

- the environment is without oxygen
- is oxygen is in short supply – endurance training (weight lifting, long distance running)
- ATP is needed in short, quick bursts – sprint

