CHAPTER 7

How Cells Harvest Energy

Chapter Contents

Introduction

Life is driven by energy. All the activities organisms carry out—the swimming of bacteria, the purring of a cat, your thinking about these words—use energy. In this chapter, we discuss the processes all cells use to derive chemical energy from organic molecules and to convert that energy to ATP. Then, in chapter 8, we will examine photosynthesis, which uses light energy to make chemical energy. We consider the conversion of chemical energy to ATP first because all organisms—both the plant, a photosynthesizer, and the caterpillar feeding on the plant, pictured in the photo—are capable of harvesting energy from chemical bonds. Energy harvest via respiration is a universal process.

7.1 Overview of Respiration

Learning Outcomes

1. *Characterize oxidation–dehydrogenation reactions in biological systems.*
2. *Explain the role of electron carriers in energy metabolism.*
3. *Describe the role of ATP in biological systems.*

Plants, algae, and some bacteria harvest the energy of sunlight through photosynthesis, converting radiant energy into chemical energy. These organisms, along with a few others that use chemical energy in a similar way, are called **autotrophs** ("self-feeders"). All other organisms live on the organic compounds autotrophs produce, using them as food, and are called **heterotrophs** ("fed by others"). At least 95% of the kinds of organisms on Earth—all animals and fungi, and most protists and prokaryotes—are heterotrophs. Autotrophs also extract energy from organic compounds—they just have the additional capacity to use the energy from sunlight to synthesize these compounds. The process by which energy is harvested is **cellular respiration**—the oxidation of organic compounds to extract energy from chemical bonds.

Cellular oxidations are usually also dehydrogenations

Most foods contain a variety of carbohydrates, proteins, and fats, all rich in energy-laden chemical bonds. Carbohydrates and fats, as you recall from chapter 3, possess many carbon–hydrogen (C—H) bonds, as well as carbon–oxygen (C—O) bonds.

The job of extracting energy from the complex organic mixture in most foods is tackled in stages. First, enzymes break down the large molecules into smaller ones, a process called digestion (see chapter 47). Then, other enzymes dismantle these fragments a bit at a time, harvesting energy from C—H and other chemical bonds at each stage.

The reactions that break down these molecules share a common feature: They are oxidations. Energy metabolism is therefore concerned with redox reactions, and to understand the process we must follow the fate of the electrons lost from the food molecules.

These reactions are not the simple transfer of electrons, however; they are also **dehydrogenations.** That is, the electrons lost are accompanied by protons, so that what is really lost is a hydrogen atom, not just an electron.

Cellular respiration is the complete oxidation of glucose

In chapter 6, you learned that an atom that loses electrons is said to be *oxidized,* and an atom accepting electrons is said to be *reduced.* Oxidation reactions are often coupled with reduction reactions in living systems, and these paired reactions are called *redox reactions.* Cells utilize enzyme-facilitated redox reactions to take energy from food sources and convert it to ATP.

Redox reactions

Oxidation–reduction reactions play a key role in the flow of energy through biological systems because the electrons that pass from one atom to another carry energy with them. The amount of energy an electron possesses depends on its orbital position, or energy level, around the atom's nucleus. When this electron departs from one atom and moves to another in a redox reaction, the electron's energy is transferred with it.

Figure 7.1 shows how an enzyme catalyzes a redox reaction involving an energy-rich substrate molecule, with the help of a cofactor, **nicotinamide adenosine dinucleotide (NAD^+).** In this reaction, NAD^+ accepts a pair of electrons from the substrate, along with a proton, to form **NADH** (this process is described in more detail shortly). The oxidized product is now released from the enzyme's active site, as is NADH.

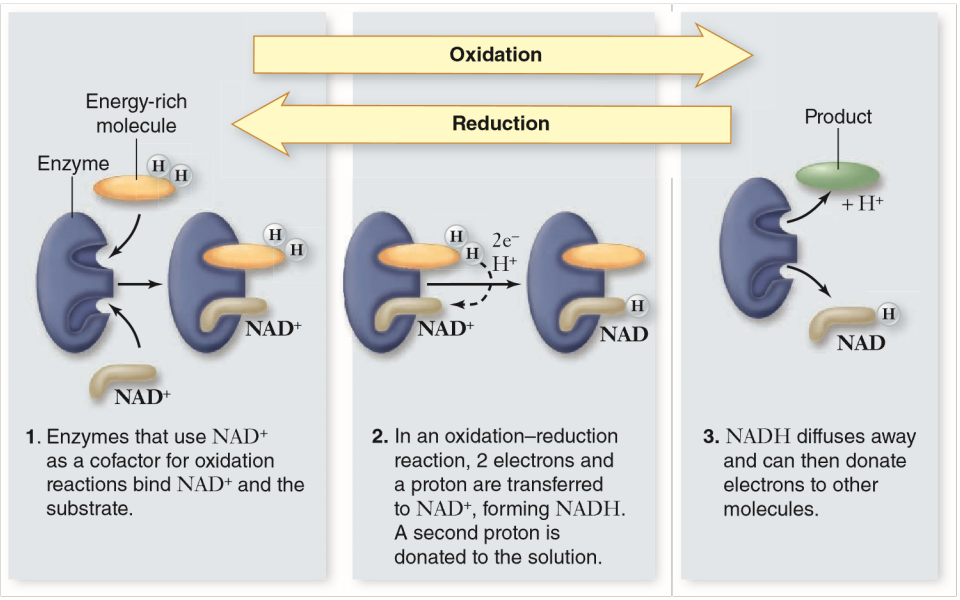

Figure 7.1 Oxidation–reduction reactions often employ cofactors. Cells use a chemical cofactor called nicotinamide adenosine dinucleotide (NAD^+) to carry out many oxidation–reduction reactions. Two electrons and a proton are transferred to NAD^+ with another proton donated to the solution. Molecules that gain electrons are said to be reduced, and ones that lose energetic electrons are said to be oxidized. NAD^+ oxidizes energy-rich molecules by acquiring their electrons (in the figure, this proceeds 1 ⟶ 2 ⟶ 3) and then reduces other molecules by giving the electrons to them (in the figure, this proceeds 3 ⟶ 2 ⟶ 1). NADH is the reduced form of NAD^+.

In the overall process of cellular energy harvest dozens of redox reactions take place, and a number of molecules, including NAD^+, act as electron acceptors. During each transfer of electrons energy is released. This energy may be captured and used to make ATP or to form other chemical bonds; the rest is lost as heat.

At the end of this process, high-energy electrons from the initial chemical bonds have lost much of their energy, and these depleted electrons are transferred to a final electron acceptor (figure 7.2). When this acceptor is oxygen, the process is called **aerobic respiration.** When the final electron acceptor is an inorganic molecule other than oxygen, the process is called **anaerobic respiration,** and when it is an organic molecule, the process is called **fermentation.**

"Burning" carbohydrates

Chemically, there is little difference between the catabolism of carbohydrates in a cell and the burning of wood in a fireplace. In both instances, the reactants are carbohydrates and oxygen, and the products are carbon dioxide, water, and energy:

$$\underset{\text{glucose}}{C_6H_{12}O_6} + \underset{\text{oxygen}}{6O_2} \longrightarrow \underset{\text{carbon dioxide}}{6CO_2} + \underset{\text{water}}{6H_2O} + \text{energy (heat and ATP)}$$

The change in free energy in this reaction is –686 kcal/mol (or –2870 kJ/mol) under standard conditions (that is, at room temperature, 1 atm pressure, and so forth). In the conditions that exist inside a cell, the energy released can be as high as –720 kcal/mol (–3012 kJ/mol) of glucose. This means that under actual cellular conditions, more energy is released than under standard conditions.

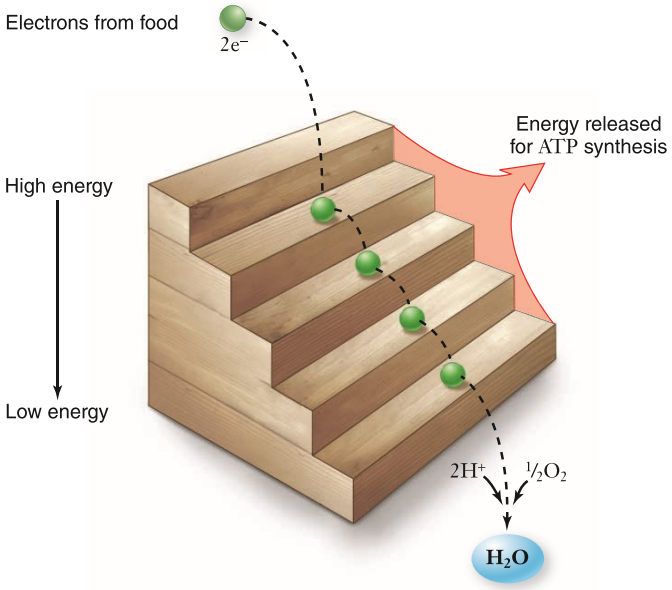

Figure 7.2 How electron transport works. This diagram shows how ATP is generated when electrons transfer from one energy level to another. Rather than releasing a single explosive burst of energy, electrons "fall" to lower and lower energy levels in steps, releasing stored energy with each fall as they tumble to the lowest (most electronegative) electron acceptor, O_2.

The same amount of energy is released whether glucose is catabolized or burned, but when it is burned, most of the energy is released as heat. Cells harvest useful energy from the catabolism of glucose by using a portion of the energy to drive the production of ATP.

Electron carriers play a critical role in energy metabolism

During respiration, glucose is oxidized to CO_2. If the electrons were given directly to O_2, the reaction would be combustion, and cells would burst into flames. Instead, as you have just seen, the cell transfers the electrons to intermediate electron carriers, then eventually to O_2.

Many forms of electron carriers are used in this process: (1) soluble carriers that move electrons from one molecule to another, (2) membrane-bound carriers that form a redox chain, and (3) carriers that move within the membrane. The common feature of all of these carriers is that they can be reversibly oxidized and reduced. Some of these carriers, such as the iron-containing cytochromes, can carry just electrons, and some carry both electrons and protons.

NAD^+ is one of the most important electron (and proton) carriers. As shown on the left in figure 7.3, the NAD^+ molecule is composed of two nucleotides bound together. The two nucleotides that make up NAD^+, nicotinamide monophosphate (NMP) and adenosine monophosphate (AMP), are joined head-to-head by their phosphate groups. The two nucleotides serve different functions in the NAD^+ molecule: AMP acts as the core, providing a shape recognized by many enzymes; NMP is the active part of the molecule, because it is readily reduced—that is, it easily accepts electrons.

When NAD^+ acquires two electrons and a proton from the active site of an enzyme, it is reduced to NADH, shown on the right in figure 7.3. The NADH molecule now carries the two energetic electrons and can supply them to other molecules and reduce them.

This ability to supply high-energy electrons is critical to both energy metabolism and to the biosynthesis of many organic molecules, including fats and sugars. In animals, when ATP is plentiful, the reducing power of the accumulated NADH is diverted to supplying fatty acid precursors with high-energy electrons, reducing them to form fats and storing the energy of the electrons.

Respiration harvests energy in stages

It is generally true that the larger the release of energy in any single step, the more of that energy is released as heat, and the less is available to be channeled into more useful paths. In the combustion of gasoline, the same amount of energy is released whether all of the gasoline in a car's gas tank explodes at once, or burns in a series of very small explosions inside the cylinders. By releasing the energy in gasoline a little at a time, the harvesting efficiency is greater, and more of the energy can be used to push the pistons and move the car.

The same principle applies to the oxidation of glucose inside a cell. If all of the electrons were transferred to oxygen in one explosive step, releasing all of the free energy at once, the cell would recover very little of that energy in a useful form. Instead, cells burn their fuel much as a car does, a little at a time.

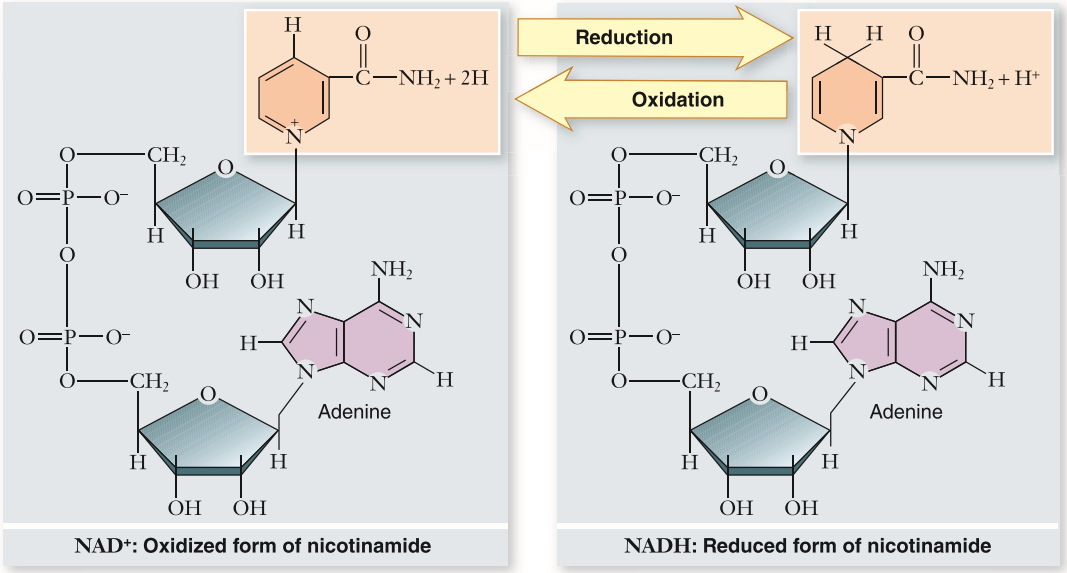

Figure 7.3 NAD+ and NADH. This dinucleotide serves as an "electron shuttle" during cellular respiration. NAD^+ accepts a pair of electrons and a proton from catabolized macromolecules and is reduced to NADH.

The electrons in the C—H bonds of glucose are stripped off in stages in the series of enzyme-catalyzed reactions collectively referred to as glycolysis and the Krebs cycle. The electrons are removed by transferring them to NAD^+, as described earlier, or to other electron carriers.

The energy released by all of these oxidation reactions is also not all released at once (see figure 7.2). The electrons are passed to another set of electron carriers called the **electron transport chain,** which is located in the mitochondrial inner membrane. Movement of electrons through this chain produces potential energy in the form of an electrochemical gradient. We examine this process in more detail later in section 7.5.

ATP plays a central role in metabolism

Chapter 6 introduced ATP as the energy currency of the cell. Cells use ATP to power most of those activities that require work—one of the most obvious of which is movement. Tiny fibers within muscle cells pull against one another when muscles contract. Mitochondria can move a meter or more along the narrow nerve cells that extend from your spine to your feet. Chromosomes are pulled apart by microtubules during cell division. All of these movements require the expenditure of energy by ATP hydrolysis. Cells also use ATP to drive endergonic reactions that would otherwise not occur spontaneously (see chapter 6).

How does ATP drive an endergonic reaction? The enzyme that catalyzes a particular reaction has two binding sites on its surface: one for the reactant and another for ATP. The ATP site hydrolyzes the terminal phosphate of ATP, releasing over 7 kcal ($\Delta G = -7.3$ kcal/mol) of energy. This provides the energy absorbed by the endergonic reaction. Thus endergonic reactions coupled to ATP hydrolysis become favorable.

The many steps of cellular respiration have as their ultimate goal the production of ATP. ATP synthesis is itself an endergonic reaction, which uses energy from the exergonic reactions of cellular respiration.

Cells make ATP by two fundamentally different mechanisms

The synthesis of ATP can be accomplished by two distinct mechanisms: one that involves chemical coupling with an intermediate bound to phosphate, and another that relies on an electrochemical gradient of protons for the potential energy to phosphorylate ADP.

1. In *substrate-level phosphorylation,* ATP is formed by transferring a phosphate group directly to ADP from a phosphate-bearing intermediate, or substrate (figure 7.4). During **glycolysis,** the initial breakdown of glucose (see section 7.2), the chemical bonds of glucose are shifted

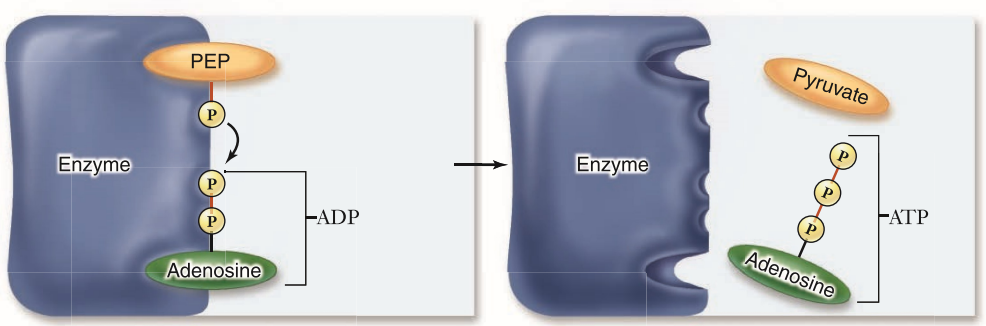

Figure 7.4 Substrate-level phosphorylation. Some molecules, such as phosphoenolpyruvate (PEP), possess a high-energy phosphate (P) bond similar to the bonds in ATP. When PEP's phosphate group is transferred enzymatically to ADP, the energy in the bond is conserved, and ATP is created.