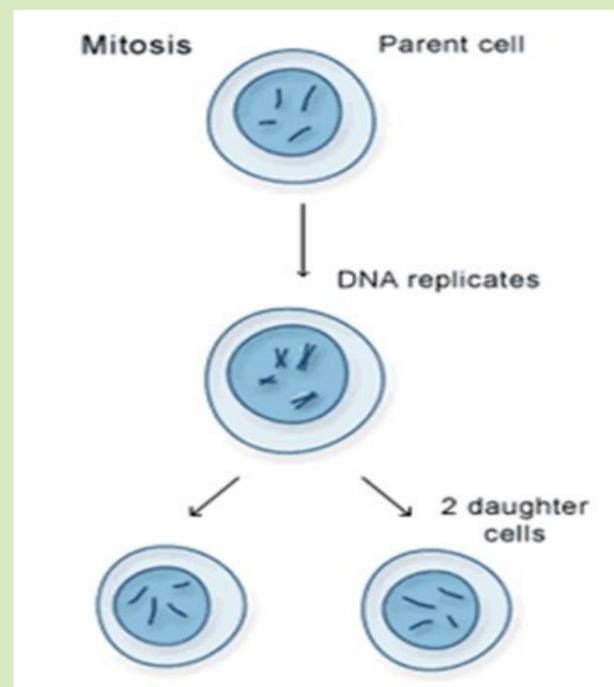


Key word	Definition
Diffusion	The net (overall) movement of particles from a region of high concentration to a region of low concentration., down a concentration gradient. This is a passive process (no energy is required).
Osmosis	The movement of water molecules from an area of high water potential to a lower water potential (down a water potential gradient) across a selectively permeable membrane.
Active transport	Movement of substances from an area of low concentration to high concentration, against the concentration gradient, energy (ATP) is required.
Water potential	The concentration of free water molecules is known as water potential.
Cell differentiation	When cells become specialised to perform a particular job.
Stem cells	Cells that are undifferentiated.

Stem cells		
Stem Cell	Location	Division
Embryonic	Embryos	Can differentiate into any type of cell (multipotent.)
Adult	Various body tissues (e.g. bone marrow, brain, skin)	Can only differentiate into one type of cell e.g. stems cells in the skin can only form new skin cells

Stem cells (plants)
 Found in meristem tissue located in roots and shoots.

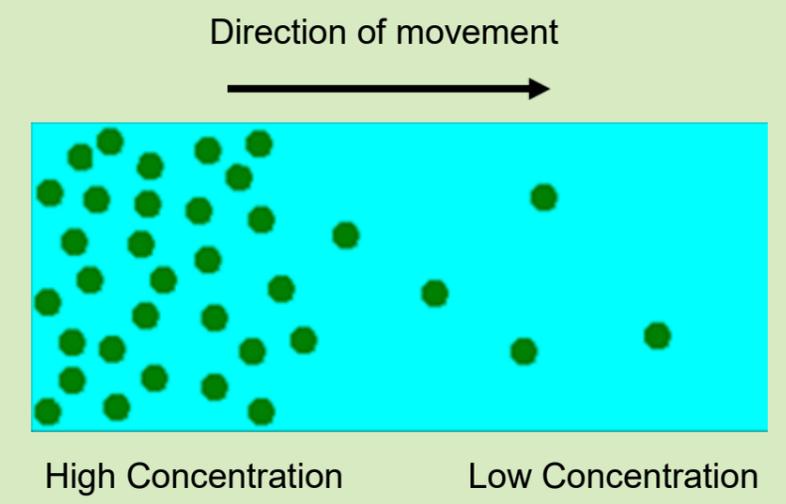
Mitosis
 Mitosis is a process of **cell division**.
 Each cell divides to produce two **genetically identical daughter cells (clones)**.
 Mitosis is used to **replace** worn out cells, **repair** damaged tissue and enables organisms to **grow**.



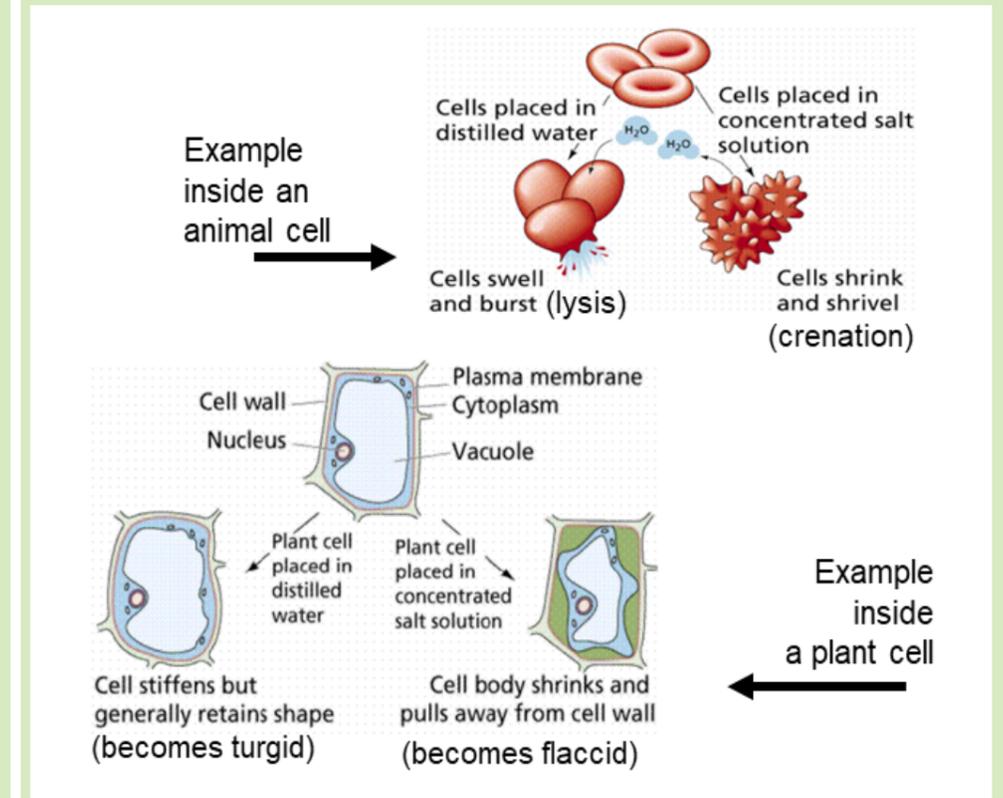
Diffusion

Diffusion - Factors that can increase the rate of diffusion

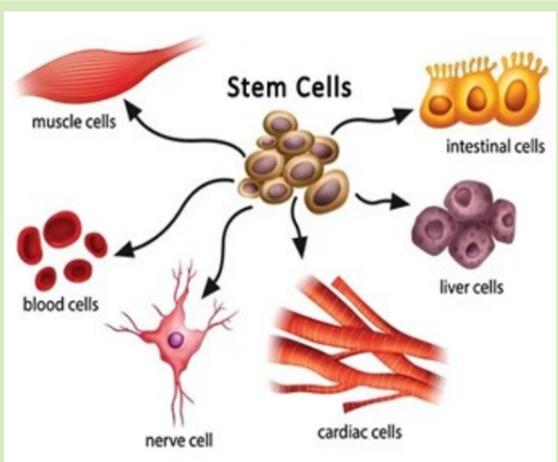
- Decrease the diffusion distance.
- Increase the concentration gradient.
- Increase the surface area.



Osmosis



Cell differentiation
 When cells become specialised to perform a job.



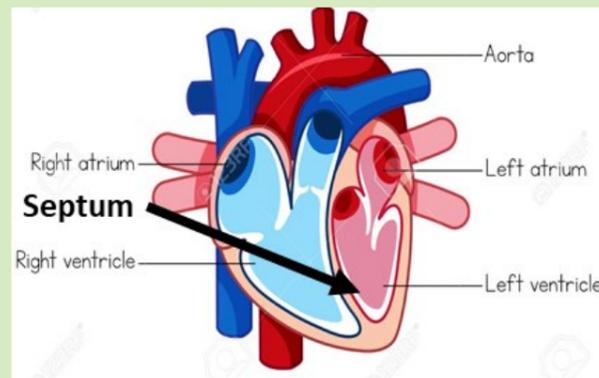
Here are some examples of cells.

Key word	Definition
Surface area to volume ratio	The surface area per unit volume of an object. It is calculated as a ratio.
Translocation	The movement of dissolved sugars in plants from the leaves to other parts of the plant.
Transpiration	The loss of water from a plant's leaves via evaporation through the stomata.

The Heart

There is a difference in the thickness of the two ventricular walls. **The left ventricle has a thicker wall** due to the fact that it needs to generate more force to pump the blood at a **higher pressure a further distance around the body.**

The **septum** separates **oxygenated** from **deoxygenated** blood so they don't mix and lead to **less oxygen** in the blood.

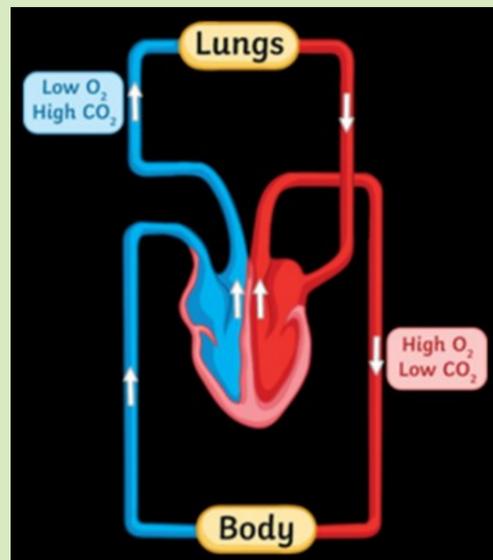


Double circulatory system

The majority of mammals (including humans) have a **double circulatory system.**

This means we have two loops in our body in which blood circulates. One loop to the lungs, one loop to the body.

This allows blood (and therefore oxygen) to travel around the body at a higher pressure and speed.

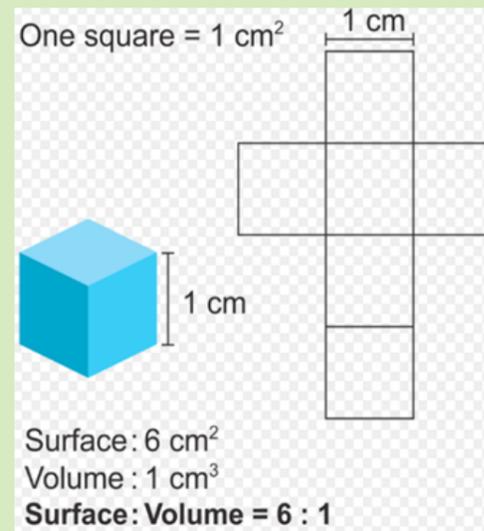


Surface area to volume ratio

We can see the cube has 6 sides.

For the volume we multiply length x width x height = $1 \times 1 \times 1 = 1\text{cm}^3$.

For area, 1×1 but there are 6 sides so we multiply $(1 \times 1) \times 6 = 6\text{cm}^2$



Blood Vessels

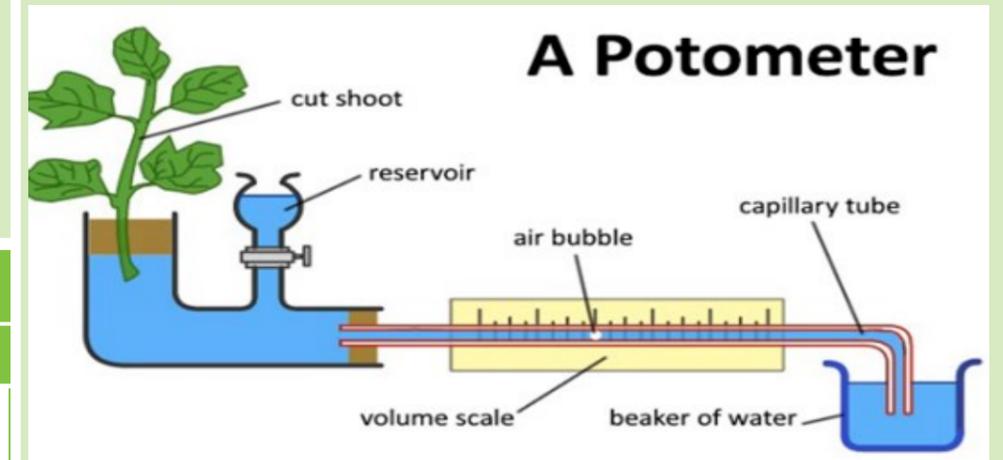
Vessel	Properties	Function	Diagram
Artery	Thick muscular wall. Narrow lumen.	Carry blood away from the heart at a high pressure.	
Vein	Thin walls. Large lumen. Contain valves to prevent backflow of blood.	Carry blood towards the heart at a low pressure.	
Capillary	Walls are one cell thick to support diffusion.	Connect arteries and veins. Allow transport of substances in and out of blood.	

Transpiration

A **potometer** is a device used for measuring the rate of transpiration from a leafy plant shoot.

Factors that affect transpiration

- Light intensity
- Temperature
- Air movement (wind)
- Humidity



Blood

Component	Properties	Function	Diagram
Red Blood Cell	Biconcave shape, flexible, no nucleus, contain haemoglobin.	Transport of oxygen.	
White Blood Cell	Large, multi-lobed nucleus.	Defence against pathogens.	
Platelet	Small fragments of cells.	Responsible for blood clotting.	
Plasma	Liquid (90% water).	Carry blood cells and dissolved nutrients.	

Key word	Definition
Scalar	A physical quantity that only has magnitude (size) e.g. speed or distance.
Vector	A physical quantity that has magnitude and direction e.g. velocity or displacement.
Acceleration	The rate of change of velocity. $Acceleration = \frac{\text{change of velocity}}{\text{time taken}}$ OR $v^2 - u^2 = 2as$ Where: v is final velocity (m/s) u is starting velocity (m/s) a is acceleration (m/s ²) s is displacement (m)
Speed	Distance travelled per unit time. $speed (m/s) = \frac{distance (m)}{time (s)}$
Displacement	Distance travelled in a certain direction.
Terminal velocity	When an object has reached optimum velocity due to the weight of an object being equal to the air resistance acting on it.
Resultant force	The overall force acting on an object due to the effect of the other forces acting on that object.
Work done	A measure of the energy transferred. The unit of measure is a Joule (J) or a newton-metre (Nm). $work\ done = force \times distance$
Power	A measure of the rate of energy transfer. The unit of measure is Watts (W). $power = \frac{energy\ transferred (J)}{time\ taken (s)}$
Newton's first law	An object will remain at rest or moving at a constant velocity unless acted on by an external force.
Newton's second law	The acceleration of an object is proportional to the force applied. $force = mass \times acceleration$
Newton's third law	When two objects interact, they exert equal and opposite forces on one another.
Inertia	A measure of how difficult it is to change the velocity of an object. The greater the mass, the greater the inertia.
Momentum	A quantity that depends on mass and velocity. $momentum (kgm/s) = mass (kg) \times velocity (m/s)$

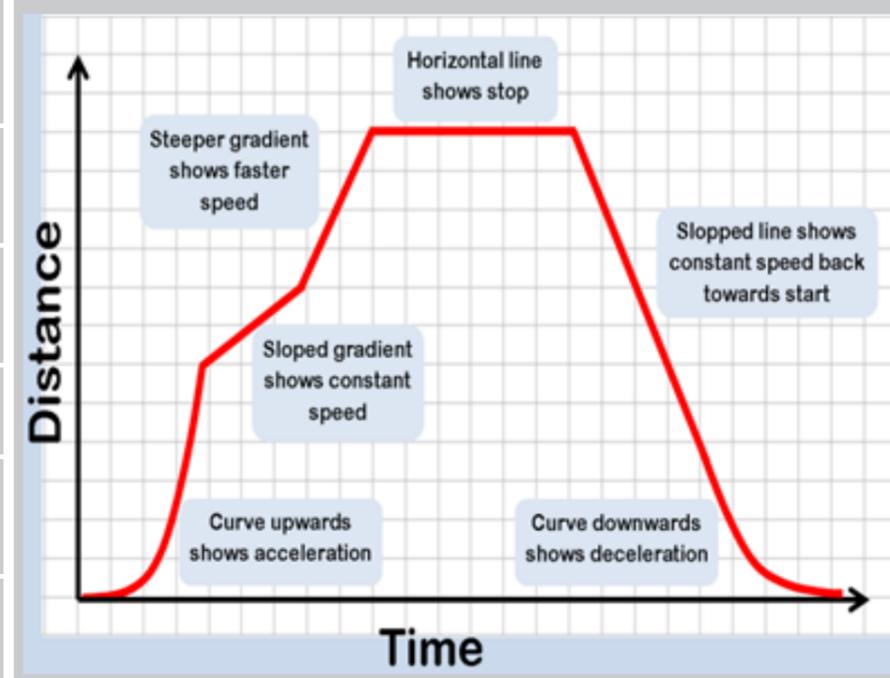
Weight	The force that an object exerts due to its mass and the gravitational field. $weight (N) = mass (kg) \times gravity (N/kg)$
Hooke's law	The strain on an object is proportional to the stress applied within the elastic limit. $force = spring\ constant \times extension$
Work done (by an elastic material)	A measure of the energy stored in an elastic object when it is stretched. $energy = 0.5 \times spring\ constant \times extension^2$
Gravitational potential energy	The energy stored by an object depends on its position above the earth's surface. $GPE = mass \times height \times gravitational\ field\ strength$

Distance-time Graphs

The gradient of the line is the speed of the object. The steeper the line the higher the speed.

To determine the speed at a particular point during acceleration a tangent to the curve must be drawn and the gradient determined.

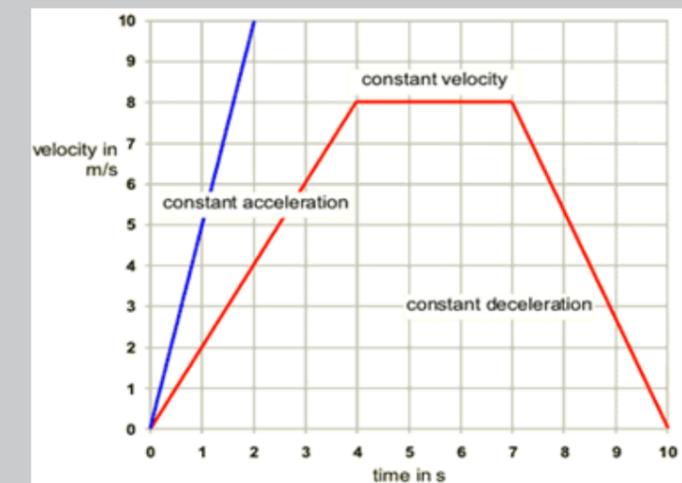
$$gradient = \frac{\text{change in } y}{\text{change in } x}$$



Velocity-time graphs (uniform motion)

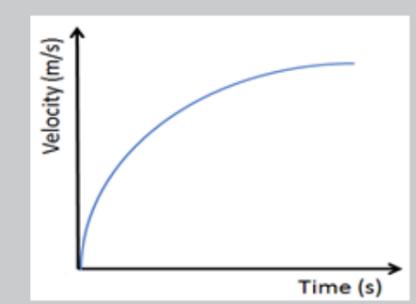
The gradient of the graph is used to determine acceleration. The steeper the gradient the greater the acceleration.

The distance travelled can be determined by calculating the area under the graph.

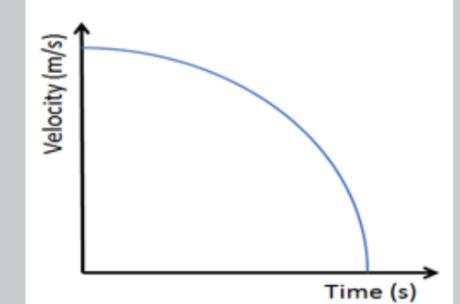


Velocity-time Graphs (non-uniform motion)

To determine the acceleration at a particular point a tangent must be drawn and the gradient of the tangent determined.



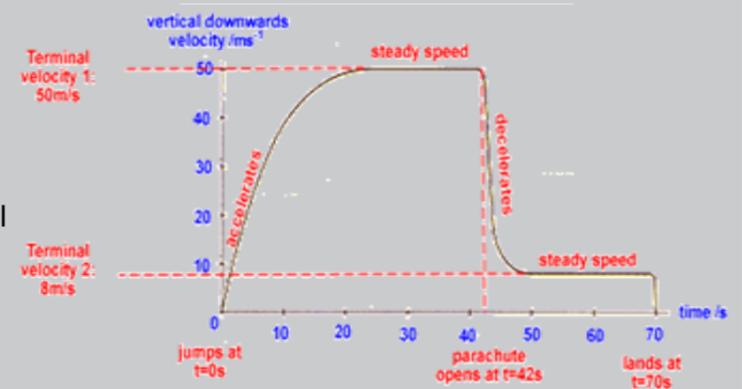
Non-uniform acceleration



Non-uniform deceleration

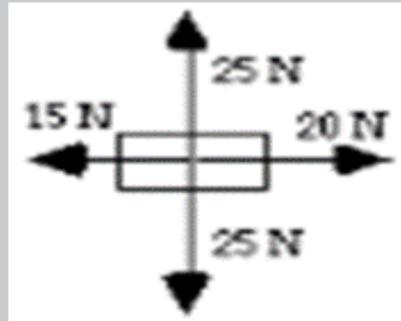
Terminal Velocity

The bigger the surface area, the less time the object will accelerate so the lower the terminal velocity reached.



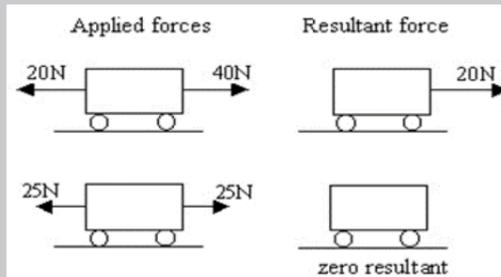
Force Diagrams

Forces are vectors because they have magnitude and direction. They are therefore represented with an arrow. The longer the arrow the larger the force.



Resultant Forces

The resultant force is the overall force acting on an object.

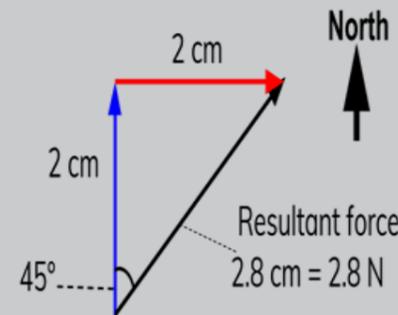


HIGHER TIER

Resultant Force

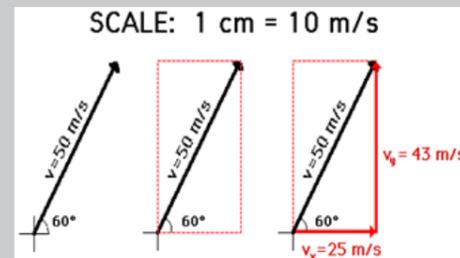
To calculate the resultant force of two perpendicular vectors:

- Draw the two vector tip-to-tail
- Add the resultant from the tail of the first arrow to the tip of the last
- Measure the length of the resultant
- Use the scale factor to find magnitude



Resolving Vectors

One vector can also be broken into the perpendicular components that combine to form it. This is also achieved with a scale diagram.

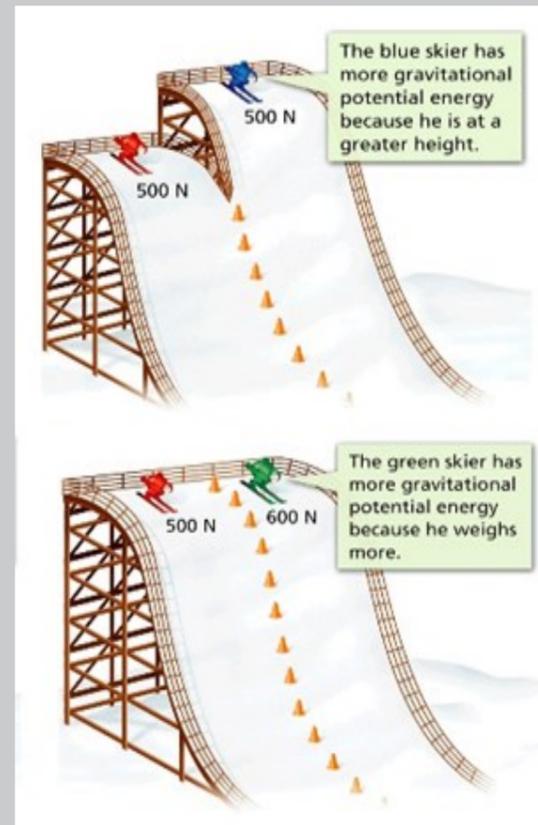


Gravitational Potential Energy

The gravitational field strength is the measure of the force on a 1kg mass when it is in a gravitational field of a planet.

The larger the mass of the planet the greater the gravitational field strength.

Gravitational field strength on earth is 10N/kg.



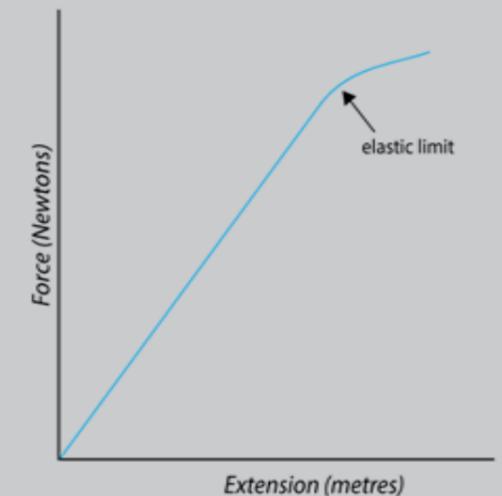
Hooke's Law

The extension of a spring is **proportional** to the force applied. If the force is doubled then the extension of the spring will also double.

The spring constant tells you how stiff a spring is, the greater the spring constant the more difficult it is to stretch.

Hooke's law is only obeyed for the linear region of the graph, this is where elastic deformation occurs. When the graph begins to curve it is when the elastic limit has been exceeded. Beyond this point the material undergoes plastic deformation.

When plotting a force extension graph the Force is on the y-axis and the extension is on the x axis. The **gradient** of the graph is equal to the spring constant. The steeper the gradient, the stiffer the spring: this means more force is required to cause the spring to extend.



To stretch, bend or compress an object two forces need to be applied. If when the forces are removed the object returns to its original shape the object has undergone **elastic deformation**. **Plastic deformation** has occurred if when the forces are removed the object no longer returns to its original shape. The object has been permanently changed.

HIGHER TIER-Momentum

Momentum is a quantity that depends on mass and velocity. The units of measure are kgm/s.

$$\text{momentum} = \text{mass} \times \text{velocity}$$

During collisions momentum is conserved. The total momentum before the collision is equal to the total momentum after.

In an **elastic collision** the total kinetic energy (KE) before is the same as the total KE after the collision.

In an **inelastic collision** some of the initial KE is transferred to other forms such as thermal energy.

Practical

The equipment required is shown in the diagram.

The extension should be measured 3 times and an average should be taken to ensure that any anomalous results can be identified.

To improve the precision of the results a set square can be used to ensure the ruler is at 90°.

You should also make sure the zero on the ruler is at the end of the spring.

