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Aerobic respiration is an enzymatically controlled release of energy in a stepwise catabolic process of complete oxidation of organic food into carbon dioxide and water with oxygen acting as terminal oxidant. The common mechanism of aerobic respiration is also called common pathway because its first step, called glycolysis, is common to both aerobic and anaerobic modes of respiration. The common aerobic respiration consists of three steps—glycolysis, Krebs cycle and terminal oxidation