

The Cell Cycle and Mitosis

- Process of cell growth and division



Mitosis:

- 1. Interphase**
 - a. Cell prepares to divide (DNA and organelles are **replicated**, and **ATP** content is increased)
- 2. Prophase**
 - a. Chromosomes **condense** and centrioles move to opposite ends of the cell forming a **spindle**
 - b. Nuclear envelope breaks down and chromosomes are **free in the cytoplasm**
- 3. Metaphase**
 - a. Chromosomes **line up** along the spindle where they attach themselves by their centromere
 - b. **CHECKPOINT**: cell checks that all the chromosomes are attached to the spindle
- 4. Anaphase**
 - a. Centromeres divide, separating each pair of sister chromatids
 - b. Spindles **contract**, pulling the centromeres to opposite ends of the cell
- 5. Telophase**
 - a. Chromatids reach opposite poles of the spindle, uncoiling to become chromosomes again
 - b. Nuclear envelopes form around each group of chromosomes to form two nuclei
- 6. Cytokinesis (separate process to mitosis)**
 - a. Begins in anaphase and ends in telophase
 - b. Cytoplasm divides
 - c. Cleavage furrow forms to divide the cell membrane



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