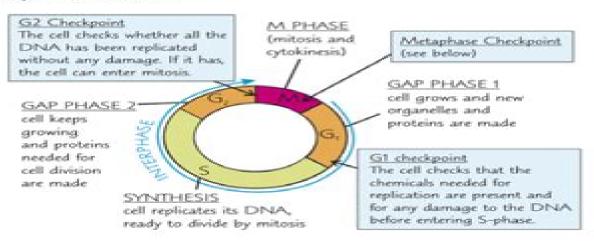
The Cell Cycle and Mitosis

Process of cell growth and division



Mitosis:

- Interphase
 - 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
 - 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
- Telophase
 - a. Chromatids reach opposite poles of the spindle, uncoiling to become chromosomes again
 - 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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