

Source: [KBhBIO101CellMembranes](#)

# 1 | Cell Membrane Protean Transports

## 1.1 | Simple Diffusion

Due to the wonderful nature of **ENTROPY!!!**, things just tend to spread out from high to low concentrations.

## 1.2 | Passive diffusion

- **Passive... Passive Diffusion:** Non-Polar things simply “fall in” in the direction of chemical gradient
- **Facilitated Diffusion:** polar molecules selectively get through protean channels
- **Osmosis:** facilitated diffusion of water through a membrane

## 1.3 | Active diffusion

- **Active transport:** ATP shepherds elements in
- **Bulk transport**
  - Large item transport across the plasma membrane
  - Transport vesicles break off membrane to receive elements, recycled back later
  - Exocytosis and Endocytosis