

# Biophysics

*A Self Instruction Manual*

*Compiled & Edited by:*  
**Erlina binti Abdullah**



Published by:

**Lincoln University College**

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## ***Preface***

Biophysics is an interdisciplinary field that applies the principles of physics and chemistry to understand biological systems. It explores the physical mechanisms behind complex life processes at molecular and organismal levels, providing key insights into how living organisms function and maintain themselves. Energetics of a Living Body and Thermodynamics of Living Systems examine how living organisms manage energy and adhere to the laws of thermodynamics, balancing order and disorder in biological reactions. Nature of Chemical Bonds focuses on the molecular interactions essential for life, such as ionic, covalent, and hydrogen bonds, explaining how biomolecules maintain stability and function. Protein Folding investigates how proteins adopt specific three-dimensional shapes crucial to their function, with implications for diseases caused by protein misfolding. Protein Function explores how proteins perform diverse tasks in cells, from catalysis and transport to signaling, linking their structure to their roles in health and disease. Absorption Spectroscopy helps identify molecular compositions by studying how biological molecules interact with light, offering real-time insights into biomolecular structures. Photosynthesis is studied to understand how organisms convert sunlight into chemical energy, exploring the molecular machinery responsible for this vital process. Separation Techniques such as Chromatography and Centrifugation are used to isolate and analyze biological molecules, facilitating research on cellular components and biochemical processes. Together, these topics form the foundation of biophysics, providing a deeper understanding of life's molecular processes and enabling advancements in medicine, biotechnology, and environmental science.

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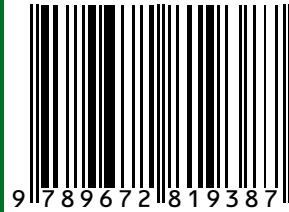
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