

Discussion

The cost of using the computer in this example is neither exorbitant nor negligible. It is clear that the cost is a combination of power and time. When both are high, such as for an air conditioner in the summer, the cost is high.

The motivation to save energy has become more compelling with its ever-increasing price. Armed with the knowledge that energy consumed is the product of power and time, you can estimate costs for yourself and make the necessary value judgments about where to save energy. Either power or time must be reduced. It is most cost-effective to limit the use of high-power devices that normally operate for long periods of time, such as water heaters and air conditioners. This would not include relatively high power devices like toasters, because they are on only a few minutes per day. It would also not include electric clocks, in spite of their 24-hour-per-day usage, because they are very low power devices. It is sometimes possible to use devices that have greater efficiencies—that is, devices that consume less power to accomplish the same task. One example is the compact fluorescent light bulb, which produces over four times more light per watt of power consumed than its incandescent cousin.

Modern civilization depends on energy, but current levels of energy consumption and production are not sustainable. The likelihood of a link between global warming and fossil fuel use (with its concomitant production of carbon dioxide), has made reduction in energy use as well as a shift to non-fossil fuels of the utmost importance. Even though energy in an isolated system is a conserved quantity, the final result of most energy transformations is waste heat transfer to the environment, which is no longer useful for doing work. As we will discuss in more detail in [Thermodynamics](#), the potential for energy to produce useful work has been “degraded” in the energy transformation.

7.8 Work, Energy, and Power in Humans

Energy Conversion in Humans

Our own bodies, like all living organisms, are energy conversion machines. Conservation of energy implies that the chemical energy stored in food is converted into work, thermal energy, and/or stored as chemical energy in fatty tissue. (See [Figure 7.25](#).) The fraction going into each form depends both on how much we eat and on our level of physical activity. If we eat more than is needed to do work and stay warm, the remainder goes into body fat.

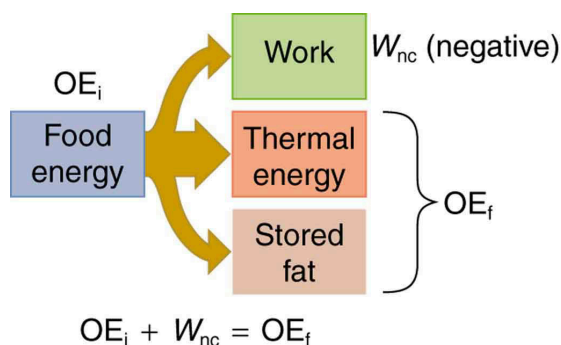


Figure 7.25 Energy consumed by humans is converted to work, thermal energy, and stored fat. By far the largest fraction goes to thermal energy, although the fraction varies depending on the type of physical activity.

Power Consumed at Rest

The *rate* at which the body uses food energy to sustain life and to do different activities is called the **metabolic rate**. The total energy conversion rate of a person *at rest* is called the **basal metabolic rate** (BMR) and is divided among various systems in the body, as shown in [Table 7.4](#). The largest fraction goes to the liver and spleen, with the brain coming next. Of course, during vigorous exercise, the energy consumption of the skeletal muscles and heart increase markedly. About 75% of the calories burned in a day go into these basic functions. The BMR is a function of age, gender, total body weight, and amount of muscle mass (which burns more calories than body fat). Athletes have a greater BMR due to this last factor.

Organ	Power consumed at rest (W)	Oxygen consumption (mL/min)	Percent of BMR
Liver & spleen	23	67	27
Brain	16	47	19
Skeletal muscle	15	45	18
Kidney	9	26	10
Heart	6	17	7
Other	16	48	19
Totals	85 W	250 mL/min	100%

Table 7.4 Basal Metabolic Rates (BMR)

Energy consumption is directly proportional to oxygen consumption because the digestive process is basically one of oxidizing food. We can measure the energy people use during various activities by measuring their oxygen use. (See [Figure 7.26](#).) Approximately 20 kJ of energy are produced for each liter of oxygen consumed, independent of the type of food. [Table 7.5](#) shows energy and oxygen consumption rates (power expended) for a variety of activities.

Power of Doing Useful Work

Work done by a person is sometimes called **useful work**, which is *work done on the outside world*, such as lifting weights. Useful work requires a force exerted through a distance on the outside world, and so it excludes internal work, such as that done by the heart when pumping blood. Useful work does include that done in climbing stairs or accelerating to a full run, because these are accomplished by exerting forces on the outside world. Forces exerted by the body are nonconservative, so that they can change the mechanical energy (KE + PE) of the system worked upon, and this is often the goal. A baseball player throwing a ball, for example, increases both the ball's kinetic and potential energy.

If a person needs more energy than they consume, such as when doing vigorous work, the body must draw upon the chemical energy stored in fat. So exercise can be helpful in losing fat. However, the amount of exercise needed to produce a loss in fat, or to burn off extra calories consumed that day, can be large, as [Example 7.13](#) illustrates.



EXAMPLE 7.13

Calculating Weight Loss from Exercising

If a person who normally requires an average of 12,000 kJ (3000 kcal) of food energy per day consumes 13,000 kJ per day, he will steadily gain weight. How much bicycling per day is required to work off this extra 1000 kJ?

Solution

[Table 7.5](#) states that 400 W are used when cycling at a moderate speed. The time required to work off 1000 kJ at this rate is then

$$\text{Time} = \frac{\text{energy}}{\left(\frac{\text{energy}}{\text{time}}\right)} = \frac{1000 \text{ kJ}}{400 \text{ W}} = 2500 \text{ s} = 42 \text{ min.}$$

7.75

Discussion

If this person uses more energy than he or she consumes, the person's body will obtain the needed energy by metabolizing body fat. If the person uses 13,000 kJ but consumes only 12,000 kJ, then the amount of fat loss will be

$$\text{Fat loss} = (1000 \text{ kJ}) \left(\frac{1.0 \text{ g fat}}{39 \text{ kJ}} \right) = 26 \text{ g,}$$

7.76

assuming the energy content of fat to be 39 kJ/g.

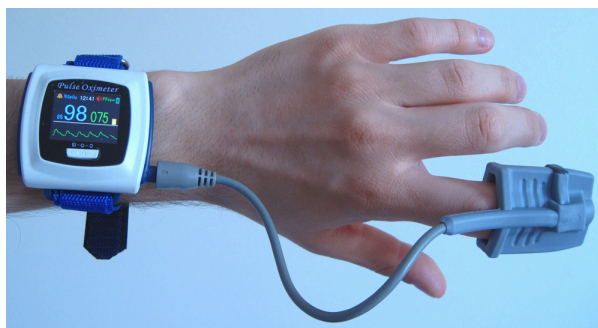


Figure 7.26 A pulse oximeter is an apparatus that measures the amount of oxygen in blood. A knowledge of oxygen and carbon dioxide levels indicates a person's metabolic rate, which is the rate at which food energy is converted to another form. Such measurements can indicate the level of athletic conditioning as well as certain medical problems. (credit: UusiAjaja, Wikimedia Commons)

Activity	Energy consumption in watts	Oxygen consumption in liters O ₂ /min
Sleeping	83	0.24
Sitting at rest	120	0.34
Standing relaxed	125	0.36
Sitting in class	210	0.60
Walking (5 km/h)	280	0.80
Cycling (13–18 km/h)	400	1.14
Shivering	425	1.21
Playing tennis	440	1.26
Swimming breaststroke	475	1.36
Ice skating (14.5 km/h)	545	1.56
Climbing stairs (116/min)	685	1.96
Cycling (21 km/h)	700	2.00
Running cross-country	740	2.12
Playing basketball	800	2.28
Cycling, professional racer	1855	5.30

Table 7.5 Energy and Oxygen Consumption Rates² (Power)

²for an average 76-kg male

Activity	Energy consumption in watts	Oxygen consumption in liters O ₂ /min
Sprinting	2415	6.90

Table 7.5 Energy and Oxygen Consumption Rates² (Power)

All bodily functions, from thinking to lifting weights, require energy. (See [Figure 7.27](#).) The many small muscle actions accompanying all quiet activity, from sleeping to head scratching, ultimately become thermal energy, as do less visible muscle actions by the heart, lungs, and digestive tract. Shivering, in fact, is an involuntary response to low body temperature that pits muscles against one another to produce thermal energy in the body (and do no work). The kidneys and liver consume a surprising amount of energy, but the biggest surprise of all is that a full 25% of all energy consumed by the body is used to maintain electrical potentials in all living cells. (Nerve cells use this electrical potential in nerve impulses.) This bioelectrical energy ultimately becomes mostly thermal energy, but some is utilized to power chemical processes such as in the kidneys and liver, and in fat production.

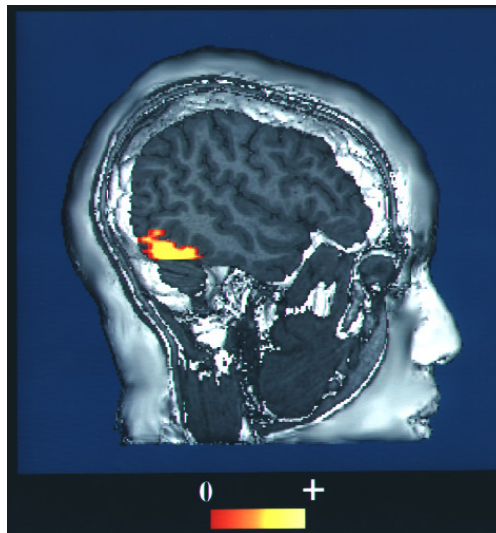


Figure 7.27 This fMRI scan shows an increased level of energy consumption in the vision center of the brain. Here, the patient was being asked to recognize faces. (credit: NIH via Wikimedia Commons)

7.9 World Energy Use

Energy is an important ingredient in all phases of society. We live in a very interdependent world, and access to adequate and reliable energy resources is crucial for economic growth and for maintaining the quality of our lives. But current levels of energy consumption and production are not sustainable. About 40% of the world's energy comes from oil, and much of that goes to transportation uses. Oil prices are dependent as much upon new (or foreseen) discoveries as they are upon political events and situations around the world. The U.S., with 4.5% of the world's population, consumes 24% of the world's oil production per year; 66% of that oil is imported!

Renewable and Nonrenewable Energy Sources

The principal energy resources used in the world are shown in [Figure 7.28](#). The fuel mix has changed over the years but now is dominated by oil, although natural gas and solar contributions are increasing. **Renewable forms of energy** are those sources that cannot be used up, such as water, wind, solar, and biomass. About 85% of our energy comes from nonrenewable **fossil fuels**—oil, natural gas, coal. The likelihood of a link between global warming and fossil fuel use, with its production of carbon dioxide through combustion, has made, in the eyes of many scientists, a shift to non-fossil fuels of utmost importance—but it will not be easy.