

KEY FACTS

- Diffusion: NET movement from HIGH to LOW concentration — passive
- Osmosis: NET movement of WATER through partially permeable membrane — high to low WP
- Active transport: LOW to HIGH concentration — requires ATP + carrier proteins

KEY TERMS

Osmosis	Net movement of WATER through partially permeable membrane
Active transport	Against concentration gradient — needs ATP
Water potential	Tendency of water to move — pure water = 0 kPa

■ EXAM TIP: Osmosis = WATER ONLY. Always include "partially permeable membrane" in osmosis definition.