

## Stages of Mitosis

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### *Interphase*

- a resting stage
- genetic material duplicated

### *Prophase*

- chromosomes shorten and thicken
- nuclear membrane dissolves

### *Metaphase*

- chromosomes line up along equator of the cell

### *Anaphase*

- Chromosome splits and each one begins to move to opposite sides of the cell

### *Telophase*

- chromosome copies move to opposite poles
- nuclear membrane redevelops

# Movies

## *Mitosis and Meiosis*

### *Mitosis Flash Animation*

<http://www.johnkyrk.com/mitosis.html>



## Attachments

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mitosis flash.exe

Mitosis\_and\_Meiosis.asf