

ABSTRACT

This application provides a transmission method and a transmission apparatus, so that a request message can be initiated when a target service arrives, thereby reducing overheads of reserving a resource in advance before the service arrives, and ensuring a transmission rate of the target service. The method includes: A terminal device sends a request message to an access network device, where the request message is used to request a processing capability for transmission of a target service; the terminal device receives a resource response message from the access network device, where the resource response message indicates second data volume information, and the second data volume information indicates a processing capability supported by the access network device for transmission of the target service within a first latency; and the terminal device sends data of the target service to the access network device based on the second data volume information.