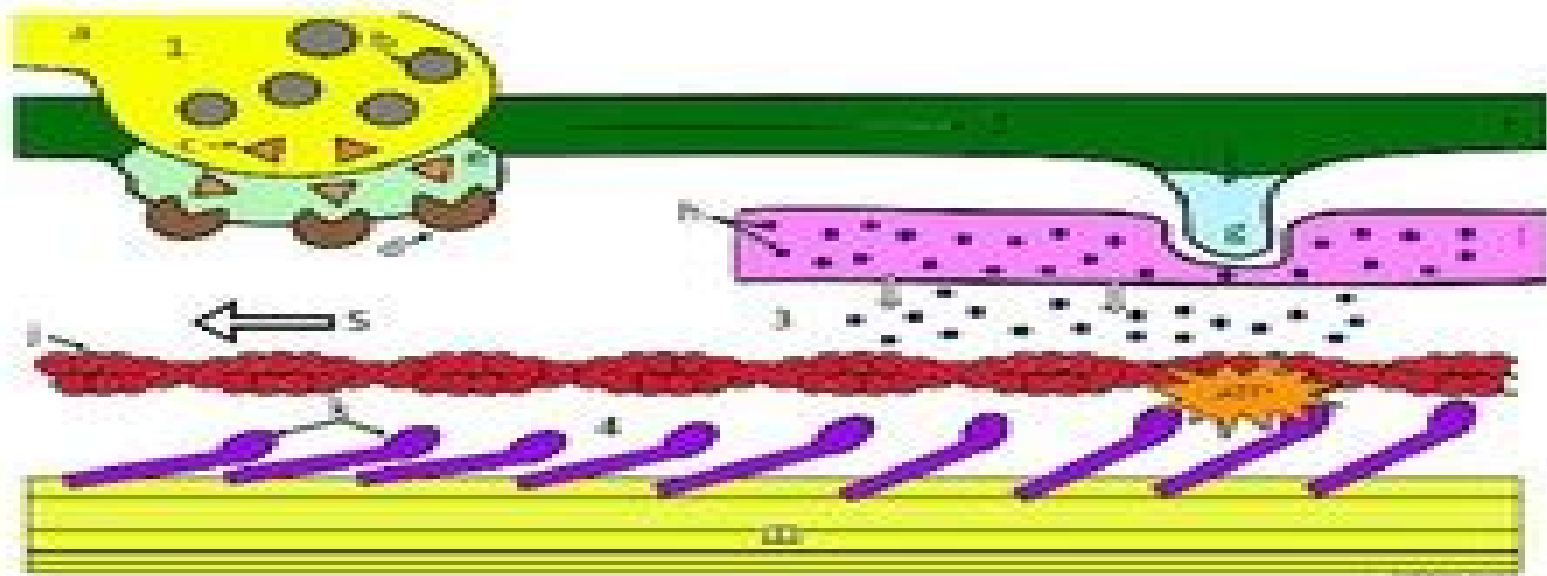


**Sliding Filament Theory** - The sliding filament theory explains muscle contraction based on how muscle fibers (actin and myosin) slide against each other to generate tension in the overall muscle.

**Questions:**

1. The motor unit consists of muscle fibers and a \_\_\_\_\_ motor neuron \_\_\_\_\_.
2. What neurotransmitter is needed to initiate a muscle contraction? acetylcholine \_\_\_\_\_.
3. What substance causes the actin to change shape? calcium \_\_\_\_\_.
4. How does myosin and actin interact with each other? cross-bridges \_\_\_\_\_.
5. What substance provides the energy for muscle contraction? ATP \_\_\_\_\_.
6. Where is calcium released from? sarcoplasmic reticulum \_\_\_\_\_.
7. What is the gap between the neuron and muscle fiber called? synapse or \_\_\_\_\_.
8. What are the two filaments found in muscle? actin and myosin \_\_\_\_\_.
9. Place the steps in order:
  - \_\_\_\_\_ 4 \_\_\_\_\_ Cross bridges form
  - \_\_\_\_\_ 1 \_\_\_\_\_ Signal travels down the motor neuron
  - \_\_\_\_\_ 2 \_\_\_\_\_ Calcium released from sarcoplasm
  - \_\_\_\_\_ 5 \_\_\_\_\_ ATP creates a power stroke, shortening actin filament
  - \_\_\_\_\_ 3 \_\_\_\_\_ Actin changes shape



# Sliding Filament Theory Worksheet Answers

**George Martin Thurston**



### **Sliding Filament Theory Worksheet Answers:**

**Instructors Resource Guide** Elaine N. Marieb, Barbara Stewart, 2001-11-02      **Considerations about a Theoretical Formalism for the Sliding Filament Theory of Muscle Contraction** George Martin Thurston, 1978 If a mass is suspended from a spring the spring will extend to a distance at which the force it exerts on the mass is equal in magnitude to the weight of the mass The spring exerts a force on the mass at this equilibrium position but after this position is reached and the mass is at rest the spring does no work on the mass in any subsequent time interval and no energy needs to be supplied to the spring to maintain it in this situation

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