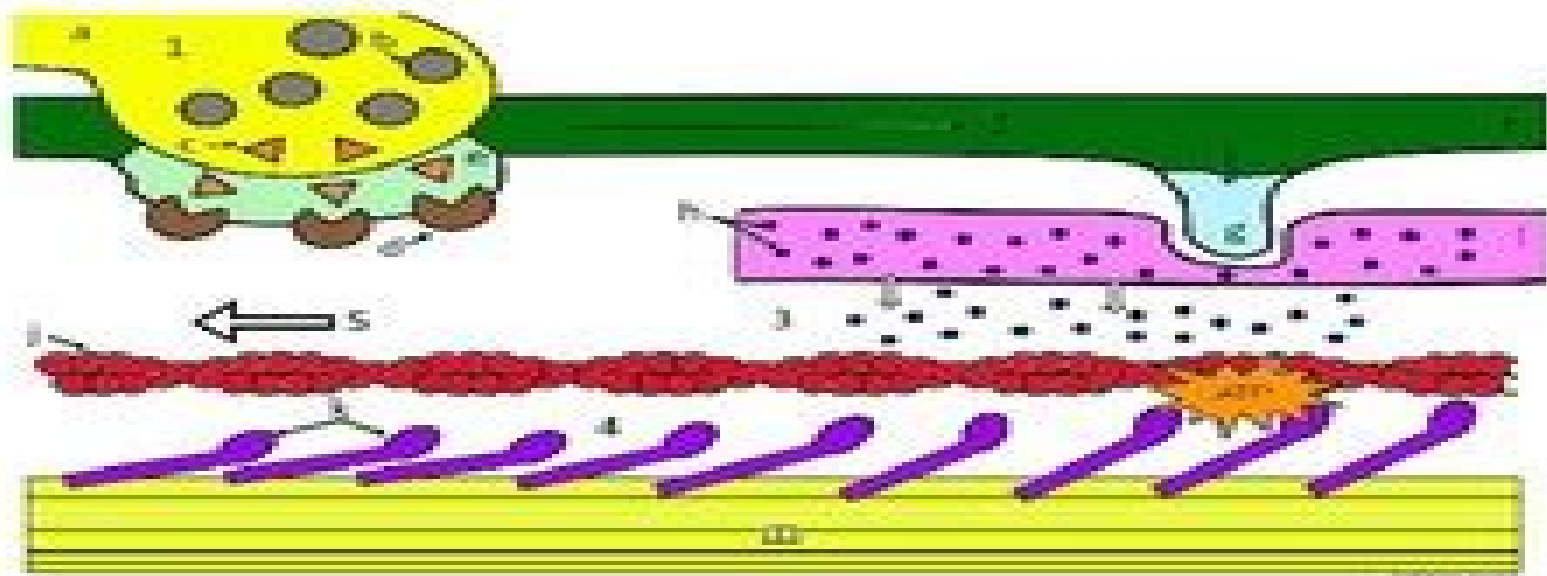


Sliding Filament Theory - The sliding filament theory explains muscle contraction based on how muscle fibers (actin and myosin) slide against each other to generate tension in the overall muscle.

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 muscles? _____ 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



The Muscular System Sliding Filament Theory

Worksheet Answers

M Mark



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