

## Muscle Contraction Instructor's Guide

Time to complete: approximately 45 minutes

### Prior Knowledge Needed

- Familiarity with the anatomy of a muscle from organ to sarcomere (Refer to Organization of Skeletal Muscle activity)

### Content Objectives

Students will be able to:

- Identify the anatomical structures of a sarcomere.
- Explain length relationships between relaxed and contracted sarcomeres.
- Describe the overlapping of myofilaments and develop working knowledge of the sliding filament theory.

### Process Objectives

- **Teamwork:** Students are directed to work together in items 4, 8, 9, and 19.

### Student Roles for Activity

- Manager
- Recorder
- Presenter
- Reader

### Notes to instructors

- Provide a measuring device (metric ruler) for measuring in Model 2.
- Instructors may need to provide additional guidance on how to draw the vertical lines in question 11.
- Instructors should advise the students to answer all questions using grammatically correct sentences.
- The **presenter** of each group should present subsets of their results to the class. (e.g. Group 1 presents the results of Model 1, Group 2 presents the results of Model 2, etc).

# Muscle Contraction Instructor S Guide Key

**F Rizvi**



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