**Activity: The Sliding Filament Theory**

1. Where does a contraction happen?
2. What is the protein that is involved in thin filaments?
3. What is the protein involved in thick filaments?
4. What protein is changing shape with the help of calcium?
5. What protein is changing shape with ATP?
6. What is a “power stroke”?
7. What protein is doing the pulling during contraction?
8. How does a muscle relax after a power stroke? Does it involve any molecules?