

**TABLE 2.5** Geometric features of helices and strands in proteins.

Element Type	Element	Handedness	$\phi, \psi$	Residues per turn	Rise per residue	Radius	H-Bonds
Helix	$\alpha$	Right	$-57^\circ, -47^\circ$	3.6	1.5 Å	2.3 Å	$i \rightarrow i + 4$
	3.10	Right	$-49^\circ, -26^\circ$	3.0	2.0 Å	1.9 Å	$i \rightarrow i + 3$
	$\pi$	Right	$-57^\circ, -70^\circ$	4.4	1.1 Å	2.8 Å	$i \rightarrow i + 5$
	PPII	Left	$-75^\circ, +145^\circ$	3.0	3.1 Å	1.4 Å	—
$\beta$ -strand	Parallel		$-119^\circ, +113^\circ$		3.4 Å		Inter-strand
	Antiparallel		$-139^\circ, +135^\circ$		3.2 Å		Inter-strand