fully extended (all-trans) conformation and increase for a clockwise rotation when viewed from Cα (Fig. 8-4).

There are several steric constraints on the torsion angles, φ and ψ, of a polypeptide backbone that limit its conformational range. The electronic structure of a single (σ) bond, such as a C—C bond, is cylindrically symmetrical.

~8 kJ/mol higher than trans