

**PEP 326L: Tentative Lecture Time Table of Course Topics, Labs and Tests**

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Assignment</b>
1	8/19	Overview & Introduction to Exercise Physiology	Text Introduction
	8/21	Structure & Function of Exercising Muscle	Chapter 1
	8/23	Structure & Function of Exercising Muscle	Chapter 1
2	8/26	Structure & Function of Exercising Muscle	Chapter 1
	8/28	Structure & Function of Exercising Muscle	Chapter 1
	8/30	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
3	<b>9/2</b>	<b>LABOR DAY</b>	
	9/4	Structure & Function of Exercising Muscle Neurological Control of Exercising Muscle	Chapter 1 Chapter 3
4	9/6	Neurological Control of Exercising Muscle	Chapter 3
	9/9	Neurological Control of Exercising Muscle	Chapter 3
	9/11	Neurological Control of Exercising Muscle Adaptations to Resistance Training	Chapter 3 Chapter 10
5	<b>9/13</b>	<b>Exam 1: Covers All Material Up to This Point</b>	
	9/16	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/18	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
6	9/20	Lab #1: Effect of Muscle Contraction on Balance	Handout
	9/23	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/25	Fuel for Exercise: Bioenergetics and Muscle Metab. <b>Lab Report #1 Due</b>	Chapter 2
7	9/27	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/30	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/2	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
8	10/4	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/7	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	<b>10/9</b>	<b>Exam 2: Covers All Material Up to This Point</b>	
9	<b>10/11</b>	<b>FALL BREAK</b>	
	10/14	Lab #2: VO2 Max Lab: Women	Handout
	10/16	Adaptations to Aerobic and Anaerobic Training	Chapter 11
10	10/18	Lab #2: VO2 Max Lab: Men	Handout
	10/21	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/23	Adaptations to Aerobic and Anaerobic Training <b>Lab Report #2 Due</b>	
11	10/25	Lab #3 Out of Class Project	
	10/28	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/30	Cardiorespiratory Responses to Acute Exercise <b>Lab Report #3 Due</b>	Chapter 8
12	11/1	Lab #4: Wingate Anaerobic Power Lab: Men (Report in class)	
	11/4	Lab #4: Wingate Anaerobic Power Lab: Women (Report in class)	
	11/6	Cardiorespiratory Responses to Acute Exercise	Chapter 8
13	11/8	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/11	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	<b>11/13</b>	<b>Exam 3. Covers All Material Up to This Point</b>	
14	11/15	The Respiratory System and Its Regulation	Chapter 7
	11/18	The Respiratory System and Its Regulation	Chapter 7
	11/20	The Respiratory System and Its Regulation	Chapter 7
15	11/22	The Respiratory System and Its Regulation	Chapter 7
	11/25	The Respiratory System and Its Regulation	Chapter 7
	11/27	Hormonal Control During Exercise	Chapter 4
16	<b>11/29</b>	<b>Thanksgiving Holiday</b>	
	12/2	Catch-Up Lecture and Special Topics	
	<b>12/4</b>	<b>Exam 4. Covers All Material Up to This Point</b>	
	12/6	Ergometry Calculations in Exercise Physiology	Lecture

**Final Exam Wed. December 11 (10:00 am - 12:00 pm)**