

PEP 326L: Fundamentals of Exercise Physiology
Tentative Course Topics, Labs and Exams Schedule Spring 2016

Week	Date	Topics	Assignment
1	1/18	Holiday: Martin Luther King-No Class Meeting	
	1/20	Overview & Introduction to Exercise Physiology	Text Introduction
	1/22	Introduction to Exercise Physiology	Text Introduction
2	1/25	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
	1/27	Structure & Function of Exercising Muscle	Chapter 1
	1/29	Structure & Function of Exercising Muscle	Chapter 1
3	2/1	Structure & Function of Exercising Muscle	Chapter 1
	2/3	Structure & Function of Exercising Muscle Neural Control of Exercising Muscle	Chapter 1 Chapter 3
	2/5	Neural Control of Exercising Muscle	Chapter 3
4	2/8	Neural Control of Exercising Muscle	Chapter 3
	2/10	Neural Control of Exercising Muscle	Chapter 3
	2/12	Exam 1: Covers All Material Up to This Point	
5	2/15	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Adaptations to Resistance Training (RT)	Chapter 2 Chapter 9
	2/17	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/19	<i>Exercise Physiology Lab #1 (Meet in Class)</i>	
6	2/22	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/24	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Lab Report #1 Due	Chapter 2
	2/26	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
7	2/29	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/2	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/4	<i>Exercise Physiology Lab #2 (Women: VO2 max Lab)</i>	B-59 Lab
8	3/7	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/9	<i>Exercise Physiology Lab #2 (Men: VO2 max Lab)</i>	B-59 Lab

	3/11	Exam 2: Covers All Material to This Point	
9		Spring Break Recess (3/14-3/18)	
10	3/21	Adaptations to Aerobic and Anaerobic Training <i>Lab Report #2 Due</i>	Chapter 11
	3/23	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/25	Adaptations to Aerobic and Anaerobic Training The Cardiovascular System and Its Control	Chapter 11 Chapter 6
11	3/28	The Cardiovascular System and Its Control	Chapter 6
	3/30	The Cardiovascular System and Its Control	Chapter 6
	4/1	Cardiorespiratory Responses to Acute Exercise	Chapter 8
12	4/4	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	4/6	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	4/8	Exam 3. Covers All Material Up to This Point	
13	4/11	The Respiratory System and Its Regulation	Chapter 7
	4/13	The Respiratory System and Its Regulation	Chapter 7
	4/15	<i>Exercise Physiology Lab #3 (Out of Class Lab)</i>	
14	4/18	The Respiratory System and Its Regulation	Chapter 7
	4/20	The Respiratory System and Its Regulation <i>Lab Report #3 Due</i>	Chapter 7
	4/22	The Respiratory System and Its Regulation	Chapter 7
15	4/25	Hormonal Control During Exercise	Chapter 4
	4/27	<i>Lab #4: Wingate Anaerobic Power Lab: Men (Complete report in class)</i>	
	4/29	<i>Lab #4: Wingate Anaerobic Power Lab: Women (Complete report in class)</i>	
16	5/2	Hormonal Control During Exercise	Chapter 4
	5/4	Ergometry Calculations	
	5/6	Exam 4: Covers All Material to This Point	

Final (Comprehensive) Material From Entire Semester: Date to be determined by Registrar