

**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	8/17	Overview & Introduction to Exercise Physiology	Text Introduction
	8/19	Structure & Function of Exercising Muscle	Chapter 1
	8/21	Structure & Function of Exercising Muscle	Chapter 1
2	8/24	Structure & Function of Exercising Muscle	Chapter 1
	8/26	Structure & Function of Exercising Muscle	Chapter 1
	8/28	Structure & Function of Exercising Muscle	Chapter 1
		Exercise: A Challenge of Homeostatic Control	Lecture Notes
3	8/31	Structure & Function of Exercising Muscle	Chapter 1
	9/2	Neurological Control of Exercising Muscle	Chapter 3
	9/4	Neurological Control of Exercising Muscle	Chapter 3
4	<b>9/7</b>	<b>LABOR DAY</b>	
	9/9	Neurological Control of Exercising Muscle Adaptations to Resistance Training	Chapter 3 Chapter 10
	<b>9/11</b>	<b>Exam 1: Covers All Material Up to This Point</b>	
5	9/14	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/16	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/18	Lab #1: Effect of Muscle Contraction on Balance	Handout
6	9/21	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/23	Fuel for Exercise: Bioenergetics and Muscle Metab. <i>Lab Report #1 Due</i>	Chapter 2
	9/25	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
7	9/28	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	10/5	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	<b>10/7</b>	<b>Exam 2: Covers All Material Up to This Point</b>	
	<b>10/9</b>	<b>FALL BREAK</b>	
9	10/12	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/14	Lab #2: VO2 Max Lab: Women	Handout
	10/16	Lab #2: VO2 Max Lab: Men	Handout
10	10/19	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/21	Adaptations to Aerobic and Anaerobic Training <i>Lab Report #2 Due</i>	
	10/23	Lab #3 Out of Class Project	
11	10/26	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/28	Cardiorespiratory Responses to Acute Exercise <i>Lab Report #3 Due</i>	Chapter 8
	10/30	Cardiorespiratory Responses to Acute Exercise	Chapter 8

12	11/2	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/4	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/6	<b>Exam 3. Covers All Material Up to This Point</b>	
13	11/9	The Respiratory System and Its Regulation	Chapter 7
	11/11	The Respiratory System and Its Regulation	Chapter 7
	11/13	The Respiratory System and Its Regulation	Chapter 7
14	11/16	The Respiratory System and Its Regulation	Chapter 7
	11/18	Lab #4: Wingate Anaerobic Power Lab: Men (Complete report in class)	
	11/20	Lab #4: Wingate Anaerobic Power Lab: Women (Complete report in class)	
15	11/23	The Respiratory System and Its Regulation	Chapter 7
	11/25	Hormonal Control During Exercise	Chapter 4
	11/27	<b>HOLIDAY BREAK</b>	
16	11/30	Hormonal Control During Exercise	
	12/2	<b>Exam 4. Covers All Material Up to This Point</b>	
	12/4	Ergometry Calculations in Exercise Physiology	Lecture
<b>Final Exam Wed. December 9 (10:00 am - 12:00 pm)</b>			