

### *Tentative Lecture Time Table*

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Assignment</b>
1	7/5	Course Overview / Structure & Function of Ex. Muscle An Introduction to Exercise and Sport Physiology	Chapter 1 Preface / Lec.
	7/6	Structure & Function of Exercising Muscle	Chapter 1
	7/7	Structure & Function of Exercising Muscle Neural Control of Exercising Muscle	Chapter 1 Chapter 3
	7/8	<b>Exam I (Over readings and lectures to this point)</b> <b>Laboratory 1</b>	
2	7/11	Adaptations to Resistance Training Fuel for Exercise: Bioenergetics	Chapter 10 Chapter 2
	7/12	Fuel for Exercise: Bioenergetics <b>Laboratory Report 1 Due</b>	Chapter 2
	7/13	Fuel for Exercise: Bioenergetics <b>Interactive Lactate Laboratory II</b>	Chapter 2
	7/14	Fuel for Exercise: Bioenergetics Intro: Adaptations to Aerobic and Anaerobic Train	Chapter 2 Chapter 11
	7/15	<b>Exam II (Over readings, lectures, labs to this point)</b>	
3	7/18	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	7/19	The Cardiovascular System and Its Control <b>Laboratory Report 2 Due</b>	Chapter 6
	7/20	The Cardiovascular System and Its Control	Chapter 6
	7/21	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	7/22	<b>Exam III (Over readings, lectures, labs to this point)</b> <b>Laboratory III</b>	
4	7/25	The Respiratory System and Its Regulation	Chapter 7
	7/26	The Respiratory System and Its Regulation <b>Laboratory Report 3 Due</b>	Chapter 7
	7/27	Hormonal Control During Exercise	Chapter 4
	7/28	<b>Exam IV (Over readings, lectures, labs to this point):</b> AND Energy, Work and Power	Handout