

PEP 326L: Fundamentals of Exercise Physiology

Tentative Course Topics and Exams Schedule

Week	Date	Topics	Assignment
1	1/12	Course Overview Introduction to Exercise Physiology	Text Introduction
	1/14	Introduction to Exercise Physiology Structure & Function of Exercising Muscle	Chapter 1
	1/16	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
2	1/19	Martin Luther King Holiday	
	1/21	Structure & Function of Exercising Muscle	Chapter 1
	1/23	Structure & Function of Exercising Muscle	Chapter 1
3	1/26	Structure & Function of Exercising Muscle	Chapter 1
	1/28	Structure & Function of Exercising Muscle	Chapter 3
	1/30	Neural Control of Exercising Muscle	Chapter 3
4	2/2	Neural Control of Exercising Muscle	Chapter 3
	2/4	Neural Control of Exercising Muscle	Chapter 3
	2/6	Exam 1: Covers All Material Up to This Point	
5	2/9	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Adaptations to Resistance Training (RT)	Chapter 2 Chapter 9
	2/11	<i>Exercise Physiology Lab #1 (Meet in Class)</i>	
	2/13	Class Project (To Be Announced)	
6	2/16	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Lab Report #1 Due	Chapter 2
	2/18	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/20	Exercise Physiology Lab #2 (Women: VO2 max Lab)	B-59 Lab
7	2/23	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/25	Exercise Physiology Lab #2 (Men: VO2 max Lab)	B-59 Lab
	2/27	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
8	3/2	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/4	Catch up Lecture Lab Report #2 Due	

	3/6	Exam 2: Covers All Material to This Point	
9		Spring Break Recess (3/9-3/13)	
10	3/16	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/18	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/20	The Cardiovascular System and Its Control	Chapter 6
11	3/23	The Cardiovascular System and Its Control	Chapter 6
	3/25	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	3/27	Cardiorespiratory Responses to Acute Exercise	Chapter 8
12	3/30	Catch Up and Review	
	4/1	Exam 3: Covers All Material Up to This Point	
	4/3	The Respiratory System and Its Regulation	Chapter 7
13	4/6	<i>Exercise Physiology Lab #3 (Men: Wingate)</i>	<i>B-59 Lab</i>
	4/8	<i>Exercise Physiology Lab #3 (Women: Wingate)</i>	<i>B-59 Lab</i>
	4/10	The Respiratory System and Its Regulation	Chapter 7
14	4/13	The Respiratory System and Its Regulation <i>Lab Report #3 Due</i>	Chapter 7
	4/15	The Respiratory System and Its Regulation	Chapter 7
	4/17	<i>Exercise Physiology Lab #4 (Out of Class Lab)</i>	
15	4/20	The Respiratory System and Its Regulation	Chapter 7
	4/22	Hormonal Control During Exercise <i>Lab Report #4 Due</i>	Chapter 4
	4/24	Guest Lecture	
16	4/27	Hormonal Control During Exercise	Chapter 4
	4/29	Ergometry Calculations	
	5/1	Exam 4: Covers All Material to This Point	

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