

PEP326L Tentative Course Topics, Labs and Exams Schedule

Week	Date	Topics	Assignment
1	1/20	Martin Luther King Holiday	
	1/22	Course Overview: Introduction to Exercise Physiology	Text Introduction
	1/24	Introduction to Exercise Physiology Structure & Function of Exercising Muscle	Chapter 1
2	1/27	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
	1/29	Structure & Function of Exercising Muscle	Chapter 1
	1/31	Structure & Function of Exercising Muscle	Chapter 1
3	2/3	Structure & Function of Exercising Muscle	Chapter 1
	2/5	Structure & Function of Exercising Muscle	Chapter 3
	2/7	Neural Control of Exercising Muscle	Chapter 3
4	2/10	Neural Control of Exercising Muscle	Chapter 3
	2/12	Neural Control of Exercising Muscle	Chapter 3
	2/14	Exam 1: Covers All Material Up to This Point	
5	2/17	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Adaptations to Resistance Training (RT)	Chapter 2 Chapter 9
	2/19	<i>Exercise Physiology Lab #1 (Meet in Class)</i>	
	2/21	Class Project (To Be Announced)	
6	2/24	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Lab Report #1 Due	Chapter 2
	2/26	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/28	<i>Exercise Physiology Lab #2 (Women: VO₂ max Lab)</i>	B-59 Lab
7	3/3	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/5	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/7	<i>Exercise Physiology Lab #2 (Men: VO₂ max Lab)</i>	B-59 Lab
8	3/10	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/12	Catch up Lecture Lab Report #2 Due	
	3/14	Exam 2: Covers All Material to This Point	

9		Spring Break Recess (3/17-3/21)	
10	3/24	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/26	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/28	The Cardiovascular System and Its Control	Chapter 6
11	3/31	The Cardiovascular System and Its Control	Chapter 6
	4/2	<i>Exercise Physiology Lab #3 (Men: Wingate)</i>	<i>B-59 Lab</i>
	4/4	<i>Exercise Physiology Lab #3 (Women: Wingate)</i>	<i>B-59 Lab</i>
12	4/7	Guest Lecture	
	4/9	Cardiorespiratory Responses to Acute Exercise <i>Lab Report #3 Due</i>	Chapter 8
	4/11	<i>Exercise Physiology Lab #4 (Out of Class Lab)</i>	<i>Notes Provided</i>
13	4/14	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	4/16	Cardiorespiratory Responses to Acute Exercise <i>Lab Report #4 Due</i>	Chapter 8
	4/18	Exam 3: Covers All Material Up to This Point	
14	4/21	The Respiratory System and Its Regulation	Chapter 7
	4/23	The Respiratory System and Its Regulation	Chapter 7
	4/25	The Respiratory System and Its Regulation	Chapter 7
15	4/28	The Respiratory System and Its Regulation	Chapter 7
	4/30	Hormonal Control During Exercise	Chapter 4
	5/2	Guest Lecture (TBA)	
16	5/5	Hormonal Control During Exercise: Ergometry Calculations	
	5/7	Catch Up Lecture	
	5/9	Exam 4: Covers All Material to This Point	

Final (Comprehensive) Exam: Wed. May 14 (10:00 am - 12:00 pm): Material From Entire Semester