

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

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Assignment</b>
1	1/16	Holiday: Martin Luther King-No Class Meeting	
	1/18	Overview & Introduction to Exercise Physiology	Text Introduction
	1/20	Introduction to Exercise Physiology	Text Introduction
2	1/23	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
	1/25	Structure & Function of Exercising Muscle	Chapter 1
	1/27	Structure & Function of Exercising Muscle	Chapter 1
3	1/30	Structure & Function of Exercising Muscle	Chapter 1
	2/1	Structure & Function of Exercising Muscle Neural Control of Exercising Muscle	Chapter 1 Chapter 3
	2/3	Neural Control of Exercising Muscle	Chapter 3
4	2/6	Neural Control of Exercising Muscle	Chapter 3
	2/8	Neural Control of Exercising Muscle	Chapter 3
	2/10	<b>Exam 1: Covers All Material Up to This Point</b>	
5	2/13	Fuel for Exercise (Bioenergetics/Muscle Metabolism) Adaptations to Resistance Training (RT)	Chapter 2 Chapter 9
	2/15	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/17	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
6	2/20	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/22	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/24	<b>Exercise Physiology Lab #1 (Out of class project)</b>	
7	2/27	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/1	Fuel for Exercise (Bioenergetics/Muscle Metabolism) <i>Lab Report #1 Due</i>	Chapter 2
	3/3	<b>Exercise Physiology Lab #2 (Meet in Class)</b>	
8	3/6	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/8	<i>Exam Review      Lab Report #2 Due</i>	
	3/10	<b>Exam 2: Covers All Material to This Point</b>	

9		<b>Spring Break Recess (3/11-3/19)</b>	
10	3/20	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/22	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/24	Adaptations to Aerobic and Anaerobic Training The Cardiovascular System and Its Control	Chapter 11 Chapter 6
11	3/27	The Cardiovascular System and Its Control	Chapter 6
	3/29	The Cardiovascular System and Its Control	Chapter 6
	3/31	<b>Exercise Physiology Lab #3 (out of class lab)</b>	
12	4/3	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	4/5	Cardiorespiratory Responses to Acute Exercise <i>Lab Report #3 Due</i>	Chapter 8
	4/7	<b>Exam 3. Covers All Material Up to This Point</b>	
13	4/10	The Respiratory System and Its Regulation	Chapter 7
	4/12	The Respiratory System and Its Regulation	Chapter 7
	4/14	<i>Exercise Physiology Lab #3 (Out of Class Lab)</i>	
14	4/17	The Respiratory System and Its Regulation	Chapter 7
	4/19	The Respiratory System and Its Regulation <i>Lab Report #3 Due</i>	Chapter 7
	4/21	The Respiratory System and Its Regulation	Chapter 7
15	4/24	Hormonal Control During Exercise	Chapter 4
	4/26	Hormonal Control During Exercise	Chapter 4
	4/28	<i>Lab #4: Wingate Anaerobic Power (Complete in Class)</i>	
16	5/1	Ergometry Calculations	
	5/3	Exam #4 Review	
	5/5	<b>Exam 4: Covers All Material to This Point</b>	

**Final (Comprehensive) Material From Entire Semester: Wed May 10, 10-12pm**