PEP 326L: Tentative Lecture Time Table of Course Topics, Labs and Tests

Week	Date	Topics	Assignment
1	8/21	Overview & Introduction to Exercise Physiology	Text Introduction
	8/23	Structure & Function of Exercising Muscle	Chapter 1
	8/25	Structure & Function of Exercising Muscle	Chapter 1
2	8/28	Structure & Function of Exercising Muscle	Chapter 1
	8/30	Structure & Function of Exercising Muscle	Chapter 1
	9/1	Structure & Function of Exercising Muscle	Chapter 1
		Exercise: A Challenge of Homeostatic Control	Lecture Notes
3	9/4	**LABOR DAY**	
	9/6	Structure & Function of Exercising Muscle	Chapter 1
	9/8	Neurological Control of Exercising Muscle	Chapter 3
4	9/11	Neurological Control of Exercising Muscle	Chapter 3
	9/13	NeuroMus. Adapt. to Res. Train/Review for Exam	Chapter 10
	9/15	**Exam 1: Covers All Material Up to This Point**	
5	9/18	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/20	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/22	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
6	9/25	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/27	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/29	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
7	10/2	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/4	Lab #1: Metabolic Profiling Lab	Handout
	10/6	To Be Announced	
8	10/9	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
		Lab Report #1 Due	
	10/11	**Exam 2: Covers All Material Up to This Point**	
	10/13	**FALL BREAK**	
9	10/16	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/18	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/20	Adaptations/ Intro to Cardiorespiratory Response	Chapter 8
10	10/23	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/25	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/27	Lab #2 VO_2 Max Lab Within a Class	Handout
11	10/30	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/1	Cardiorespiratory Responses to Acute Exercise	Chapter 8
		Lab Report #2 Due	
	11/3	Cardiorespiratory Responses to Acute Exercise	Chapter 8
12	**11/6**	**Exam 3. Covers All Material Up to This Point**	
	11/8	The Respiratory System and Its Regulation	Chapter 7

	11/10	Lab #3 Out of Class Project	Handout
13	11/13	The Respiratory System and Its Regulation	Chapter 7
	11/15	The Respiratory System and Its Regulation	Chapter 7
		Lab Report #3 Due	
	11/17	The Respiratory System and Its Regulation	Chapter 7
14	11/20	The Respiratory System and Its Regulation	Chapter 7
	11/22	Hormonal Control During Exercise	Chapter 4
	11/24	**HOLIDAY BREAK**	
15	11/27	Hormonal Control During Exercise	Chapter 4
	11/29	Ergometry Calculations and Exam Review	No Reading
	12/1	**Exam 4. Covers All Material Up to This Point**	
16	12/4	Lab #4: Wingate Anaerobic Power Lab (Complete Report in class)	
	12/6	To Be Announced	
	12/8	Course Wrap-Up	

Final Exam Wed. December 13 (10:00 am - 12:00 pm)