

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

Week	Date	Topics	Assignment
1	8/20	Overview & Introduction to Exercise Physiology	Text Introduction
	8/22	Structure & Function of Exercising Muscle	Chapter 1
	8/24	Structure & Function of Exercising Muscle	Chapter 1
2	8/27	Structure & Function of Exercising Muscle	Chapter 1
	8/29	Structure & Function of Exercising Muscle	Chapter 1
	8/31	Structure & Function of Exercising Muscle	Chapter 1
		Exercise: A Challenge of Homeostatic Control	Lecture Notes
3	9/3	LABOR DAY (no class)	
	9/5	Structure & Function of Exercising Muscle	Chapter 1
	9/7	Neurological Control of Exercising Muscle	Chapter 3
4	9/10	Neurological Control of Exercising Muscle	Chapter 3
	9/12	NeuroMus. Adapt. to Res. Train/Review for Exam	Chapter 10
	9/14	Exam 1: Covers All Material Up to This Point	
5	9/17	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/19	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/21	Fuel for Exercise: Bioenergetics and Muscle Metab. <i>Lab #1: Instructions for Metabolic Profiling Lab</i>	Chapter 2
6	9/24	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/26	Fuel for Exercise: Bioenergetics and Muscle Metab. Lab Report #1 Due	Chapter 2
	9/28	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
7	10/1	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/3	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/5	To Be Announced	
8	10/8	Exam 2 Review	
	10/10	Exam 2: Covers All Material Up to This Point	
	10/12	FALL BREAK	
9	10/15	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/17	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/19	Intro to Cardiorespiratory Response	Chapter 8
10	10/22	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/24	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/26	Cardiorespiratory Responses to Acute Exercise	Chapter 8
11	10/29	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/31	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/2	<i>Lab #2 VO₂ Max Lab Within a Class (complete in class)</i>	Handout
12	11/5	Exam 3. Covers All Material Up to This Point	
	11/7	The Respiratory System and Its Regulation	Chapter 7

	11/9	The Respiratory System and Its Regulation	Chapter 7
13	11/12	The Respiratory System and Its Regulation	Chapter 7
	11/14	The Respiratory System and Its Regulation <i>Instructions for Lab #3</i>	Chapter 7
	11/16	<i>Lab #3 Out Of Class Assignment</i>	
14	11/19	The Respiratory System and Its Regulation	Chapter 7
	11/21	Hormonal Control During Exercise <i>Lab Report #3 Due</i>	Chapter 4
	11/23	HOLIDAY BREAK	
15	11/26	Hormonal Control During Exercise	Chapter 4
	11/28	Ergometry Calculations and Exam Review	No Reading
	11/30	Exam 4. Covers All Material Up to This Point	
16	12/3	Lab #4: Wingate Anaerobic Power Lab (Complete in class)	
	12/5	To Be Announced	
	12/7	Course Wrap-Up	
		Final Exam Wed. December 12 (10:00 am - 12:00 pm)	