PEP 326L: Fundamentals of Exercise Physiology

**Tentative Course Topics, Labs and Exams Schedule Spring 2023**

## Week Date Topics Assignment

1 **1/16** **Holiday: Martin Luther King-No Class Meeting**

1/18 Overview & Introduction to Exercise Physiology

1/20 Introduction to Exercise Physiology

2 1/23 Structure & Function of Exercising Muscle Chapter 1

1/25 Structure & Function of Exercising Muscle Chapter 1

Exercise: A Challenge of Homeostatic Control Lecture Notes

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 Chapter 1

2/3 Neural Control of Exercising Muscle Chapter 3

4 2/6 Neural Control of Exercising Muscle Chapter 3

2/8 Adaptations to Resistance Training (RT) & REVIEW Chapter 9

2/10 **Exam 1: Covers All Material Up to This Point**

52/13Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

2/15Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

2/17Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

*Lab #1: Instructions for Metabolic Profiling Lab*

6 2/20 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

2/22 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

***Lab Report #1 Due***

2/24 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

7 2/27 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

3/1 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

3/3 Fuel for Exercise (Bioenergetics/Muscle Metabolism) Chapter 2

8 3/6 Exam Review

**3/8 Exam 2: Covers All Material to This Point**

3/10 No Class

**9** **Spring Break Recess (3/13-3/17)**

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 Chapter 11

11 3/27 The Cardiovascular System and Its Control Chapter 6

3/29 The Cardiovascular System and Its Control Chapter 6

3/31 The Cardiovascular System and Its Control Chapter 6

12 4/3 Cardiorespiratory Responses to Acute Exercise Chapter 8

4/5 Cardiorespiratory Responses to Acute Exercise Chapter 8

4/7 *Lab #2 VO2 Max Lab Online* (no class meeting)

13 4/10 **Exam Review**

4/12 **Exam 3. Covers All Material Up to This Point**

4/14 The Respiratory System and Its Regulation Chapter 7

144/17 The Respiratory System and Its Regulation Chapter 7

4/19 The Respiratory System and Its Regulation Chapter 7

4/21 The Respiratory System and Its Regulation Chapter 7

15 4/24 Hormonal Control During Exercise Chapter 4

4/26Hormonal Control During Exercise Chapter 4

4/28 *Ergometry Calculations Lab Complete in Class*

16 5/1 *Lab #4 Wingate Within a Class (complete in class)*

5/3 **Exam 4 Review**

**5/5 Exam 4: Covers All Material to This Point**

**Final Take-Home Exam (Electronic Submission) Due May 10 (By Midnight)**