

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

NOTE: Although the TEXT is NOT required for Fall 20212, I am still providing the readings for those students following along with the recommended text.

Week	Date	Topics	Assignment
1	8/22	Overview & Introduction to Exercise Physiology	Text Introduction
	8/24	Structure & Function of Exercising Muscle	Chapter 1
	8/26	Structure & Function of Exercising Muscle	Chapter 1
2	8/29	Structure & Function of Exercising Muscle	Chapter 1
	8/31	Structure & Function of Exercising Muscle	Chapter 1
	9/2	Structure & Function of Exercising Muscle	Chapter 1
		Exercise: A Challenge of Homeostatic Control	Lecture Notes
3	9/5	LABOR DAY (no class)	
	9/7	Structure & Function of Exercising Muscle	Chapter 1
	9/9	Neurological Control of Exercising Muscle	Chapter 3
4	9/12	Neurological Control of Exercising Muscle	Chapter 3
	9/14	NeuroMus. Adapt. to Res. Train/Review for Exam	Chapter 10
	9/16	Exam 1: Covers All Material Up to This Point	
5	9/19	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/21	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/23	Fuel for Exercise: Bioenergetics and Muscle Metab. <i>Lab #1: Instructions for Metabolic Profiling Lab</i>	Chapter 2
6	9/26	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	9/28	Fuel for Exercise: Bioenergetics and Muscle Metab. Lab Report #1 Due	Chapter 2
	9/30	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
7	10/3	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/5	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
	10/7	Fuel for Exercise: Bioenergetics and Muscle Metab.	Chapter 2
8	10/10	Exam 2 Review	
	10/12	Exam 2: Covers All Material Up to This Point	
	10/14	FALL BREAK	
9	10/17	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/19	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	10/21	Intro to Cardiorespiratory Response	Chapter 8
10	10/24	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/26	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	10/28	Cardiorespiratory Responses to Acute Exercise	Chapter 8
11	10/31	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/2	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	11/4	<i>Lab #2 VO₂ Max Lab Within a Class (complete in class)</i>	Handout

12	11/7	Exam 3. Covers All Material Up to This Point	
	11/9	The Respiratory System and Its Regulation	Chapter 7
	11/11	The Respiratory System and Its Regulation	Chapter 7
13	11/14	The Respiratory System and Its Regulation	Chapter 7
	11/16	The Respiratory System and Its Regulation <i>Instructions for Lab #3</i>	Chapter 7
	11/18	<i>Lab #3 Out Of Class Assignment</i>	
14	11/21	The Respiratory System and Its Regulation	Chapter 7
	11/23	Hormonal Control During Exercise <i>Lab Report #3 Due</i>	Chapter 4
	11/25	HOLIDAY BREAK	
15	11/28	Hormonal Control During Exercise	Chapter 4
	11/30	Ergometry Calculations and Exam Review	No Reading
	12/2	Exam 4. Covers All Material Up to This Point	
16	12/5	Lab #4: Wingate Anaerobic Power Lab (Complete in class)	
	12/7	To Be Announced	
	12/9	Course Wrap-Up	
		Final TAKE HOME Exam DUE on Wed. December 14 (by 12 Midnight)	