

**PEP 326L: Fundamentals of Exercise Physiology**  
**Tentative Course Topics, Labs and Exams Schedule Spring 2020**

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Assignment</b>
1	1/20	<b>Holiday: Martin Luther King-No Class Meeting</b>	
	1/22	Overview & Introduction to Exercise Physiology	Text Introduction
	1/24	Introduction to Exercise Physiology	Text Introduction
2	1/27	Structure & Function of Exercising Muscle	Chapter 1
	1/29	Structure & Function of Exercising Muscle Exercise: A Challenge of Homeostatic Control	Chapter 1 Lecture Notes
	1/31	Structure & Function of Exercising Muscle	Chapter 1
3	2/3	Structure & Function of Exercising Muscle	Chapter 1
	2/5	Structure & Function of Exercising Muscle Neural Control of Exercising Muscle	Chapter 1 Chapter 3
	2/7	Neural Control of Exercising Muscle	Chapter 3
4	2/10	Neural Control of Exercising Muscle	Chapter 3
	2/12	Neural Control of Exercising Muscle Adaptations to Resistance Training (RT)	Chapter 3 Chapter 9
	2/14	<b>Exam 1: Covers All Material Up to This Point</b>	
5	2/17	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/19	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/21	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
6	2/24	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/26	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	2/28	<b>Exercise Physiology Lab # 1 (Out of class project)</b>	
7	3/2	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/4	Fuel for Exercise (Bioenergetics/Muscle Metabolism) <b>Lab Report #1 Due</b>	Chapter 2
	3/6	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
8	3/9	Fuel for Exercise (Bioenergetics/Muscle Metabolism)	Chapter 2
	3/11	<b>Exam Review</b>	
	3/13	<b>Exam 2: Covers All Material to This Point</b>	

9		<b>Spring Break Recess (3/16-3/20)</b>	
10	3/23	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/25	Adaptations to Aerobic and Anaerobic Training	Chapter 11
	3/27	<b>Exercise Physiology Lab # 2 (Meet in Class)</b>	
11	3/30	The Cardiovascular System and Its Control Adaptations to Aerobic and Anaerobic Training	Chapter 6 Chapter 11
	4/1	The Cardiovascular System and Its Control <i>Lab Report #2 Due</i>	Chapter 6
	4/3	The Cardiovascular System and Its Control	Chapter 6
12	4/6	Cardiorespiratory Responses to Acute Exercise	Chapter 8
	4/8	Cardiorespiratory Responses to Acute Exercise <i>Lab Report #3 Due</i>	Chapter 8
	<b>4/10</b>	<b>Exam 3. Covers All Material Up to This Point</b>	
13	4/13	The Respiratory System and Its Regulation	Chapter 7
	4/15	The Respiratory System and Its Regulation	Chapter 7
	4/17	<i>Lab #3: Wingate Anaerobic Power (Complete in Class)</i>	
14	4/20	The Respiratory System and Its Regulation	Chapter 7
	4/22	The Respiratory System and Its Regulation <i>Lab Report #3 Due</i>	Chapter 7
	4/24	The Respiratory System and Its Regulation	Chapter 7
15	4/27	Hormonal Control During Exercise	Chapter 4
	4/29	Hormonal Control During Exercise	Chapter 4
	5/1	Ergometry Calculations (no reading assignment)	
16	5/4	Exam 4 Review	
	5/6	<b>Exam 4: Covers All Material to This Point</b>	
	5/8	<b>No Class Meeting: Work on Final Take-Home</b>	

**Final (Comprehensive) Material From Entire Semester: Take-Home Exam Due May 13 (12noon)**