

**PACL COURSE ASSIGNMENT SCHEDULE**  
**Spring, 2012 - Tuesday, Thursday Class**  
 Kathy Freese

<b>1st 7 weeks</b>	<b>Daily Assignments</b>
1/10	Introduction and orientation to class; explain activity requirement, "PACL" page resource & Discuss Chapter 1, Labs 5-1 & 7-1. 1:15 - ½ class in Fitness Center for Fitness Equipment Instruction <b>Begin 6 week exercise requirement this week.</b>
1/12	Do Lab 5-1. DO Lab 7-1 on your own. 1:15 - ½ class in Fitness Center for Fitness Equipment Instruction
1/17	Discuss Chapter 3 & 4  **blood Pressure Clinic TBA**
1/19	Chapters 4 & 5, <b>Submit Labs 5-1 &amp; 7-1.</b>
1/24	Chapter 5 & 6, <b>Submit Lab 4-1</b>
1/26	Chapter 6 & 7, <b>Submit Lab 5-3</b> and review Chapters 1, 3, 4, 5, 6, & 7
1/31	<b>MID-TERM EXAMINATION</b>
2/2	Chapter 8 and review Mid-Term; <b>do Lab 8-1</b>
2/7	Chapters 9 & 10; <b>submit Lab 8-1</b>
2/9	Chapter 10 & 11; <b>submit Labs 9-1 &amp; 9-2</b>
2/14	Chapters 12 & 2; <b>submit Labs 10-1 &amp; 10-3</b>
2/16	Review Chapters 2, 8-12; <b>submit Lab 11-3.</b>  Labs 11-4 & 11-5 required but confidential, not to be turned in; only to report it was done.
2/21	<b>SECOND HALF EXAMINATION</b>  <b>Finish 6 week exercise requirement by 2/22</b>
2/23	Do Labs 5-2 & 7-2, Review second half Exam
2/28	<b>Submit labs 5-2 &amp; 7-2, Aerobic and Strength Activity Requirement</b>  Collect any outstanding labs