

PACL COURSE ASSIGNMENT SCHEDULE
SPRING 2012 – Monday, Wednesday, Friday Classes
Shearer

1ST 7 weeks	Daily Assignments
1/11	Introduction and orientation to class; explain activity requirement, ESS Dept. "PACL" page resource & discuss Chapter 1, Labs 5-1 & 7-1
1/13	Chapter 1; Meet in Fitness Center for Fitness Equipment Instruction
1/16	Meet in Fitness Recreation Center again; do Labs 5-1 and 7-1
1/18	Chapter 4; submit Labs 5-1 & 7-1
1/20	Chapter 3 *Blood Pressure Clinic – TBA; CAL 208
1/23	Chapter 5; submit Lab 4-1;
1/25	Chapter 6
1/27	Chapter 7; submit Lab 5-3
1/30	Review Chapters 1,3,4,5,6,7
2/1	MID-TERM EXAMINATION
2/3	Review Mid-Term; Chapter 8 and discuss lab 8-1
2/6	Do Lab 8-1
2/8	Chapter 9; submit Lab 8-1
2/10	Chapter 10 submit Lab 9-1
2/13	Chapter 11; submit Lab 10-3 submit Lab 9-2
2/15	Chapter 2; submit Labs 10-1
2/17	Do Lab 5-2 and Lab 7-2; submit Lab 11-3
2/20	Chapter 12 and review Chapters 2, 8-12; submit Lab 5-2 and Lab 7-2
2/22	SECOND HALF EXAMINATION ; Submit Aerobic & Strength Activity Requirement
2/24	Review and discuss second half exam. Collect any outstanding labs and do course evaluation.