

PACL COURSE ASSIGNMENT SCHEDULE
FALL 2009 – Monday, Wednesday, Friday Classes
Bolender

2nd 7 weeks	Daily Assignments
10/19	Introduction and orientation to class; explain activity requirement, ESS Dept. "PACL" page resource & discuss Labs 5-1 & 7-1
10/21	Meet in Fitness Center for Fitness Equipment Instruction
10/23	Meet in Fitness Rec Center again; do Labs 5-1 and 7-1
10/26	Chapter 1; submit Labs 5-1 & 7-1
10/28	Chapter 4 *Blood Pressure Clinic - 3 pm in CAL 208
10/30	Chapter 3 submit Lab 4-1;
11/2	Chapter 5
11/4	Chapter 6
11/6	Chapter 7; submit Lab 5-3
11/9	Review Chapters 1,3,4,5,6,7
11/11	MID-TERM EXAMINATION
11/13	Review Mid-Term; Chapter 8 and discuss lab 8-1
11/16	Do Lab 8-1
11/18	Chapter 9; submit Lab 8-1
11/20	Chapter 10 submit Lab 9-1
11/23	Chapter 11; submit Lab 10-3 submit Lab 9-2
11/25	Chapter 2; submit Lab 10-1
11/27	Thanksgiving break
11/30	Thanksgiving break
12/2	Do Lab 5-2 and Lab 7-2; submit Lab 11-3
12/4	Chapter 12 and review Chapters 2, 8-12; submit Lab 5-2 and Lab 7-2
12/7	SECOND HALF EXAMINATION ; Submit Aerobic & Strength Activity Requirement