

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

1ST 7 weeks	Daily Assignments
10/19	Introduction and orientation to class; explain activity requirement, ESS Dept. "PACL" page resource & Labs 5-1 & 7-1
10/21	Chapter 1; discuss Fitness Center and Weight Training
10/23	Meet in Fitness Rec Center; do Labs 5-1 and 7-1
10/26	Chapter 4; submit Labs 5-1 & 7-1
10/28	Chapter 3 *Blood Pressure Clinic – 3 pm in CAL 208
10/30	Chapter 5; submit Lab 4-1
11/2	Chapter 6
11/4	Chapter 7; submit Lab 5-3
11/6	Review Day
11/9	MID-TERM EXAMINATION
11/11	Review Mid-Term; Chapter 8; discuss Lab 8-1
11/13	Do Lab 8-1
11/16	Chapter 9; submit Lab 8-1
11/18	Chapter 10; submit Lab 9-1
11/20	Chapter 11; submit Lab 10-3
11/23	Chapter 2
11/25	Do Lab 5-2 and 7-2
11/27	Thanksgiving Break
11/30	Thanksgiving Break
12/2	FINAL EXAMINATION; submit Lab 5-2 and 7-2
12/4	Review Final Examination – Last Day of Class