

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

|                                   |   |
|-----------------------------------|---|
| <b>1<sup>ST</sup><br/>7 weeks</b> | <b>Daily Assignments</b>  |
| 10/19                             | Introduction and orientation to class; explain activity requirement, ESS Dept. "PACL" page resource & discuss Chapter 1, Labs 5-1 & 7-1 |
| 10/21                             | Chapter 1; Meet in Fitness Center for Fitness Equipment Instruction   |
| 10/23                             | Meet in Fitness Recreation Center again; do Labs 5-1 and 7-1  |
| 10/26                             | Chapter 4; <b>submit</b> Labs 5-1 & 7-1   |
| 10/28                             | Chapter 3<br><b>*Blood Pressure Clinic – 3 pm; CAL 208</b>  |
| 10/30                             | Chapter 5; <b>submit</b> Lab 4-1;   |
| 11/2                              | Chapter 6   |
| 11/4                              | Chapter 7; <b>submit</b> Lab 5-3  |
| 11/6                              | Review Chapters 1,3,4,5,6,7   |
| 11/9                              | <b>MID-TERM EXAMINATION</b>   |
| 11/11                             | Review Mid-Term; Chapter 8 and discuss lab 8-1  |
| 11/13                             | Do Lab 8-1  |
| 11/16                             | Chapter 9; <b>submit</b> Lab 8-1  |
| 11/18                             | Chapter 10 <b>submit</b> Lab 9-1  |
| 11/20                             | Chapter 11; <b>submit</b> Lab 10-3 <b>submit</b> Lab 9-2  |
| 11/23                             | Chapter 2; <b>submit</b> Labs 10-1  |
| 11/25                             | <b>Thanksgiving Break</b>   |
| 11/27                             | <b>Thanksgiving Break</b>   |
| 11/30                             | <b>Thanksgiving Break</b>   |
| 12/2                              | Do Lab 5-2 and Lab 7-2; <b>submit</b> Lab 11-3  |
| 12/4                              | Chapter 12 and review Chapters 2, 8-12; <b>submit</b> Lab 5-2 and Lab 7-2   |
| <b>12/7</b>                       | <b>SECOND HALF EXAMINATION</b> ; Submit Aerobic & Strength Activity Requirement   |
| <b>12/9</b>                       | Review and discuss second half exam. Collect any outstanding labs and have students select grade option and do course evaluation.       |

