

PACL COURSE ASSIGNMENT SCHEDULE

FALL 2009 – Tuesday, Thursday Classes

8:30 and 12:30 with Jason Beschta

1st 7 weeks	Daily Assignments
10/20	Introduction and orientation to class; explain activity requirement, ESS Dept. "PACL" page resource & discuss Chapter 1, Labs 5-1 & 7-1 then meet in Fitness Center for Fitness Equipment Instruction
10/22	Meet in Fitness Center for Fitness Equipment Instruction again; do Labs 5-1 and 7-1
10/27	Chapter 3 & 4
10/29	Chapter 5 submit Labs 5-1 & 7-1 *Blood Pressure Clinic – 8 pm in CAL 208
11/3	Chapter 6 & 7; submit Lab 4-1
11/5	Workout (Meet in Fitness Center); submit Lab 5-3 and Review Chapters 1,3,4,5,6,7
11/10	MID-TERM EXAMINATION
11/12	Meet in Fitness Center for Chapter 8; Review Mid-Term
11/17	Chapters 9 & 2; Handout Nutrition Lab
11/19	Finish Chapters 10 & 11 & 12; submit Lab 9-1
11/24	Meet in Fitness Center; Do Lab 5-2 & 7-2
11/26	Thanksgiving Break
12/1	Review Chapters 2 & 8-12
12/3	SECOND HALF EXAMINATION; submit Aerobic & Strength Activity Requirement & Labs 5-2 and 7-2