

PACL COURSE ASSIGNMENT SCHEDULE

FALL 2009 – Tuesday, Thursday Classes

12:30-1:45 with Coach Walters

2nd 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; submit Lab 4-1
11/5	Chapter 7; submit Lab 5-3 and Review Chapters 1, 3,4,5,6,7
11/10	MID-TERM EXAMINATION
11/12	Review Mid-Term and Chapter 8; do Lab 8-1
11/17	Chapters 9 & 10; submit Lab 8-1
11/19	Finish Chapters 10 & 11; submit Labs 9-1 and 9-2
11/24	Chapters 2 and 12; submit Lab 10-1 and 10-3
11/26	THANKSGIVING BREAK
12/1	Do Labs 5-2 and 7-2, Review Chapters 2 and 8-12; submit Lab 11-3
12/3	SECOND HALF EXAMINATION; submit Aerobic & Strength Activity Requirement & Labs 5-2 and 7-2
12/8	Review and discuss second half exam. Collect any outstanding labs and have students select grade option.
12/10	Make-up day