

PACL COURSE ASSIGNMENT SCHEDULE

Spring 2008 – Tuesday, Thursday Classes

Miss Lori Huckaby's Class

2 nd 7 weeks	Daily Assignments
3/11	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
3/13	Chapter 4
3/18	Meet in Fitness Center for Fitness Equipment Instruction again; do Labs 5-1 and 7-1
3/20	Chapters 3 and 5 submit Labs 5-1 & 7-1 *Blood Pressure Clinic TBA
3/25	Chapter 6; submit Lab 4-1
3/27	Chapter 7; submit Lab 5-3 and Review Chapters 1, 3,4,5,6,7
4/1	MID-TERM EXAMINATION
4/3	Chapter 8 and Review Mid-Term; do Lab 8-1
4/8	Chapters 9 & 10; submit Lab 8-1
4/10	Chapters 10 & 11; submit Labs 9-1 & 9-2
4/15	Chapters 12 & 2; submit Labs 10-1 and 10-3
4/17	Review Chapters 2 and 8-12; submit Lab 11-3
4/22	Do Labs 5-2 and 7-2
4/24	SECOND HALF EXAMINATION ; submit Aerobic & Strength Activity Requirement & Labs 5-2 and 7-2
5/1	10:30 a.m (Exam Time) Review and discuss second half exam. Collect any outstanding labs.

Miss Kathy Freese's Class

2 nd 7 weeks	Daily Assignments
3/11	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
3/13	Discuss Chapter 3 then meet in the Fitness Center and do Labs 5-1 & 7-1
3/18	Chapters 4 & 5, Submit Labs 5-1 & 7-1*blood Pressure Clinic TBA**
3/20	Chapter 6, Submit Lab 4-1
3/25	Chapter 7, Submit Lab 5-3 and review Chapters 1, 3, 4, 5, 6, & 7
3/27	MID-TERM EXAMINATION
4/1	Chapter 8 and review Mid-Term; do Lab 8-1
4/3	Chapters 9 & 10; submit Lab 8-1
4/8	Chapter 11; submit Labs 9-1 & 9-2
4/10	Chapters 12 & 2; submit Labs 10-1 & 10-3
4/15	Review Chapters 2, 8-12; submit Lab 11-3
4/17	SECOND HALF EXAMINATION
4/22	Do Labs 5-2 & 7-2, Review second half Exam
4/24	Submit labs 5-2 & 7-2, Aerobic and Strength Activity Requirement Collect any outstanding labs