

**ESTIMATED syllabus for BIPN 108, Winter Quarter 2012**

Lectures	Dates	Topic(s)	Reading M,K,&K, 7th edition	Reading M, K, & K, 6th edition
1 & 2	Jan 9 & 11	Introduction: evaluating information (what should you believe?) and the fundamentals of nutrition	pp 3, 7 - 41, 75-80	pp. 3, 8 -44, 75-80
3	Jan 13	<b>NO LECTURE: Work ALL of Problem Set #1 on paper and bring your answers to class on Wednesday, January 18 (Be sure you put your name on them!)</b>		
		<b>NO LECTURE; Martin Luther King Holiday</b>		
4 - 5	Jan 18 & 20	Energy transformation and metabolic pathways	pp. 107, 112-117, 134-153	pp. 114-119, 138-162
6 - 8	Jan 23 - 27	Energy use during exercise: can you optimize performance by designing your diet?	pp. 81-105, 162-224	pp. 82-107, 196-228
9, 10	Jan 30, Feb 1	Performance enhancers (legal and illegal) Do they work; are they safe?	pp. 533-585	pp. 556-610
	Feb 3	<b>NO LECTURE! 1st midterm exam, 7 p.m. to 8:20 p.m.,</b>		
11 - 13	Feb 6 - 10	Respiration: review of the respiratory system and what happens in exercise and training	pp. 253-285	pp. 556-610
14 - 16	Feb 13 - 17	Cardiovascular system: review of the system and what happens in exercise and training	pp. 303-339	pp. 314-350
	Feb 20	<b>NO LECTURE; Presidents' Day Holiday</b>		
17 - 19	Feb 22 - 27	Neuromuscular systems: review of the two systems and what happens in exercise and training	pp. 353-399	pp. 366-384, 386-389
20	Feb 29	Endocrine system: review of the system and what happens in exercise and training	pp. 401-443	pp. 436-362
	Mar 2	<b>NO LECTURE! 2nd midterm exam, 7 p.m. to 8:20 p.m.</b>		
21 - 23	Mar 5 - 9	Training for endurance and aerobic fitness	pp. 451-489	pp. 470-501
24 - 26	Mar 12 - 16	Training for power and the challenges of special circumstances (temperature extremes, humidity, and altitude)	pp. 491-532, 591-639	pp. 618-634, 638-658

**The final exam in this course is scheduled on Wednesday, March 21, 11:30 a.m. to 2:29 p.m.**