

## 108 Wi 24 Lectures, Exams and Optional Textook Reading

Day/Date	Lec #	Lecture Title	Reading (McArdle)	Reading (Powers)
Tue 1/9	1	Intro to Exercise/course goals & mechanics	pg 1-41, 109-176	Ch 0
Thr 1/11	2	Biochemistry and Physiology of Fuel	" " " "	Ch 3, Ch 4
Tue 1/16	3	Muscle, ATP and Fuel; Bioenergetics and Physiology	pg 191-236	" "
Thr 1/18	4	Aerobic and Anerobic Fiber Types	pg 355-383	Ch 8
Tue 1/23	5	Lungs, Heart and Oxygen	pg 253-302	Ch 9, Ch 10
Thr 1/25	6	Cardiovascular Basics	pg 303-354	" "
Tue 1/30	7	Cardiovascular Aspects of Exercise	" " "	" "
Thr 2/1	8	Work, Efficiency and Exercise, Experimental aspects	pg 177-189; 205-248	Ch 1, Ch 20
<b>Tue 2/6</b>	<b>MT1</b>	<b>Midterm 1 during normal class time</b>		
Thr 2/8	9	Hormones and Exercise	pg 407-454	Ch 5
Tue 2/13	10	Aerobic Training	pg 457-538	Ch 2, 15, 21
Thr 2/15	11	Aerobic Training	pg 457-538	Ch 2, 15, 21
Tue 2/20	12	Resistance Training	pg 615-642	
Thr 2/22	13	Hydration, pH and Electrolytes		Ch 11
Tue 2/27	14	Enviromental Aspects of Performance	pg 615-642	Ch 12
Tue 2/29	15	CNS Aspects of Exercise: Firing and Flow	pg 383-406	
<b>Tue 3/5</b>	<b>MT2</b>	<b>Midterm 2 during normal class time</b>		
			<b>GUEST LECTURER</b>	
Thr 3/7	16	Guest: Sports Injuries and Medicine	<b>Ken Vitale MD</b>	
Tue 3/12	17	Guest: Exercise, Aging and Obesity	<b>Simon Schenk PhD</b>	
Thr 3/14	18	Guest: Physiological Actions of Exercise	<b>Randall Johnson, PhD</b>	
<b>Thr 3/21</b>	<b>Fin</b>	<b>Final examination (all material); Starts 3pm</b>		

## REACHING ME, RANDY HAMPTON (your 108 professor)

### 1) E MAIL

You can [e mail](mailto:rhampton@ucsd.edu) me at [rhampton@ucsd.edu](mailto:rhampton@ucsd.edu). Please feel free to e mail me for any reason whatsoever. I can't promise a response to everyone, but I usually do. **HOWEVER! It really helps if you start with the course number in the subject line**, along with whatever you want, so I can tell when I am getting a class-y email. Example:

**BIBC108: I ran a 100 mile race, and now know what real discomfort is**

That sort of thing

I am especially interested in how I can do a better job, and what you do and don't get, what you do and don't like, what you do and don't need in our course, what you'd like to hear about, etc.

### 2) OFFICE HOUR(S)

**Thursday from 4-5 PM (Wi24); so right after class.**

**2130 PACIFIC HALL** (down the hall from my office at 2100E Pac; bigger room, white board, better)

I realize that many students come to campus for class, so having office hours on the Wednesday is maybe not ideal. So that is why it is after class. Please come for any reason. Office hours for this class has been super fun, and often ends up being a many person discussion about training, sport, injury, wellness, and how what we are learning applies to our own lives. Please don't be shy. I am super user friendly.

### 3) IN CLASS TEXT NUMBER (The R Line; **858-859-8528**)

A while ago, I started using in-class texting for students to be able to ask questions during lecture free of the daunting prospect of speaking up in the presence of 300-400 students. People also use this number to communicate with me whenever. It is not my personal cell, but rather a dedicated texting number (doesn't take voice calls) for the students in my classes only.

### 4) ALONG THIS OCEAN-VIEWING RUNNING LOOP

Often as the day winds down it is nice to run down to Scripps Pier and along La Jolla Beach...then back up. It promotes clearer thinking and gratitude. Down La Jolla Shores, onto the beach, and then up Calle D'Oro. 4.5 ish miles. Lately though, I have been training in the early am...

