

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Kaplan on Demand Lectures	Lecture length	Kaplan questions	Lecture Study Hours	QBank Study Hours
1		Behavioral/Psychiatry	Epidemiologic Measures, Understanding Screening Tests (Part 1 of 2)	1 hour	10	1	1
2		Behavioral/Psychiatry	Understanding Screening Tests (Part 2 of 2), Study Designs (Part 1 of 2)	1 hour	10	1	1
3		Behavioral/Psychiatry	Study Designs Part 1 (Part 2 of 2), Key Probability Rules, Descriptive Statistics: Summarizing the Data, Inferential Statistics Part 1 (Part 1 of 2)	1 hour	10	1	1
4		Behavioral/Psychiatry	Inferential Statistics Part 1 (Part 2 of 2), Nominal, Ordinal, Interval, and Ratio Scales, Statistical Tests, Physiology of Substance Abuse, Alcohol and Alcoholism, Common Abused Substances, Other Abused Substances, Sexual Behavior in the United States, Paraphilias, Sexual Dysfunctions, Masturbation, Homosexuality, Sexuality and Aging, Learning and Behavior (Part 1 of 2)	1 hour	10	1	1
5		Behavioral/Psychiatry	Learning and Behavior, Behavior Therapy and Behavior Modification, General Issues, Four Clusters of Defenses, Transference, Psychologic Health and Physical Health, Psychologic Adjustment and Physical Health, Intelligence Quotient (IQ), Personality Tests, Neuropsychologic Test, Developmental Milestones (Part 1 of 2)	1 hour	10	1	1
6		Behavioral/Psychiatry	Developmental Milestones (Part 2 of 2), Applying Child-Development Principles, Abuse, Sleep Architecture, Developmental Aspects of Sleep, Sleep Disorders, Biochemistry of Sleep, General Rules: Physician-Patient Relationships (Part 1 of 2)	1 hour	10	1	1
7		Behavioral/Psychiatry	General Rules: Physician-Patient Relationships (Part 2 of 2), Childhood Disorders, Schizophrenia, Mood Disorders, Eating and Anxiety Disorders (Part 1 of 2)	1 hour	10	1	1
8		Behavioral/Psychiatry	Eating and Anxiety Disorders (Part 2 of 2), Obsessive Compulsive and Related Disorders, Personality Disorders, Tourette Syndrome, HIV-Related Dementia, Delirium Versus Dementia	1 hour	10	1	1
9		Behavioral/Psychiatry	Hemispheric Dominance, Brain and Behavior, Antipsychotics (Neuroleptics), Antidepressants, Mood Stabilizers, Anxiolytics (Antianxiety), Legal Issues Related to Medical Practice (Part 1 of 2)	1 hour	10	1	1
10		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics	Legal Issues Related to Medical Practice (Part 2 of 2), Overview: The Central Dogma of Molecular Biology, Nucleotide Structure and Nomenclature, Nucleic Acids (Part 1 of 2)	1 hour	10	1	1
11		Biochem, Cell Bio, Genetics	Nucleic Acids (Part 2 of 2), Organization of DNA, Overview of DNA Replication, Comparison of DNA and RNA Synthesis, Steps of DNA Replication, DNA Repair (Part 1 of 2)	1 hour	10	1	1
12		Biochem, Cell Bio, Genetics	DNA Repair (Part 2 of 2), Overview of Transcription, RNA Polymerases, Transcription: Important Concepts and Terminology, Production of Prokaryotic Messenger RNA, Production of Eukaryotic Messenger RNA, Alternative Splicing-Eukaryotic Primary Pre-mRNA Transcripts, Ribosomal RNA (rRNA) IS Used to Construct Ribosomes	1 hour	10	1	1
13		Biochem, Cell Bio, Genetics	Transfer RNA Carries Activated Amino Acids for Translations, Overview of Translation, Mutations, Amino Acid Activation and Codon Translation by tRNAs, Translation (Protein Synthesis), Inhibitors of Protein Synthesis, Protein Folding and Subunit Assembly	1 hour	10	1	1
14		Biochem, Cell Bio, Genetics	Translation Occurs on Free Ribosomes and on the RER, Co- and Posttranslational Covalent Modifications, Posttranslational Modifications of Collagen, Overview of Genetic Regulation, Regulation of Eukaryotic Gene Expression (Part 1 of 2)	1 hour	10	1	1
15		Biochem, Cell Bio, Genetics	Regulation of Eukaryotic Gene Expression (Part 2 of 2), Overview of Recombinant DNA Technology, Human Genome Project and Cloning Genes, Medical Application of Recombinant DNA (Part 1 of 2)	1 hour	10	1	1
16		Biochem, Cell Bio, Genetics	Medical Application of Recombinant DNA (Part 2 of 2), RNA Interference, Blotting Techniques	1 hour	10	1	1
17		Biochem, Cell Bio, Genetics	Polymerase Chain Reaction (PCR), Amino Acids, Protein Turnover, Biochemical Reactions (Part 1 of 2)	1 hour	10	1	1
18		Biochem, Cell Bio, Genetics	Biochemical Reactions (Part 2 of 2), Hormones and Signal Transduction, Water-Soluble Hormones: Mechanism (Part 1 of 2)	1 hour	10	1	1
19		Biochem, Cell Bio, Genetics	Water-Soluble Hormones: Mechanism (Part 2 of 2), G-Proteins in Signal Transduction, Lipid Soluble Hormones, Water Soluble Vitamins, Lipid Soluble Vitamins (Part 1 of 2)	1 hour	10	1	1
20		Biochem, Cell Bio, Genetics	Lipid Soluble Vitamins (Part 2 of 2), Metabolic Sources of Energy and Energy Storage, Patterns of Fuel Metabolism in Tissues, Carbohydrate Digestion	1 hour	10	1	1
21		Biochem, Cell Bio, Genetics	Glucose Transport, Glycolysis, Galactose Metabolism (Part 1 of 2)	1 hour	10	1	1
22		Biochem, Cell Bio, Genetics	Galactose Metabolism (Part 2 of 2), Fructose Metabolism, Pyruvate Dehydrogenase, Citric Acid Cycle, Electron Transport Chain and Oxidative Phosphorylation (Part 1 of 2)	1 hour	10	1	1
23		Biochem, Cell Bio, Genetics	Electron Transport Chain and Oxidative Phosphorylation (Part 2 of 2), Glycogen Synthesis and Glycogenolysis, Genetic Deficiencies of Enzymes in Glycogen Metabolism, Gluconeogenesis (Part 1 of 2)	1 hour	10	1	1
24		Biochem, Cell Bio, Genetics	Gluconeogenesis (Part 2 of 2), Hexose Monosphate Shunt, Chapter 14 Questions (Part 1 of 2)	1 hour	10	1	1
25		Biochem, Cell Bio, Genetics	Chapter 14 Questions (Part 2 of 2), Fatty Acid Nomenclature, Lipid Digestion, Fatty Acid Biosynthesis, Triglyceride (Triacylglycerol) Synthesis, Lipoprotein Metabolism (Part 1 of 2)	1 hour	10	1	1

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26		Biochem, Cell Bio, Genetics	Lipoprotein Metabolism (Part 2 of 2), Hyperlipidemias	1 hour	10	1	1
27		Biochem, Cell Bio, Genetics	Cholesterol Metabolism, Lipid Mobilization, Fatty Acid Oxidation, Ketone Body Metabolism (Part 1 of 2)	1 hour	10	1	1
28		Biochem, Cell Bio, Genetics	Ketone Body Metabolism (Part 2 of 2), Shingolipids, Chapter 16 Questions, Overview (Amino Acid Metabolism)	1 hour	10	1	1
29		Biochem, Cell Bio, Genetics	Removal and Excretion of Amino Groups, Urea Cycle, Disorders of Amino Acid Metabolism, S-Adenosylmethionine, Folate, and Cobalamin (Part 1 of 2)	1 hour	10	1	1
30		Biochem, Cell Bio, Genetics	S-Adenosylmethionine, Folate, and Cobalamin (Part 2 of 2), Heme Synthesis, Iron Transport and Storage, Bilirubin Metabolism, Overview (Purine and Pyrimidine Metabolism), Pyrimidine Synthesis (Part 1 of 2)	1 hour	10	1	1
31		Biochem, Cell Bio, Genetics	Pyrimidine Synthesis (Part 2 of 2), Purine Synthesis, Purine Catabolism and the Salvage Enzyme HGPRT, Chapter 17 and 18 Questions, Basic Definitions (Part 1 of 2)	1 hour	10	1	1
32		Biochem, Cell Bio, Genetics	Basic Definitions (Part 2 of 2), Major Modes of Inheritance, Important Principles Characterizing Single-Gene Diseases (Part 1 of 2)	1 hour	10	1	1
33		Biochem, Cell Bio, Genetics	Important Principles Characterizing Single-Gene Diseases (Part 2 of 2), Definition (Population Genetics), Hardy-Weinberg Equilibrium, Factors Responsible for Genetic Variation among Populations	1 hour	10	1	1
34		Biochem, Cell Bio, Genetics	Overview (Cytogenetics), Basic Definitions and Terminology, Numerical Chromosome Abnormalities, Structural Chromosome Abnormalities, Other Chromosome Abnormalities, Advances in Molecular Cytogenetics, Multifactorial Inheritance (Part 1 of 2)	1 hour	10	1	1
35		Biochem, Cell Bio, Genetics	Multifactorial Inheritance (Part 2 of 2), Overview (Gene Mapping), Gene Mapping: Linkage Analysis (Part 1 of 2)	1 hour	10	1	1
36		Biochem, Cell Bio, Genetics	Gene Mapping: Linkage Analysis (Part 2 of 2), Overview (Genetic Diagnosis), Genetic Diagnosis, Applications of Genetic Diagnosis, Abetalipoproteinemia (Part 1 of 2)	1 hour	10	1	1
37		Biochem, Cell Bio, Genetics, Microbiology	Abetalipoproteinemia (Part 2 of 2), Hereditary Nonpolyposis Colorectal Cancer (HNPCC), Li-Fraumeni, Sickle Cell Disease, Fatty Acid Oxidation, Major Microbial Groups (Part 1 of 2)	1 hour	10	1	1
38		Microbiology	Major Microbial Groups (Part 2 of 2), Pathogenicity (Infectivity and Toxicity) Major Mechanisms, Toxins, Detailed Overview, Endospores, Bacterial Growth and Death, Culture of Microorganisms, Anaerobic and Aerobic	1 hour	10	1	1
39		Microbiology	Stains, Gram-Staining Reactions, Gram-Positive Cocci, Genus: Staphylococcus, Genus: Streptococcus	1 hour	10	1	1
40		Microbiology	Genus: Enterococcus, Gram-Positive Rods, Genus: Bacillus, Genus: Clostridium, Genus: Listeria, Genus: Corynebacterium	1 hour	10	1	1
41		Microbiology	Genus: Actinomyces, Genus: Nocardia, Genus: Mycobacterium, Gram-Negative Cocci, Genus: Neisseria	1 hour	10	1	1
42		Microbiology	Moraxella, Gram-Negative Bacilli, Genus: Pseudomonas, Genus: Legionella, Genus: Francisella, Genus: Bordetella, Genus: Brucella, Genus: Campylobacter, Genus: Helicobacter, Genus: Vibrio	1 hour	10	1	1
43		Microbiology	Family: Enterobacteriaceae, Genus: Escherichia, Genus: Klebsiella, Genus: Shigella, Genus: Yersinia, Genus: Proteus, Genus: Salmonella (Part 1 of 2)	1 hour	10	1	1
44		Microbiology	Genus: Salmonella (Part 2 of 2), Genus: Haemophilus, Genus: Gardnerella, Genus: Pasteurella, Additional Organisms Associated with Animal and Human Bites, HACEK Group Infections, Genus: Bacteroides, Introduction to Spiral Shaped Gram Negative Rods, Genus: Treponema, Genus: Borrelia, Genus: Leptospira, Family: Chlamydiaceae	1 hour	10	1	1
45		Microbiology	Genus: Chlamydia, Genus: Rickettsia, Genus: Ehrlichia, Family: Mycoplasmataceae, The Bacterial Genetic Material, Rearrangement of DNA Within a Bacterium, Mechanisms of DNA Exchange, Conjugal Crosses, Drug Resistance	1 hour	10	1	1
46		Microbiology	Antibiotic Susceptibility Testing, Structure and Morphology, Viral Replication, Patterns of Viral Infections, Host Resistance to Viral Infection	1 hour	10	1	1
47		Microbiology	Viral Hepatitis, DNA Viruses: Characteristics, Parvoviridae, Papillomaviridae, Polymaviridae, Adenoviridae, Herpesviridae (Part 1 of 2)	1 hour	10	1	1
48	Catch-up day			1 hour			
49		Microbiology	Herpesviridae (Part 2 of 2), Poxviridae, RNA Viruses, Calciviridae, Hepeviridae, Picornaviridae, Flaviviridae, Togaviridae	1 hour	10	1	1
50		Microbiology	Coronaviridae, Retroviridae, Neg-Stranded RNA Viruses, Paramyxoviridae, Rhabdoviridae, Filoviridae, Orthomyxoviridae, Bunyaviridae, Arenaviridae, Reoviridae, Oncogenic Viruses, Prion Diseases	1 hour	10	1	1
51		Microbiology	Viral Genetics, Mycology, Fungal Morphology, Nonsystemic Fungal Infections, Deep Fungal Infections, Classification of Parasites, Important Protozoan Parasites	1 hour	10	1	1

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52		Microbiology	Free Living Amoebae, Plasmodium, Hemoflagellates, Miscellaneous, Trematodes, Cestodes, Nematodes	1 hour	10	1	1
53		Microbiology, Immunology	Reye Syndrome, Rheumatic Fever, The Immune System, Ontogeny of the Immune Cells (Part 1 of 2)	1 hour	10	1	1
54		Immunology	Ontogeny of the Immune Cells (Part 2 of 2), Lymphocyte Development and Selection, Selection of T and B Lymphocytes	1 hour	10	1	1
55		Immunology	Periphery: Innate Immune Response, Part 1, Periphery: Innate Immune Response, Part 2	1 hour	10	1	1
56		Immunology	Periphery: Innate Immune Response, Part 3, Secondary Lymphoid Tissue: Innate Immune Response Meets Adaptive	1 hour	10	1	1
57		Immunology	Secondary Lymphoid Tissue: B and T Lymphocyte Activation, Secondary Lymphoid Tissue: Development of the T Lymphocyte Subsets, Secondary Lymphoid Tissue: Activation of B Lymphocytes	1 hour	10	1	1
58		Immunology	Humoral Immunity, Cell-Mediated Immunity, Immunodiagnostics: Serology (Part 1 of 2)	1 hour	10	1	1
59		Immunology	Immunodiagnostics: Serology (Part 2 of 2), Immunodiagnostics: Agglutination, ABO Testing, Labeled Antibody Testing, Immunizations: Types of Immunity	1 hour	10	1	1
60		Immunology	Immunizations: Types of Vaccines, Immunizations: Immunity in Fetus, Neonates and Children, Primary Immunodeficiencies	1 hour	10	1	1
61		Immunology	Hypersensitivities and Autoimmune Disease, Hypersensitivity Reactions Type II, III and IV, Autoimmunity, Transplantation (Part 1 of 2)	1 hour	10	1	1
62		Immunology	Transplantation (Part 2 of 2), Asthma Clinical Correlate, Autoimmune Hemolytic Anemia, Complement Deficiency, DiGeorge Syndrome (Part 1 of 2)	1 hour	10	1	1
63		Immunology	DiGeorge Syndrome (Part 2 of 2), Tuberculin Skin Test, Wiskott-Aldrich Syndrome, Acute Inflammation, Asthma Animation, The Processing and Presentation of Antigen	1 hour	10	1	1
64		Pathology-General	Definitions of Pathology, Overview of Pathology, Methods Used in Pathology, Causes of Cellular Injury, Cellular Changes During Injury (Part 1 of 2)	1 hour	10	1	1
65		Pathology-General	Cellular Changes During Injury (Part 2 of 2), Cell Death, Cellular Adaptive Responses to Injury	1 hour	10	1	1
66		Pathology-General	Other Cellular Alterations During Injury, Acute Inflammation, Neutrophils, Chemical Mediators of Inflammation	1 hour	10	1	1
67		Pathology-General	Four Outcomes of Acute Inflammation, Chronic Inflammation, Tissue Responses to Infectious Agents, Regeneration and Healing, Aberrations in Wound Healing, Connective Tissue Components	1 hour	10	1	1
68		Pathology-General	Edema (Circulatory Pathology), Hemostasis and Bleeding Disorders, Thrombosis	1 hour	10	1	1
69		Pathology-General	Embolism, Infarction, Shock, Disorders Involving An Extra Autosome, Disorders Involving Chromosomal Deletions, Disorders Involving Sex Chromosomes, Hermaphroditism, Mendelian Disorders, Autosomal Recessive Disorders (Part 1 of 2)	1 hour	10	1	1
70		Pathology-General	Autosomal Recessive Disorders (Part 2 of 2), Autosomal Dominant Disorders, X-Linked Recessive Conditions, X-Linked Dominant Conditions, Triplet Repeat Mutations, Genomic Imprinting, Mitochondrial DNA Disorders, Multifactorial Inheritance (Genetic Disorders), Hypersensitivity Reactions, Autoimmune Diseases (Part 1 of 2)	1 hour	10	1	1
71		Pathology-General	Autoimmune Diseases (Part 2 of 2), Primary Immune Deficiency Syndromes, Secondary Immune Deficiency Syndromes, Definition (Amyloidosis), Systemic Types of Amyloid, Localized Types of Amyloid, Clinical Features, Definition (Principles of Neoplasia), Epidemiology (Part 1 of 2)	1 hour	10	1	1
72		Pathology-General	Epidemiology (Part 2 of 2), Carcinogenic Agents, Carcinogenesis, Diagnosis of Cancer, Poisoning and Toxins	1 hour	10	1	1
73		Pathology-General	Lifestyle Choices, Drugs of Abuse (Environment and Lifestyle Related Pathology), Physical Injuries, Disorders of Pigmentation, Melanocytic Tumors, Epidermal and Dermal Lesions (Part 1 of 2)	1 hour	10	1	1
74		Pathology-General	Epidermal and Dermal Lesions (Part 2 of 2), Malignant Tumors, Red Blood Cell Morphology, Anemias, Microcytic Anemias	1 hour	10	1	1
75		Pathology-General	Normocytic Anemias, Macrocytic Anemias, Polycythemia Vera, Vasculitis, Raynaud Disease versus Phenomenon, Arteriosclerosis, Hypertension (HTN)	1 hour	10	1	1
76		Pathology-General	Aneurysms and Arteriovenous Fistulas, Venous Disease, Vascular Neoplasms, Ischemic Heart Disease, Congestive Heart Failure, Valvular Heart Disease, Congenital Heart Disease	1 hour	10	1	1
77		Pathology-General	Primary Cardiomyopathies (Diagnosis of Exclusion), Carcinoid Heart Disease, Cardiac Tumors, Atelectasis, Pulmonary Infections, Sarcoidosis, Obstructive Versus Restrictive Lung Disease, Obstructive Pulmonary Disease, Infiltrative Restrictive Lung Diseases, Vascular Disorders, Pulmonary Neoplasia (Part 1 of 2)	1 hour	10	1	1

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78		Pathology-General	Pulmonary Neoplasia (Part 2 of 2), Diseases of the Pleural Cavity, Congenital Anomalies of the Kidney, Cystic Disease, Glomerular Diseases, Primary Glomerulopathies (Nephritic), Primary Glomerulopathies (Nephrotic), Secondary Glomerulonephritis, Chronic Glomerulonephritis, Diseases of the Tubules and Interstitium, Urolithiasis, Tumors of the Kidney	1 hour	10	1	1
79		Pathology-General	Chronic Renal Failure, Vascular Disorders of the Kidney, Obstructive Disorders of the Urinary System, Ureteral Disorders, Urinary Bladder Pathology, Esophagus, Stomach, Small and Large Intestines (Part 1 of 2)	1 hour	10	1	1
80		Pathology-General	Small and Large Intestines (Part 2 of 2), Inflammation of the Pancreas, Diabetes Mellitus (Pancreatic Pathology), Pancreatic Tumors, Gallstones (Cholelithiasis), Inflammatory Conditions, Miscellaneous Conditions, Biliary Tract Cancer, Jaundice, Cirrhosis	1 hour	10	1	1
81		Pathology-General	Viral Hepatitis (Liver Pathology), Amebic Liver Abscesses, Alcoholic Liver Disease, Metabolic Liver Disease, Hemodynamic Liver Diseases, Liver Tumors, Infections, Cerebrovascular Disease, DNS Trauma, Developmental Abnormalities	1 hour	10	1	1
82		Pathology-General	Demyelinating Disorders, Degenerative and Dementing Disorders, CNS Tumors, Reactive Changes in White Blood Cells, Lymphoid Neoplasms, Precursor B- and T-Cell Neoplasms, Peripheral B-Cell Neoplasms	1 hour	10	1	1
83		Pathology-General	Peripheral T-Cell and Natural Killer Cell Neoplasms, Lymphoma, Myeloid Neoplasms, Spleen Disorders, Miscellaneous Diseases and Diseases of the Spleen, Vulva, Vagina (Female Genital Pathology), Ovary (Female Genital Pathology), Gestational Trophoblastic Disease and Placental Disease, Introduction, Mastitis, Fibrocystic Changes	1 hour	10	1	1
84		Pathology-General	Benign Neoplasms, Malignant Neoplasms, Other Breast Conditions, Penis (Male Pathology), Testes, Testicular Cancer, Postate, Thyroid Gland, Hyperthyroidism, Hypothyroidism, Thyroiditis, Thyroid Neoplasia, Parathyroid Glands, Pituitary Gland, Hypothalamus, and Pineal Gland, Adrenal Gland	1 hour	10	1	1
85		Pathology-General	Multiple Endocrine Neoplasia (MEN) Syndromes, Normal Bone, Hereditary Bone Disorders, Paget Disease (Osteitis Deformans), Osteoporosis, Osteomalacia and Rickets, Osteomyelitis, Miscellaneous Bone Disorders, Benign Tumors of Bone, Malignant Tumors of Bone, Osteoarthritis (Degenerative Joint Disease), Rheumatoid Arthritis, Seronegative Spondyloarthropathies, Arthritis Related to Crystal Deposition, Infectious Arthritis, Neuropathic Arthropathy (Charcot Joint), Skeletal Muscle and Peripheral Nerve Pathology, Inflammatory Myopathies, Myasthenic Syndromes	1 hour	10	1	1
86		Pathology-General	Muscular Dystrophy, Inflammatory Neuropathy, Soft Tissue Tumors and Tumor-Like Conditions, Definitions of Pathology, Overview of Pathology, Methods Used in Pathology, Causes of Cellular Injury, Cellular Changes During Injury, Cell Death (Part 1 of 2)	1 hour	10	1	1
87		Pathology-General	Cell Death (Part 2 of 2), Cellular Adaptive Responses to Injury, Other Cellular Alterations During Injury, Acute Inflammation, Neutrophils, Chemical Mediators of Inflammation, Four Outcomes of Acute Inflammation, Chronic Inflammation, Tissue Responses to Infectious Agents, Regeneration and Repair	1 hour	10	1	1
88		Pathology-General	Aberrations in Wound Healing, Connective Tissue Components, Edema, Hematosis and Bleeding Disorders, Thrombosis, Embolism, Infarction	1 hour	10	1	1
89		Pathology-General	Shock, Disorders Involving and Extra Chromosome, Disorders Involving Chromosomal Deletions, Disorders Involving Sex Chromosomes, Hermaphroditism, Mendelian Disorders, Autosomal-Recessive Disorders, Autosomal-Dominant Disorders	1 hour	10	1	1
90		Pathology-General	Triplet Repeat Mutations, Genomic Imprinting, Autoimmune Diseases, Primary Immune Deficiency Syndromes, Secondary Immune Deficiency Syndromes, Definition, Common Features of Amyloid, Composition of Amyloid, Systemic Types of Amyloid, Localized Types of Amyloid, Clinical Features, Epidemiology, Carcinogenic Agents, Carcinogenesis (Part 1 of 2)	1 hour	10	1	1
91		Pathology-General	Carcinogenesis (Part 2 of 2), Diagnosis of Cancer, Occupation-Associated Pneumoconiosis, Poisoning, Lifestyle Choices, Drugs of Abuse, Vasculitis (Part 1 of 2)	1 hour	10	1	1
92		Pathology-General	Vasculitis (Part 2 of 2), Raynaud Disease Versus Phenomenon, Arteriosclerosis, Hypertension, Aneurysms and Arteriovenous Fistulas, Venous Disease, Vascular Neoplasms, Ischemic Heart Disease, Congestive Heart Failure, Valvular Heart Disease (Part 1 of 2)	1 hour	10	1	1
93		Pathology-General	Valvular Heart Disease (Part 2 of 2), Congenital Heart Disease, Cardiomyopathies, Carcinoid Heart Disease, Cardiac Tumors, Atelectasis, Pulmonary Infections, Sarcoidosis, Obstructive Versus Restrictive Lung Disease, Chronic Obstructive Pulmonary Disease, Respiratory Distress Syndrome	1 hour	10	1	1
94		Pathology-General	Vascular Disorders, Pulmonary Neoplasia, Diseases of the Pleural Cavity, Congenital Anomalies of the Kidney, Cystic Disease, Glomerular Diseases, Primary Glomerulopathies (Nephritic), Primary Glomerulopathies (Nephrotic), Chronic Glomerulonephritis, Diseases of the Tubules and Interstitium, Urolithiasis	1 hour	10	1	1

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95		Pathology-General	Tumors of the Kidney, Bladder Pathology, Esophagus, Stomach, Small and Large Intestines, Small and Large Intestines	1 hour	10	1	1
96		Pathology-General	Small and Large Intestines, Inflammation of the Pancreas, Diabetes Mellitus, Pancreatic Tumors, Gallstones/Cholelithiasis, Inflammatory Conditions, Miscellaneous Conditions, Biliary Tract Cancer, Jaundice	1 hour	10	1	1
97		Pathology-General	Cirrhosis, Viral Hepatitis, Amebic Liver Abscesses, Alcoholic Liver Disease, Metabolic Liver Disease, Hemodynamic Liver Disease, Liver Tumors, Red Blood Cell Morphology, Anemias, Microcytic Anemias (Part 1 of 2)	1 hour	10	1	1
98		Pathology-General	Microcytic Anemias (Part 2 of 2), Normocytic Anemias, Macrocytic Anemias, Reactive Proliferations of White Blood Cells, Lymphoid Neoplasms, Precursor B- and T-Cell Neoplasms	1 hour	10	1	1
99		Pathology-General	Peripheral B-Cell Neoplasms, Peripheral T-Cell and Natural Killer Cell Neoplasms, Hodgkin Disease, Acute Myelogenous Leukemia, Myelodysplasia, Myeloproliferative Syndromes, Vulva	1 hour	10	1	1
100		Pathology-General	Vagina, Cervix, Uterus, Ovary, Gestational Trophoblastic Disease, Mastitis, Fibrocystic Changes, Benign Neoplasms, Malignant Neoplasms, Other Malignancies	1 hour	10	1	1
101		Pathology-General	Penis, Testes, Testicular Cancer, Prostate, Thyroid Gland, Hyperthyroidism, Hypothyroidism, Thyroiditis, Thyroid Neoplasia, Parathyroid Glands, Pituitary Glands (Part 1 of 2)	1 hour	10	1	1
102	Catch-up day, Complete first pass of Kaplan Qbank						
103		Pathology-General	Pituitary Glands (Part 2 of 2), Adrenal Glands, Multiple Endocrine Neoplasia Syndrome, Normal Bone, Hereditary Bone Disorders, Paget Disease, Osteoporosis, Osteomalacia and Rickets, Osteomyelitis, Miscellaneous Bone Disorders, Benign Tumors of the Bone	1 hour	40	1	2
104		Pathology-General	Malignant Tumors of the Bone, Osteoarthritis, Rheumatoid Arthritis, Seronegative Spondyloarthropathies, Arthritis Related to Crystal Deposition, Infectious Arthritis, Skeletal Muscle, Inflammatory Myopathies, Myasthenic Syndromes, Muscular Dystrophy, Inflammatory Neuropathy, Infections (Part 1 of 2)	1 hour	40	1	2
105		Pathology-General	Infections, Cerebrovascular Disease, CNS Trauma, Developmental Abnormalities, Demyelinating Disorders, Degenerative and Dementing Disorders, Degenerative and Dementing Disorders, CNS Tumors (Part 1 of 2)	1 hour	40	1	2
106		Pathology-General	CNS Tumors (Part 2 of 2), Disorders of Pigmentation, Melanocytic Tumors, Epidermal and Dermal Lesions, Malignant Tumors, Pathology Review (Part 1 of 3)	1 hour	40	1	2
107		Pathology-General	Pathology Review (Part 2 of 3)	1 hour	40	1	2
108		Pathology-General	Pathology Review (Part 3 of 3), Cor Pulmonale, Factor V Leiden Thrombophilia, Lyme Disease, Goodpasture Syndrome (Part 1 of 2)	1 hour	40	1	2
109		Pathology-General, Pharmacology-General	Goodpasture Syndrome (Part 2 of 2), Barretts Esophagus, Hemostasis and Bleeding Disorders, Congestive Heart Failure, Antiphospholipid Syndrome, Permeation (Part 1 of 2)	1 hour	40	1	2
110		Pharmacology-General	Permeation (Part 2 of 2), Absorption and Distribution, Biotransformation, Elimination	1 hour	40	1	2
111		Pharmacology-General	Steady State/Review Questions, Definitions and D-R Curves, Signaling Mechanisms, Drug Development and Testing	1 hour	40	1	2
112		Pharmacology-General	The Autonomic Nervous System, Cholinergic Pharmacology: Agonists (Part 1 of 2)	1 hour	40	1	2
113		Pharmacology-General	Cholinergic Pharmacology: Agonists (Part 2 of 2), Cholinergic Pharmacology: Agonists, Adrenergic Pharmacology (Part 1 of 2)	1 hour	40	1	2
114		Pharmacology-General	Adrenergic Pharmacology (Part 2 of 2), Alpha and Beta Receptors, Autonomic Drugs: Glaucoma Treatment/Questions (Part 1 of 2)	1 hour	40	1	2
115		Pharmacology-General	Autonomic Drugs: Glaucoma Treatment/Questions (Part 2 of 2), Diuretics	1 hour	40	1	2
116		Pharmacology-General	Antihypertensives, Drugs for Heart Failure	1 hour	40	1	2
117		Pharmacology-General	Cardiac Action Potential, Antiarrhythmic Drugs: Classification, Antianginal Drugs	1 hour	40	1	2
118		Pharmacology-General	Antihyperlipidemics, Sedative-Hypnotic, Anxiolytic Drugs, Alcohols, Drugs Used for Depression, Bipolar Disorders, and ADHD, Drugs Used in Parkinson Disease and Psychosis (Part 1 of 2)	1 hour	40	1	2
119		Pharmacology-General	Drugs Used in Parkinson Disease and Psychosis (Part 2 of 2), Anticonvulsants, Drugs Used in Anesthesia	1 hour	40	1	2
120		Pharmacology-General	Opioid Analgesics, Drugs of Abuse, Inhibitors of Cell Wall Synthesis, Inhibitors of Bacterial Protein Synthesis (Part 1 of 2)	1 hour	40	1	2

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Kaplan on Demand Lectures	Lecture length	Kaplan questions	Lecture Study Hours	QBank Study Hours
121		Pharmacology-General	Inhibitors of Bacterial Protein Synthesis (Part 2 of 2), Inhibitors of Folic Acid Synthesis, Unclassified Antibiotics and Antitubercular Drugs, Antifungal Agents, Antiviral Agents (Part 1 of 2)	1 hour	40	1	2
122		Pharmacology-General	Antiviral Agents (Part 2 of 2), Antiprotozoal Agents, Histamine and Antihistamines, Drugs Used in Gastrointestinal Dysfunction, Drugs Acting on Serotonergic Systems, Eicosanoid Pharmacology (Part 1 of 2)	1 hour	40	1	2
123		Pharmacology-General	Eicosanoid Pharmacology (Part 2 of 2), Drugs Used for Treatment of Rheumatoid Arthritis, Drugs Used for Treatment of Gout, Glucocorticoids, Drugs Used for Treatment Asthma, Anticoagulants, Thrombolytics, Antiplatelet Drugs, Drugs Used in Diabates (Part 1 of 2)	1 hour	40	1	2
124		Pharmacology-General	Drugs Used in Diabates (Part 2 of 2), Steroid Hormones, Antithyroid Agents, Drugs Related to Hypothalamic and Pituitary Hormones, Drugs Used for Bone and Mineral Disorders, Anticancer Drugs, Immunopharmacology	1 hour	40	1	2
125		Pharmacology-General	Toxicology, Renin Angiotensin, Diabetic Ketoacidosis, Syndrome of Inappropriate Antidiuretic Hormone	1 hour	40	1	2
126		Pharmacology-General	Neuroleptic Malignant Syndrome, Diuretics, Congestive Heart Failure, Common OTC Drug Overdoses, Serotonin Syndrome	1 hour	40	1	2
127		Physiology-General	Fluid Distribution and Edema, Ionic Equilibrium and Resting Membrane Potential (Part 1 of 2)	1 hour	40	1	2
128		Physiology-General	Ionic Equilibrium and Resting Membrane Potential (Part 2 of 2), The Neuron Action Potential and Synaptic Transmission (Part 1 of 2)	1 hour	40	1	2
129		Physiology-General	The Neuron Action Potential and Synaptic Transmission (Part 2 of 2), Electrical Activity of the Heart, Electrocardiology (Part 1 of 2)	1 hour	40	1	2
130		Physiology-General	Electrocardiology (Part 2 of 2), Excitation-Contraction Coupling, Skeletal Muscle Mechanics	1 hour	40	1	2
131		Physiology-General	Systolic Performance of the Ventricle, Ventricular Function Curves, Chronic Changes-Systolic and Diastolic Dysfunction	1 hour	40	1	2
132		Physiology-General	General Aspects of the Cardiovascular System	1 hour	40	1	2
133		Physiology-General	Determinants of Cardiac Output, Cardiopulmonary Mechanoreceptors	1 hour	40	1	2
134		Physiology-General	Regulation of Blood Flow and Pressure	1 hour	40	1	2
135		Physiology-General	Cardiac Cycle and Valvular Heart Disease, Lung Volumes, Ventilation, Inspiration (Part 1 of 2)	1 hour	40	1	2
136		Physiology-General	Lung Volumes, Ventilation, Inspiration (Part 2 of 2), Expiration, Lung Compliance, Pulmonary Function Testing (Part 1 of 2)	1 hour	40	1	2
137		Physiology-General	Expiration, Lung Compliance, Pulmonary Function Testing (Part 2 of 2), Alveolar-Blood Gas Exchange, Transport O ₂ and CO ₂ and the Regulation of Ventilation (Part 1 of 2)	1 hour	40	1	2
138		Physiology-General	Transport O ₂ and CO ₂ and the Regulation of Ventilation (Part 2 of 2), Causes and Evaluation of Hypoxemia, Overview of the Renal System (Part 1 of 2)	1 hour	40	1	2
139		Physiology-General	Overview of the Renal System (Part 2 of 2), Factors Determining Filtration Pressure, Filtration Fraction, Transport Mechanisms and Clearance (Part 1 of 2)	1 hour	40	1	2
140		Physiology-General	Transport Mechanisms and Clearance (Part 2 of 2), Reabsorption and Secretion, Clinical Estimation of GFR and Patterns of Clearance (Part 1 of 2)	1 hour	40	1	2
141		Physiology-General	Clinical Estimation of GFR and Patterns of Clearance (Part 2 of 2), Proximal Tubule and Loop of Henle, Distal Tubule and Collecting Ducts (Part 1 of 2)	1 hour	40	1	2
142		Physiology-General	Distal Tubule and Collecting Ducts (Part 2 of 2), Associated Pathologies, Buffering Systems (Part 1 of 2)	1 hour	40	1	2
143		Physiology-General	Buffering Systems (Part 2 of 2), Plasma Anion Gap and Davenport Plots, Review Questions, General Aspects of the Endocrine System (Part 1 of 2)	1 hour	40	1	2
144		Physiology-General	General Aspects of the Endocrine System (Part 2 of 2), Hypothalamic-Anterior Pituitary System, Posterior Pituitary (Part 1 of 2)	1 hour	40	1	2
145		Physiology-General	Posterior Pituitary (Part 2 of 2), Functional Regions and Steroid Hormone Synthesis, Physiologic Actions of Glucocorticoids, Physiologic Actions of Aldosterone	1 hour	40	1	2
146		Physiology-General	Glucocorticoid Disorders, Mineralocorticoid Disorders, Enzyme Deficiencies, Adrenal Medulla, Insulin and Glucagon (Part 1 of 2)	1 hour	40	1	2
147		Physiology-General	Insulin and Glucagon (Part 2 of 2), Diabetes Mellitus, Overview, Disorders (Part 1 of 2)	1 hour	40	1	2
148		Physiology-General	Disorders (Part 2 of 2), Biosynthesis and Transport, Pathologic Changes, Growth, Growth Hormone and Puberty (Part 1 of 2)	1 hour	40	1	2
149		Physiology-General	Growth, Growth Hormone and Puberty (Part 2 of 2), Male Reproductive System, Menstrual Cycle, Female Sex Steroids, Pregnancy (Part 1 of 2)	1 hour	40	1	2
150		Physiology-General	Pregnancy (Part 2 of 2), Overview of the GI Tract, Motility	1 hour	40	1	2

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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151		Physiology-General	Salivary and Gastric Secretions, Pancreatic, Bile and Small Intestine Secretions, Digestion, Absorption, Electrolytes and Diarrhea, Fetal Lung Maturity (Part 1 of 2)	1 hour	40	1	2
152		Physiology-General	Fetal Lung Maturity (Part 2 of 2), Hypertrophic Cardiomyopathy, Respiration, Neuromuscular Junction, Biosynthetic Pathways of Adrenal Steroid Hormones, Cardiac Action Potential (Part 1 of 2)	1 hour	40	1	2
153		Physiology-General, Anatomy-General	Cardiac Action Potential (Part 2 of 2), Renal Tubular Acidosis, Spermatogenesis, Control of Gastric Acid Secretions, Gonad Development, Week 1: Beginning of Development (Part 1 of 2)	1 hour	40	1	2
154		Anatomy-General	Week 1: Beginning of Development (Part 2 of 2), Week 2: Formation of the Bilaminar Embryo, Embryonic Period (Weeks 3-8), Histology: Epithelia, Cytoskeletal and Cell Surface Elements (Part 1 of 2)	1 hour	40	1	2
155		Anatomy-General	Cytoskeletal and Cell Surface Elements (Part 2 of 2), Vertebral Column, Spinal Nerves, Autonomic Nervous System	1 hour	40	1	2
156		Anatomy-General	Sympathetic Nervous System, Parasympathetic Nervous System, Chest Wall, Lungs (Part 1 of 2)	1 hour	40	1	2
157		Anatomy-General	Lungs (Part 2 of 2), Heart, Development of Heart, Development of Atrial Septums (Part 1 of 2)	1 hour	40	1	2
158	Catch-up day			1 hour			
159		Anatomy-General	Development of Atrial Septums (Part 2 of 2), Atrial Septal Defect, Ventricular Septum, Fetal Heart Abnormalities, Fetal Circulation and Shunts	1 hour	40	1	2
160		Anatomy-General	Adult Heart, Cardiac Conduction, Mediastinum, Abdominal Wall (Part 1 of 2)	1 hour	40	1	2
161		Anatomy-General	Abdominal Wall (Part 2 of 2), Inguinal Hernia, Descent of Testis and Femoral Hernia, Embryology of Gut Tube (Part 1 of 2)	1 hour	40	1	2
162		Anatomy-General	Embryology of Gut Tube (Part 2 of 2), Foregut development, Pancreas and Duodenum Development, Development of the Spleen, Peritoneum and Rotation of the Gut (Part 1 of 2)	1 hour	40	1	2
163		Anatomy-General	Peritoneum and Rotation of the Gut (Part 2 of 2), Histology of the GI Tract	1 hour	40	1	2
164		Anatomy-General	Intestinal Histology, Histology of Salivary Glands, Pancreas, and Liver	1 hour	40	1	2
165		Anatomy-General	Arterial Blood Supply of the GI Tract, Venous Drainage of the GI Tract (Part 1 of 2)	1 hour	40	1	2
166		Anatomy-General	Venous Drainage of the GI Tract (Part 2 of 2), Urinary System, Embryology of Urinary System, Pelvis and Perineum (Part 1 of 2)	1 hour	40	1	2
167		Anatomy-General	Pelvis and Perineum (Part 2 of 2), Abdominal Imaging, Upper Limb Brachial Plexus, Nerve Injuries (Part 1 of 2)	1 hour	40	1	2
168		Anatomy-General	Nerve Injuries (Part 2 of 2), Arterial Supply and Rotator Cuff, Lower Limb Lumbosacral Plexus (Part 1 of 2)	1 hour	40	1	2
169		Anatomy-General	Lower Limb Lumbosacral Plexus (Part 2 of 2), Blood Supply of the Lower Limb, The Knee and Ankle, Head and Neck, Embryology of the Head and Neck (Part 1 of 2)	1 hour	40	1	2
170		Anatomy-General	Embryology of the Head and Neck (Part 2 of 2), Nervous System Organization and Development, Congenital Malformations of the Nervous System, Germ Layer Derivatives: Ectoderm, Autonomic Nervous System: General Organization	1 hour	40	1	2
171		Anatomy-General	Parasympathetic and Sympathetic Outflow, Cross Section of Spinal Cord, Histology of the Nervous System, Axonal Transport, Glial and Supporting Cells, Conditions of Impaired Myelination, Histology of the Peripheral Nervous System, Blood Brain Barrier, Axotomy, Chromatolysis, and Regeneration, Primary Tumors, Ventricular System (Part 1 of 2)	1 hour	40	1	2
172		Anatomy-General	Ventricular System (Part 2 of 2), The Spinal Cord: General Features, Dorsal Horn, Ventral Horn, Neural Systems: Introduction, Motor System	1 hour	40	1	2
173		Anatomy-General	Commonly Tested Muscle Stretch Reflexes, UMN vs LMN Lesions, Sensory Systems, Spinocerebellar Pathways, Spinal Cord Levels and Pathways (Part 1 of 2)	1 hour	40	1	2
174		Anatomy-General	Spinal Cord Levels and Pathways (Part 2 of 2), Brown-Sequard Syndrome, Lesions of the Spinal Cord I, Lesions of the Spinal Cord II, The Brain Stem	1 hour	40	1	2
175		Anatomy-General	Upper Midbrain, Lower Midbrain, Middle Pons, Lower Pons, Medulla, Cranial Nerves I and II, Cranial Nerves III, IV, and VI	1 hour	40	1	2
176		Anatomy-General	Cranial Nerve V, VII, and VIII, Cranial Nerves IX, X, XI and XII, Trigeminal Nuclei, Corticobulbar (Corticocuclear) Innervation of Cranial Nerve Nuclei, Components of the Ear, Auditory, and Vestibular System, Auditory System	1 hour	40	1	2
177		Anatomy-General	Vestibular System, Caloric Test, Horizontal Conjugate Gaze, Blood Supply To The Brain Stem, Medullary Lesions, Pons Lesions, Midbrain Lesions, Strategy for the Study of Lesions, The Cerebellum (Part 1 of 2)	1 hour	40	1	2

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178		Anatomy-General	Cerebellum (Part 2 of 2), Cerebellar Cytoarchitecture, Circuitry Cerebellar Lesions, Basal Ganglia, Basal Ganglia Pathways, Basal Ganglia Structure, Diseases of the Basal Ganglia, Visual Pathways	1 hour	40	1	2
179		Anatomy-General	Visual Reflexes, Clinical Correlates: Pupillary Abnormalities, Eyeball and Optic Nerve, Visual Field Defects, Diencephalon	1 hour	40	1	2
180		Anatomy-General	Thalamus, Hypothalamus, Epithalamus, Cerebral Cortex: Right Hemisphere, Blood Supply of the Brain	1 hour	40	1	2
181		Anatomy-General	Cerebrovascular Disorders, Cerebral Cortex: Left Hemisphere, Clinical Correlates Part 1, Clinical Correlates Part 2, CNS Blood Supply and Stroke Related Deficits, Key Features of Lobes	1 hour	40	1	2
182		Anatomy-General	Limbic System, Alzheimer Disease, Cystic Fibrosis (CF), Congestive Heart Failure (CHF), Multiple Sclerosis (MS) (Part 1 of 2)	1 hour	40	1	2
183		Anatomy-General	Multiple Sclerosis (MS) (Part 2 of 2), Osteoporosis, Pernicious Anemia, Acute Pancreatitis, Visual Pathways, Spermatogenesis	1 hour	40	1	2