

4-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2020) tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatomes and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves, Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Neurovascular Disorders: Cerebral and Lacunar Stokes, Neurovascular Disorders: Vertebrobasilar Stroke Syndromes	Neurology & Special Senses pp. 490-510	21	4 hours	80	4	4	3
2		Nervous System, Endocrine System	Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding, Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System, Autonomic Nervous System: ANS Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors, The Eye: The Pupil, The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies, The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Local Anesthesia	Neurology & Special Senses pp. 511-533	23	4 hours	80	4	4	3
3		Nervous System, Endocrine System, Cardiovascular System	Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis, Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases, Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other: HIV CNS Infections, Thyroid: Thyroid Gland, Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia, Adrenals: Adrenal Disorders	Neurology & Special Senses pp. 534-552; Endocrine pp. 325-330	25	4 hours	80	4	4	3
4		Endocrine System, Cardiovascular System	Pancreas: Endocrine Pancreas, Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle, Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signalling Pathways, Introduction to Cardiac Medicine: Anatomy	Endocrine pp. 331-353	23	4 hours	80	4	4	3
5		Cardiovascular System, Musculoskeletal System	Introduction to Cardiac Medicine: Cardiac Psychology, Introduction to Cardiac Medicine: CV Response to Exercise, Introduction to Cardiac Medicine: Blood Flow Mechanics, Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: PV Loops, Introduction to Cardiac Medicine: Wigger's Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia, Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks (Part 1 of 2)	Endocrine pp. 354-354; Cardiovascular pp. 280-301	23	4 hours	80	4	4	3
6		Cardiovascular System, Musculoskeletal System, Respiratory System	Arrhythmias: AV and Bundle Branch Blocks (Part 2 of 2), Arrhythmias: Atrial Fibrillation and Flutter, Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Heart Failure: Heart Failure Basics, Heart Failure: Systolic and Diastolic Heart Failure, Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardiac Embryology, The Developing Heart: Shunts	Cardiovascular pp. 302-324	23	4 hours	80	4	4	3
7		Musculoskeletal System, Respiratory System	The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension, Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease, Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors, Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy & Orthopedics: Knee, Anatomy & Orthopedics: Shoulder and Elbow, Anatomy & Orthopedics: Brachial Plexus, Anatomy & Orthopedics: Wrist	Musculoskeletal, Skin, & Connective Tissue pp. 446-468	23	4 hours	80	4	4	3
8		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System	Anatomy & Orthopedics: Hand, Anatomy & Orthopedics: Lumbosacral Plexus, Anatomy & Orthopedics: Lumbar Radiculopathy, Anatomy & Orthopedics: Hip, Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders, Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors, Osteoarthritis, Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Pathology: Neuromuscular Disorders	Musculoskeletal, Skin, & Connective Tissue pp. 469-487; Respiratory pp. 659-662	23	4 hours	80	4	4	3

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2020) tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
9		Respiratory System, Renal & Urinary System, Hematology & Oncology	Biostatistics: Basic Biostatistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance, Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine, Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation	Respiratory pp. 663-685	23	4 hours	80	4	4	3
10		Respiratory System, Renal & Urinary System, Hematology & Oncology	Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide, Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma, Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease, Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis, Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism	Respiratory pp. 686-687; Renal pp. 578-597	22	4 hours	80	4	4	3
11		Renal & Urinary System, Hematology & Oncology	Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells, Skin Disorders I, Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders, Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I, Intro to Renal Medicine: Renal Physiology II, Nephron Physiology	Renal pp. 598-610; Hematology & Oncology pp. 404-413	23	4 hours	80	4	4	3
12		Hematology & Oncology	Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis, Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid-Base Problems, Electrolytes: Electrolyte Disorders, Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders, Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome	Hematology & Oncology pp. 414-434	21	4 hours	80	4	4	3
13		Hematology & Oncology, Gastrointestinal System	Diseases of the Nephron: MPGS, Diseases of the Nephron: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infections, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics, Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs, Hemostasis: Antocoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis	Hematology & Oncology pp. 435-444; Gastrointestinal pp. 358-370	23	4 hours	80	4	4	3
14		Gastrointestinal System, Hematology & Oncology	Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias, Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia, White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Leukemia, White Blood Cells: Non-Hodgkin Leukemia, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis, White Blood Cells: Myeloproliferative Disorders, Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents	Gastrointestinal pp. 371-395	25	4 hours	80	4	4	3
15		Gastrointestinal System, Reproductive System	Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule Inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrias, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy, Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract, Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin, GI Physiology: Gastrointestinal Secretions, GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders	Gastrointestinal pp. 396-401; Reproductive pp. 612-628	23	4 hours	80	4	4	3
16		Reproductive System, Gastrointestinal System	Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis, Clinical Gastroenterology: Gallstones, Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption, Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders, Clinical Gastroenterology: Inflammatory Bowel Disease, Clinical Gastroenterology: Colon Cancer	Reproductive pp. 629-651	23	4 hours	80	4	4	3

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17		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes, Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II, Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology, Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors, Pregnancy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders	Reproductive pp. 652-658; Psychiatry pp. 553-568	23	4 hours	80	4	4	3
18		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	Vagina, Cervix, Uterus: Endometriosis, Vagina, Cervix, Uterus: Endometrial Cancer, Ovary: Ovarian Cysts, Ovary: Ovarian Epithelial Tumors, Ovary: Ovarian Stromal Tumors, Ovary: Ovarian Germ Cell Tumors, Breast: Breast Tissue, Breast: Breast Disorders, Breast: Breast Carcinoma, Male Disorders: Testicular Cancer, Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate, Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles, General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity, General Topics: Public Health, General Topics: Quality and Safety	Psychiatry pp. 569-576; Biochemistry pp. 34-48	23	4 hours	80	4	4	3
19		Biochem, Cell Bio, Genetics, Reproductive System	General Topics: Healthy Patient, General Topics: Geriatrics, Pediatrics, Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism, Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants, Substance Abuse: Opioids, Substance Abuse: Stimulants	Biochemistry pp. 49-71	23	4 hours	80	4	4	3
20		Biochem, Cell Bio, Genetics, Reproductive System	Substance Abuse: Other Drugs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism, Molecular Biochemistry: Pyrimidine Metabolism, Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Gluconeogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle, Metabolism: Electron Transport Chain	Biochemistry pp. 72-93	22	4 hours	80	4	4	3
21	Catch-up day									
22		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine, Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism, Lipids: Hyperlipidemia	Biochemistry pp. 94-94; Microbiology pp. 124-145	23	4 hours	80	4	4	3
23		Microbiology, Immunology, Pathology - General	Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations, Molecular Biology: DNA Repair, Molecular Biology: Transcription, Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue, Genetic Concepts: Genetic Principles	Microbiology pp. 146-168	23	4 hours	80	4	4	3
24		Microbiology, Pathology - General	Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, Genetic Concepts: Imprinting, Genetic Disorders: Down Syndrome, Genetic Disorders: Trisomies, Genetic Disorders: Muscular Dystrophy, Genetic Disorders: Trinucleotide Repeat Disorders, Genetic Disorders: Deletion Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes, Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence, Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci	Microbiology pp. 169-191	23	4 hours	80	4	4	3

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25		Microbiology, Immunology, Pathology - General	Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections, Fungi: Opportunistic Fungal Infections	Microbiology pp. 192-204; Immunology pp. 95-104	23	4 hours	80	4	4	3
26		Immunology, Pathology - General	Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Viruses: Virus Structure, Viruses: DNA Viruses, Viruses: Herpes Viruses, Viruses: RNA Viruses, Viruses: Viral Viruses, Viruses: Viral Hepatitis, Viruses: HIV, Viruses: HIV Drugs, Viruses: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Immunology pp. 105-122; Pathology pp. 205-209	23	4 hours	80	4	4	3
27		Pathology - General	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity, Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes, Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis, Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome	Pathology pp. 210-228; Pharmacology pp. 229-232	23	4 hours	80	4	4	3
28		Pharmacology - General, Pathology - General	Autoimmune Disorders: Vasculitis, Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Pharmacology pp. 233-254	22	4 hours	80	4	4	3