

6-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2021) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank 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	Embryology pp. 504-506; Anatomy & Physiology (Part 1 of 2) pp. 507-524	21	209 minutes		80	3	2	3
2		Nervous System	Nervous System Structures: Ventricles and Sinuses; Neurovascular Disorders: Cerebral and Lacunar Strokes; Neurovascular Disorders: Vertebrobasilar Stroke Syndromes; 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	Anatomy & Physiology (Part 2 of 2) pp. 525-527; Pathology (Part 1 of 2) pp. 528-545	21	228 minutes		80	3	2	3
3		Nervous System	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; 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	Pathology (Part 2 of 2) pp. 546-550; Otology pp. 551-552; Ophthalmology pp. 553-563; Pharmacology (Part 1 of 2) pp. 564-566	21	231 minutes		80	3	2	3
4		Nervous System; Endocrine System	Other: HIV CNS Infections; Thyroid: Thyroid Gland; Thyroid: Thyroid Disorders; Thyroid: Thyroid Cancer; Adrenals: Adrenal Glands; Adrenals: Congenital Adrenal Hyperplasia; Adrenals: Adrenal Disorders; Pancreas: Endocrine Pancreas; Pancreas: Diabetes; Pancreas: Insulin	Pharmacology (Part 2 of 2) pp. 567-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology pp. 336-345	19	215 minutes		80	3	2	3
5		Endocrine System; Cardiovascular System	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; Anatomy and Physiology: Cardiac Anatomy; Anatomy and Physiology: Cardiac Physiology; Anatomy and Physiology: CV Response to Exercise; Anatomy and Physiology: Blood Flow Mechanics (Part 1 of 2)	Pathology pp. 346-361; Pharmacology pp. 362-365; Embryology (Part 1 of 2) pp. 288-290	23	247 minutes		80	3	2	3

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6		Cardiovascular	Anatomy and Physiology: Blood Flow Mechanics (Part 2 of 2); Anatomy and Physiology: Regulation of Blood Pressure; Anatomy and Physiology: PV Loops; Anatomy and Physiology: Wiggers' Diagram; Anatomy and Physiology: Venous Pressure Tracings; Anatomy and Physiology: 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	Embryology (Part 2 of 2) pp. 291-291; Anatomy pp. 292-292; Physiology pp. 293-305; Pathology (Part 1 of 2) pp. 306-310	20	215 minutes		80	3	2	3
7		Cardiovascular	Arrhythmias: AV and Bundle Branch Blocks; 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	Pathology (Part 2 of 2) pp. 331-323; Pharmacology (Part 1 of 2) pp. 324-331	21	224 minutes		80	3	2	3
8	Catch-up day										
9		Cardiovascular System; Musculoskeletal System	Heart Failure: Chronic Heart Failure; The Developing Heart: Cardiac Embryology; The Developing Heart: Shunts; 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	Pharmacology (Part 2 of 2) pp. 332-332; Anatomy & Physiology pp. 456-468; Pathology (Part 1 of 2) pp. 469-475	21	216 minutes		80	3	2	3
10		Cardiovascular System; Musculoskeletal System	Other Cardiovascular Topics: Aortic Dissection; Other Cardiovascular Topics: Cardiac Tumors; Other Cardiovascular Topics: Hypertrophic Cardiomyopathy; Other Cardiovascular Topics: Endocarditis; Anatomy and Orthopedics: Knee; Anatomy and Orthopedics: Shoulder and Elbow; Anatomy and Orthopedics: Brachial Plexus; Anatomy and Orthopedics: Wrist; Anatomy and Orthopedics: Hand; Anatomy and Orthopedics: Lumbosacral Plexus; Anatomy and Orthopedics: Lumbar Radiculopathy; Anatomy and Orthopedics: Hip; Cell Biology: Skeletal Muscle; Cell Biology: Cardiac Muscle; Cell Biology: Smooth Muscle	Pathology (Part 2 of 2) pp. 476-486; Dermatology (Part 1 of 2) pp. 487-496	21	223 minutes		80	3	2	3
11		Musculoskeletal System; Miscellaneous	Cell Biology: Bone; Pathology: Bone Disorders; Pathology: Osteoporosis; Pathology: Osteoporosis Drugs; Pathology: Bone Tumors; Pathology: Osteoarthritis; Pathology: Gout; Pathology: Gout Drugs; Pathology: CPPD; Pathology: Seronegative Spondyloarthritis; Pathology: Muscle Disorders; Pathology: Neuromuscular Disorders; Biostatistics: Basic Statistics; Biostatistics: Hypothesis Testing; Biostatistics: Tests of Significance; Biostatistics: Correlations; Epidemiology: Study Designs	Dermatology (Part 2 of 2) pp. 497-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-272	20	242 minutes		80	3	2	3

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12		Miscellaneous ; Respiratory System	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; Embryology, Anatomy and Physiology: Pulmonary Embryology; Embryology, Anatomy and Physiology: Pulmonary Anatomy; Embryology, Anatomy and Physiology: Pulmonary Physiology; Embryology, Anatomy and Physiology: Hemoglobin; Embryology, Anatomy and Physiology: Pulmonary Circulation	Public Health Sciences (Part 2 of 2) pp. 273-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-722	21	227 minutes		80	3	2	3
13		Miscellaneous ; Respiratory System	Embryology, Anatomy and Physiology: Ventilation and Perfusion; Embryology, Anatomy and Physiology: Hypoxia; Embryology, Anatomy and Physiology: Carbon Dioxide; Embryology, Anatomy and Physiology: 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	Rapid Review (Part 2 of 2) pp. 723-735; Respiratory (Part 1 of 3) pp. 683-690	21	219 minutes		80	3	2	3
14		Respiratory System; Skin	Other Pulmonary Topics: Sleep Apnea; Other Pulmonary Topics: Cystic Fibrosis; Other Pulmonary Topics: Tuberculosis; Other Pulmonary Topics: Sarcoidosis; Other Pulmonary Topics: Pulmonary Embolism; 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	Respiratory (Part 2 of 3) pp. 691-711	21	226 minutes		80	3	2	3
15		Respiratory System; Renal & Urinary System	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; Intro to Renal Medicine: Nephron Physiology; 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	Respirator (Part 3 of 3) pp. 712-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology pp. 605-617; Pathology (Part 1 of 2) pp. 618-620	20	217 minutes		80	3	2	3
16		Renal & Urinary System; Hematology & Oncology	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; Diseases of the Nephron: MPGN; Diseases of the Nephron: Tubulointerstitial Disease; Diseases of the Nephron: Renal Failure	Pathology (Part 2 of 2) pp. 621-629; Pharmacology pp. 630-633; Embryology pp. 414-415; Anatomy pp. 416-419	18	226 minutes		80	3	2	3

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23		Reproductive System	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; Vagina, Cervix, Uterus: Endometriosis; Vagina, Cervix, Uterus: Endometrial Cancer; Ovary: Ovarian Cysts; Ovary: Ovarian Epithelial Tumors	Pathology pp. 661-678; Pharmacology pp. 679-682	22	201 minutes		80	3	2	3
24		Behavioral/Psychiatry; Reproductive System	Ovary: Ovarian Stromal Tumors; Ovary: Ovarian Germ Cell Tumors; Breast: Breast Tissue; Breast: Breast Disorders; Breast: Breast Carcinoma; Male Disorders: Penile Disorders; 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	Psychiatry (Part 1 of 2) pp. 575-595	21	217 minutes		80	3	2	3
25		Behavioral/Psychiatry; Biochem, Cell Bio, Genetics	General Topics: Quality and Safety; General Topics: Healthy Patient; General Topics: Geriatrics; General Topics: 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	Psychiatry (Part 2 of 2) pp. 596-600; Molecular pp. 34-45; Cellular (Part 1 of 2) pp. 46-49	21	230 minutes		80	3	2	3
26		Behavioral/Psychiatry; Biochem, Cell Bio, Genetics	Pathology: Eating Disorders; Pathology: Sleep Disorders; Substance Abuse: Alcohol and CNS Depressants; Substance Abuse: Opioids; Substance Abuse: Stimulants; 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	Cellular (Part 2 of 2) pp. 50-51; Laboratory Techniques pp. 52-55; Genetics pp. 56-64; Nutrition (Part 1 of 2) pp. 65-70	21	235 minutes		80	3	2	3
27		Biochem, Cell Bio, Genetics	Metabolism: Glycogen; Metabolism: HMP Shunt; Metabolism: Fructose and Galactose; Metabolism: Pyruvate Dehydrogenase; Metabolism: TCA Cycle; Metabolism: Electron Transport Chain; Metabolism: Fatty Acids; Metabolism: Ketone Bodies; Metabolism: Ethanol Metabolism; Metabolism: Exercise and Starvation; Metabolism: Inborn Errors of Metabolism; Amino Acids: Amino Acids	Nutrition (Part 2 of 2) pp. 71-72; Metabolism (Part 1 of 2) pp. 73-91	21	211 minutes		80	3	2	3
28		Biochem, Cell Bio, Genetics; Microbiology	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; Lipids: Lipid Drugs; Other Topics: Lysosomal Storage Diseases; Molecular Biology: DNA Replication	Metabolism (Part 2 of 2) pp. 92-94; Basic Bacteriology pp. 124-133; Clinical Bacteriology (Part 1 of 2) pp. 134-140	20	239 minutes		80	3	2	3

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29		Microbiology; Biochem, Cell Bio, Genetics	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; Genetic Concepts: Gene Mapping	Clinical Bacteriology (Part 2 of 2) pp. 141-150; Mycology pp. 151-154; Parasitology pp. 155-161	21	218 minutes		80	3	2	3
30		Microbiology; Biochem, Cell Bio, Genetics	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	Virology pp. 162-177; Systems (Part 1 of 2) pp. 178-182	21	231 minutes		80	3	2	3
31		Microbiology	Bacteria: Staphylococci; Bacteria: Streptococci; 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	Systems (Part 2 of 2) pp. 183-186; Antimicrobials (Part 1 of 2) pp. 187-203	21	217 minutes		80	3	2	3
32		Microbiology; Immunology	Antibiotics: Protein Synthesis Inhibitors; Antibiotics: Other Antibiotics; Fungi: Fungal Pneumonias; Fungi: Fungal Skin Infections; Fungi: Opportunistic Fungal Infections; Fungi: Antifungal Drugs; Parasites and Helminths: Malaria; Parasites and Helminths: Protozoa; Parasites and Helminths: Helminths; Viruses: Virus Structure; Viruses: DNA Viruses; Viruses: Herpes Viruses	Antimicrobials (Part 2 of 2) pp. 204-204; Immunology (Part 1 of 2) pp. 95-113	20	227 minutes		80	3	2	3
33		Immunology, Pathology-General, Microbiology	Viruses: RNA Viruses; Viruses: Viral Hepatitis; Viruses: HIV; Viruses: HIV Drugs; Viruses: Antiviral Drugs; Basic Immunology: Innate Immunology; Basic Immunology: T-Cells; Basic Immunology: B-Cells; Basic Immunology: The Complement System	Immunology (Part 2 of 2) pp. 114-122; Pathology (Part 1 of 2) pp. 205-216	21	228 minutes		80	3	2	3
34		Pathology-General; Pharmacology-General; Immunology	Basic Immunology: Lymph Nodes and Spleen; Clinical Immunology: Hypersensitivity; Clinical Immunology: Transplants; Clinical Immunology: Immune Deficiency Syndromes; Pharmacology: Glucocorticoids and NSAIDs; Pharmacology: Immunosuppressive Drugs; Autoimmune Disorders: Systemic Lupus Erythematosus; Autoimmune Disorders: Rheumatoid Arthritis; Autoimmune Disorders: Scleroderma; Autoimmune Disorders: Sjogren's Syndrome; Autoimmune Disorders: Vasculitis; Cellular Adaptations; Cell Injury	Pathology (Part 2 of 2) pp. 217-229; Pharmacology (Part 1 of 2) pp. 231-238	21	228 minutes		80	3	2	3

