



# USMLE Step 1 Professional Schedule (New York Time - EDT)

## Week 1

Day	5:00 PM - 7:00 PM	7:00 PM - 7:15 PM (Rest Break)	7:15 PM - 9:15 PM
Monday	Course Orientation, Staff Introduction		NBME Exam No. 1
Tuesday	Vitamins		Protein Structure, Function, and Disorders
Wednesday	Protein Structure and Function		Immunology Introduction
Thursday	Protein Disorders		Immunological Disorders
Friday	DNA and RNA Molecular Biology		DNA and RNA, Anemias

## Week 2

Day	5:00 PM - 7:00 PM	7:00 PM - 7:15 PM (Rest Break)	7:15 PM - 9:15 PM
Monday	Coagulation Profiles, Catabolic Pathways		Catabolic Pathways
Tuesday	Anabolic Pathways		Anabolic Pathways
Wednesday	Cellular Physiology		Membrane Physiology
Thursday	Second Messengers		Electrolyte Physiology and Pathology
Friday	Electrolyte ECG		Arrhythmias, Behavioral Science, and Psychiatry

## Week 3

Day	5:00 PM - 7:00 PM	7:00 PM - 7:15 PM (Rest Break)	7:15 PM - 9:15 PM
Monday	Neuromuscular Physiology and Pathology		Neuromuscular Disorders
Tuesday	Vascular Physiology		Biostatistics

Wednesday	Vascular Pathology		Cardiac Physiology, Heart Sounds, and Murmurs
Thursday	Endocrine System Physiology and Pathology		Endocrine Physiology and Pathology
Friday	Oncology		Pharmacology 1

**Week 4**

Day	5:00 PM - 7:00 PM	7:00 PM - 7:15 PM (Rest Break)	7:15 PM - 9:15 PM
Monday	Cardiac Physiology, Heart Sounds, and Murmurs		Cardiac Pathology
Tuesday	Gastrointestinal Physiology and Pathology		Gastrointestinal Physiology and Pathology
Wednesday	Renal Physiology and Pathology		Renal Physiology and Pathology
Thursday	Central Nervous System Physiology and Pathology		Central Nervous System Physiology and Pathology
Friday	Pulmonary System Physiology and Pathology		Pulmonary System Physiology and Pathology

**Week 5**

Day	5:00 PM - 7:00 PM	7:00 PM - 7:15 PM (Rest Break)	7:15 PM - 9:15 PM
Monday	NBME Exam 3		Gram-positive and Gram-negative Bacteria
Tuesday	Hematology: Physiology and Pathology		Mycobacteria, Spirochetes, and Rickettsia
Wednesday	Medical Ethics and CS Skills		Pharmacology 2
Thursday	Leukemias and Lymphomas		Fungi and Parasites
Friday	Fungi and Parasites		NBME Consultation, Closing Remarks