



SYLLABUS PE 10

Course Information

Semester and Year: Fall 2025

Course ID and Section number: PE-10-E9527 (059527) Running & Walking,

Instructor's name: Micaela Harris

Day and time of required meetings: Mondays/Wednesdays 8:30 AM – 9:55 AM

Location: Football Field (Or fieldhouse if raining)

Course units: 1.0

Instructor Contact Information

Office location: PE 103

Office hours: Call/Text/Email to schedule

Phone number: 916-276-8738

Email address: micaela-harris@redwoods.edu

Required Materials:

Students are expected to come prepared each class with the following:

Athletic/Running Shoes: Supportive footwear appropriate for walking or running (no sandals, boots, or casual shoes).

Athletic Clothing: Comfortable clothing that allows for movement and is appropriate for the weather.

Water Bottle: To stay hydrated during class.

While not required, the following items are strongly encouraged to enhance your experience and performance in this course:

- Hat/visor and sunglasses for sun protection.
- Sunscreen for outdoor sessions.
- Light jacket or rain gear for colder or rainy days.
- Fitness tracker or app (Fitbit, Apple Watch, Strava, etc.) to monitor progress.
- Heart rate monitor if incorporating heart rate training.

Catalog Description

A course designed to increase the student's personal fitness through stretching, jogging and/or walking while ensuring a gradual, safe, and total physiological adaptation to exercise. Attention is given to

increasing cardiovascular efficiency, muscular strength, and endurance.

Course Student Learning Outcomes

- Improve cardiovascular endurance.
- Improve core strength
- Perform the calculation for target heart rate.
- Develop a personal fitness log by recording exercise sessions and creating an individual fitness program.

Course Calendar

Mondays/Wednesdays - 8:30 AM – 9:55 AM

Evaluation and Grading Policy

Final Grade Calculations:

- **Attendance & Participation:** Each class session is worth 5 points. Students earn points by attending class, being on time, and participating.
- **Conditioning Tests:** Students will complete a baseline test at the beginning of the semester, a mid-semester test, and a final test. Each test is worth 10 points. Tests are graded on completion and effort, not performance or speed.

Grading Rubric

- Attendance & Participation = 5 points per class
- Baseline Test = 10 points
- Mid-Semester Test = 10 points
- Final Test = 10 points

Other Grading Practices

- Three (3) tardies = one absence.
- Excused absences may be considered with proper communication.
- Students are expected to put forth their best effort during conditioning tests, with improvement emphasized over results.

Prerequisites/corequisites/ recommended preparation

None.

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280