



Adaptive Physical Education

Course Information

Semester and Year: Fall 2025

Course ID and Section number: PE-298-E0830

Instructor's name: Adrienne Tomkison

Day and time of required meetings: 8/25/25- 12/18/25

Tuesdays

12:00pm- 2pm

Location: Rom 103, Eureka Downtown Campus, 527 D Street Eureka, CA 95501

Course units: 0.00

Instructor Contact Information

Email address: adrienne-tomkinson@redwoods.edu

Zoom: <https://redwoods-edu.zoom.us/j/88460920559?pwd=s42isoWgQtua632Q8A9HNwxR54Dw0W.1>

Please contact me via email to set up an in-person or zoom meeting

Required Materials:

All materials will be provided

Catalog Description

A comprehensive fitness course designed for students with disabilities. This is an activity course which allows for access to adaptive physical education. Contractual goals will be set between instructor and student. The major components of this activity lab may include but are not limited to: cardiovascular conditioning, flexibility-range of motion, lifetime fitness programs, and general strength training.

Course Student Learning Outcomes

1. Enhance cardiovascular endurance
2. Analyze and demonstrate safe use and correct posture during use of exercise equipment.
3. Work to fulfill individual goals determined in pre-semester assessment.
4. Enhance flexibility and range of motion.
5. Enhance strength, especially around joints, that will aid with mobility and independence.

Course Calendar

*** Subject to Change***

Date	Location	Notes
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Aug 26	Body Tuners Gym	Group Training – Walk & tour of facility
Sep 2	Downtown Classroom	Chair Yoga
Sep 9	Body Tuners Gym	Group Training
ASep 16	Downtown Classroom	Dance Fitness
Sep 23	Body Tuners Gym	Group Training
Sep 30	Downtown Classroom	Lawn Games
Oct 7	No Class	Cancelled (Body Tuners)
Oct 14	Downtown Classroom	Random Fitness Activity
Oct 21	Body Tuners Gym	Group Training
Oct 28	Downtown Classroom	Chair Yoga
Nov 4	Body Tuners Gym	Group Training
Nov 11	No Class	Veteran's Day Holiday (Body Tuners)
Nov 18	Downtown Classroom	Dance Fitness
Nov 25	No Class	Fall Break (Downtown)
Dec 2	Body Tuners Gym	Group Training
Dec 9	Downtown Classroom	Lawn Games – Student Choice option
Dec 16	Body Tuners Gym	Group Training

Evaluation and Grading Policy

Students will receive a grade of “Satisfactory” if they attend class one or more times.

Prerequisites

There are no prerequisites for this course.

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive

behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2025-2026 College Catalog and CR Board and Administrative Policies.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

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