

PE-80 Athletic Conditioning

Course Information

Semester and Year: Fall 2025

Course ID and Section number: PE-80-E0926 Athletic Conditioning

Instructor's name: Konrad Kisch

Course units: 1.00

Instructor Contact Information

Office hours: By appointment via Zoom

Phone number: 612-749-3547

Email address: Konrad-Kisch@Redwoods.edu

Required Materials:

None

Catalog Description

Physical conditioning through exercises, skills, and drills related to specific intercollegiate sport activities.

Course Student Learning Outcomes

- Demonstrate proper mechanics in sport-specific skills and drills.
- Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.

Course Calendar

As determined by intercollegiate activities

Evaluation and Grading Policy

Methods of Evaluation:

1. Weight room 1 rep-maximum testing or form of strength testing appropriate for the sport.
2. Video evaluation of drill and skill performance.
3. Skill demonstrations.
4. Sport fitness standards testing (speed, endurance, flexibility).

5. Self-improvement plan.
6. Student-athlete academic progress report(s).
7. Participation.

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

