

PE 80 Athletic Conditioning

Course Information

- Semester and Year: Fall 2025
- Course ID and Section number: PE 80 E9558
- Instructor's name: Bree Northern
- Day and time of required meetings: M/W 5-7pm T/TH 3-5pm
- Location: Gym
- Course units: 1

Instructor Contact Information

- Office location: PE 100D
- Office hours: M-TH 10-11am
- Phone number: 707-498-1190
- Email address: breeasia-northern@redwoods.edu

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.

Evaluation and Grading Policy

Final grade will be determined based on attendance, assessment of cardiovascular endurance, strength training and free throw logs

Attendance grade:

After each grouping of 3 absence's you will drop a letter grade:

After the 3rd = B

After the 6th = C

After the 9th = D

After the 12th class absence your attendance grade will be an F.

You are only allowed to make up 3 absences over the course of the semester

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