

# **PE 80 – Athletic Conditioning**

## **Course Information**

- Semester and Year: Fall 2025
- Course ID and Section number: PE-80-E9560
- Instructor's name: Eric Wright
- Day and time of required meetings: M-TH 3pm-5pm
- Location: Track
- Course units: 1.0

## **Instructor Contact Information**

- Office location or Online: Welcome Center
- Office hours: By Appointment
- Phone number: 707-476-4114
- Email address: eric-wright@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
- Learning outcome 3 (from course outline of record)

## **Course Calendar**

Monday-Thursday 3pm-5pm at the Track

## Evaluation and Grading Policy

- Each class session is worth 2 exercise points (30 class sessions = 60 points). To receive full credit for the day, the student must work out by following a fitness program. If a student is tardy or leaves early, 1 point will be earned for that session.
- Assessment days (Time trials) are worth 20 points.
- Mini-quizzes on basic terms and training program are worth 20 points.

Total points possible for the class is 100 points. Final grade breakdown is as follows:

93-100 points = A

90-92 points = A-

86-89 points = B+

83-85 points = B

80-82 points = B-

76-79 points = C+

70-75 points = C

60-69 points = D

59 points or below = F

## 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](mailto: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