

# PE-80—E9563 Athletic Conditioning

## Course Information

- Semester and Year: Fall 2025
- Course ID and Section number: PE-80-E9563
- Instructor's name: Kelly and Gianna O'Day
- Day and time of required meetings: Monday-Thursday 6:30-7:30AM (only required to attend two days per week)
- Location: Humboldt County Fairgrounds
- Course units: 0.5-2

## Instructor Contact Information

- Office location: TBD
- Office hours: By Appointment Only
- Phone number: Gianna – 707-583-5043  
Kelly – 707-499-0682
- Email address: Gianna – gianna-o'day@redwoods.edu  
Kelly – kelly-o'day@redwoods.edu

## Required Materials:

- A good attitude & proper athletic clothing.

## Catalog Description

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

## Course Student Learning Outcomes

- Performing individual as well as team skills and drills specific to the level of conditioning and the level of execution required for intercollegiate sport competition.
- Setting goals and developing a self-improvement plan outside of class.
- Demonstrating the roles and responsibilities of a student-athlete in and outside of class.
- Taking part in intercollegiate Cap-N-Gown academic support progress reports in and outside of class.

## Course Calendar

- Monday-Thursday 6:30-7:30AM (only required to attend two days per week)
- Location: Humbolt County Fairgrounds

## Evaluation and Grading Policy

Grading depends on participation, attendance, and attitude.

## 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