

SYL 1 Class Title

Course Information

- Fall 2026
- PE-80-E3329 (063329) Athletic Conditioning
- Instructor: Paris Ruiz
- Monday 10:45 AM- 12:15 AM Wednesday & Friday 8:00AM-9:30AM
- Community Stadium
- Course units: 1

Instructor Contact Information

- Office location: FH102
- Office hours: 12:30PM-1:30 PM MWF
- Phone number: (925) 330-7408
- Email address: Paris-Ruiz@redwoods.edu

Catalog Description

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

Course Student Learning Outcomes

- Learning outcome 1: Demonstrate improved cardiovascular and muscular endurance
- Learning outcome 2: Perform sport-specific drills with correct technique
- Learning outcome 3: Demonstrate appropriate warm-up, cool-down, and recovery techniques.
- Learning outcome 4: Improve acceleration, sprinting speed, and change-of-direction/agility.
- Learning outcome 5: Demonstrate teamwork, communication, discipline, and consistent effort.

Course Calendar

September

Monday, **9/28** — 10:45 AM–12:15 PM

Wednesday, **9/30** — 8:00 AM–9:30 AM

October

Friday, **10/2** — 8:00 AM–9:30 AM

Monday, **10/5** — 10:45 AM–12:15 PM

Wednesday, **10/7** — 8:00 AM–9:30 AM

Friday, **10/9** — 8:00 AM–9:30 AM

Monday, **10/12** — 10:45 AM–12:15 PM

Wednesday, **10/14** — 8:00 AM–9:30 AM

Friday, **10/16** — 8:00 AM–9:30 AM

Monday, **10/19** — 10:45 AM–12:15 PM

Wednesday, **10/21** — 8:00 AM–9:30 AM

Friday, **10/23** — 8:00 AM–9:30 AM

Monday, **10/26** — 10:45 AM–12:15 PM

Wednesday, **10/28** — 8:00 AM–9:30 AM

Friday, **10/30** — 8:00 AM–9:30 AM

November

Monday, **11/2** — 10:45 AM–12:15 PM

Wednesday, **11/4** — 8:00 AM–9:30 AM

Wednesday, **11/11** — 8:00 AM–9:30 AM

Friday, **11/13** — 8:00 AM–9:30 AM

Wednesday, **11/18** — 8:00 AM–9:30 AM

Friday, **11/20** — 8:00 AM–9:30 AM

Evaluation and Grading Policy

Category	Percentage
Attendance & Participation	30%
Fitness Assessments/Progress	25%
Skill Performance	15%
Training Logs/Assignments	15%
Knowledge & Recovery Assignments	10%
Sportsmanship & Teamwork	5%
Total	100%

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