

PE 10 – Running & Walking

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: PE-10-E9527
- Instructor's name: Micaela Harris
- Day and time of required meetings: Mondays/Wednesdays 8:30 AM – 9:55 AM
- Location: Football Field
- Course units: 1.0

Instructor Contact Information

- Office location: PE 103
- Office hours: Available by appointment
- Phone number: 916-276-8738
- Email address: Micaela-harris@redwoods.edu

Required Materials:

- **Workout Clothes** – Comfortable athletic clothing suitable for walking, jogging, and running.
- **Workout Shoes** – Supportive athletic/running shoes appropriate for physical activity.
- **Water Bottle** – A reusable water bottle for staying hydrated during class.

Important: Students should bring all required materials to every class meeting.

Catalog Description

A course designed to increase the student's personal fitness through stretching, jogging and/or walking

while ensuring a gradual, safe, and total physiological adaptation to exercise. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance.

Course Student Learning Outcomes

- Improve cardiovascular endurance.
- Improve core strength
- Perform the calculation for target heart rate.
- Develop a personal fitness log by recording exercise sessions and creating an individual fitness program.

Course Calendar

Monday/Wednesdays 8:30 AM – 9:55 AM on the football field. **PLEASE NOTE THAT IF IT IS RAINING**

OUTSIDE, CLASS WILL MOST LIKELY BE CANCELLED AND A MAKEUP ASSIGNMENT WILL BE POSTED TO CANVAS.

Evaluation and Grading Policy

Students are graded primarily on **attendance and participation**. Students will earn **5 points for each class day they attend and participate**.

- **Attendance & Participation:** 5 points per class day.
- **Rain/Cancellation:** If class is cancelled due to rain or unsafe weather conditions, a makeup assignment will be posted on **Canvas**.
- **Missed Class:** If you are unable to attend class on a given day, you may make up the missed points by completing the assignment in the **Class Makeup Assignment** section on Canvas.
- **Makeup Assignments:** Students are responsible for checking Canvas and completing the appropriate makeup assignment when they miss class or when class is cancelled.

Students should regularly check Canvas for announcements, assignments, and any changes to the class schedule.

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