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Fall, 2026

College of the Redwoods

Course Syllabus for Physical Education 10



Course Information

PE 10 (V1424) - Fall 2026

Instructor: Maggie White

Course units: 3 Units

Instructor Contact Information

Office location or Online: On Campus PE 100B

Office hours: by appointment via Zoom or email (or we can meet in person on campus)

Email address: Maggie-white@redwoods.edu





Required Material

No Textbook required

Catalog Description

A course designed to increase 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

1. Improve cardiovascular endurance.
2. Strengthen specific muscle groups.
3. Perform the calculation for target heart rate.
4. Develop a personal fitness log by recording exercise sessions and creating an individual fitness program.

Course Expectations

Recommended Equipment: A smart phone/watch or stopwatch. Comfortable walking shoe.

Required number of power walking/running workouts per week: 2 30+ minute sessions (depends on the week) plus 2 non-cardio days of light steps tracked (5000+ steps).

All exercise sessions need to be performed **outside** as a powerwalk and/or jog session unless otherwise posted in the lesson module by the instructor. The goal with this class is to get your heart rate into an exercise training zone so that cardio benefits can occur.

The preferred app for exercise is either ASICS Runkeeper, Strava (android), or your Apple fitness app on your phone or watch. If you already use another fitness tracking app, you may continue to use it and do not need to switch to RunKeeper. However, know that your app may not directly upload to Canvas so a screen shot upload of your sessions may have to occur.

Course Communication

The best way to reach the instructor is through email at Maggie-white@redwoods.edu. (<mailto:Maggie-white@redwoods.edu>) The easiest way is for the student to send a message via the Canvas messenger system. The Canvas messenger system is through your inbox on the left of the screen on Canvas. It is preferred since it will automatically document which course the student is taking since the instructor teaches multiple classes and it automatically gets sent to the instructor email. The instructor will usually respond within 24 hours during the week and 48 hours on the weekends.

Necessary Computer Skills

Online courses require basic modern computer skills. The most accurate way to keep track of your activity will be the use of a smart phone or smart watch. Be able to navigate websites, open and download files, upload your workouts, upload screenshots of your workouts, use a word processor and be able to convert files, if necessary, into a word document, and submit files to Canvas which is the learning management system for the course. **It is the student's responsibility to meet the technological demands of the class.**

Regular and Substantive Interaction

We can meet via email, messaging, phone, or zoom if needed. I am also on the Eureka main campus 3-4 days a week if that works too. This is an **asynchronous** (you can do the work on your own time within the posted due dates each week) course, and the modules are organized weekly. The modules open every Friday, and the work is due the following Sunday (nine days to complete the work). There are threaded discussion forums and assignments due each week.

Please check your messages at least twice a week to make sure you are getting necessary information. Our interaction will be done weekly. You may not work ahead and please do not fall behind as assignments close after the due date. Assignments close one week after the due date for partial credit. There are no make-ups after they close.



✓ Evaluation & Grading Policy

This is an activity course so the bulk of the work in the class is movement. Assignments will be submitted on Canvas. Please do not email attachments with assignments. Each week there will be Modules that you can get to from the course home page of on the left of the screen by clicking on the Modules link. All the week's assignments will be added to the module. You need to read through the module and complete the work each week. Most assignments are due by Sunday at 11:59 p.m. on the week given. Assignments will be graded within 72 hours of the due date.

This syllabus provides a summary of the assignments. More details will be provided in the assignment area of Canvas. The modules have discussion forums, readings, and every week uploading workouts is necessary. Some discussion forums require some outside work before submitting the discussion so it is a good idea to do them early in the week.

Discussion Forum Entries

Most weeks, you will be required to submit at least one posting by replying to my initial post **and one** reply to peer postings every week. Postings are a minimum of **150** words in length. The responses to another student are a minimum of **100** words. **Postings are not text messages. Spell out words and use punctuation and grammar appropriate for college work. The use of AI should not be necessary with these postings as the instructor is looking for your thoughts and experiences on the topic. It is allowed to use AI for information on the topic to help form opinions, but PLEASE DO NOT COPY AND PASTE from AI. It is actually horrible work and obvious.** The postings are due by 11:59 pm each Friday and your response by 11:59 pm each Sunday. Late postings will have points deducted or may not receive a grade. It is important they are done on time to receive full credit.

They will be graded on the following criteria:

1. Answering questions in the prompt and meeting the word count requirement
2. The work is turned in on time and proper spelling a grammar is used
3. Responding to another student in the class and having the proper word count

Discussion forums will be graded within 72 hours of the due date. Please read grader comments in the rubric for explanation of grading.

Quiz

There is one syllabus quiz in the first week of class.

Weekly Exercise Uploads

This is the main grading portion of the class. Each week you will be required to upload the workouts from ASICS Runkeeper or any movement app you may already be using to track activity.

Grading:

Your final grade will be based on the total points you have earned throughout the semester. After each assignment is graded, your point value will be posted into the Canvas grade book. I am not a fan of the

plus or minus system in grading. Occasionally, I may give a plus, but rarely a minus. Back in the Stone Age, when I was a student, I was not fond of the fact that 80% was below a 3.0 on the grade point average.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% or below

Educational Accessibility & 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](https://www.redwoods.edu/services/sass/light.php) , counseling and advising, alternate formats of course materials (e.g. audio books or 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 \(SASS\)](https://www.redwoods.edu/services/sass/index.php) .

<https://www.redwoods.edu/services/sass/index.php>.

If you are unsure whether you qualify, please contact SASS for a consultation: SASS@redwoods.edu (<mailto:SASS@redwoods.edu>).

 **SASS office locations and phone numbers**
Eureka campus

- Phone: 707-476-4280,

- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280

