

PE12 – Weight Training

Course Information

Semester and Year: Fall 2026

Course ID and Section number: PE-12-E1427 (061427)

- ☐ Instructor's name: John Downey
- ☐ Day and time of required meetings: Monday, Wednesday, 10:05-11:30 am

Location: Weight Room (Fieldhouse 106)

- ☐ Course units: 1.00

Instructor Contact Information

- ☐ Office location or Online: Athletics Offices

Office hours: Monday-Thursday, 8:00-9:00 am

Phone number: (530)9490334

- ☐ Email address: john-downey@redwoods.edu

Communication notes: Email or Canvas messaging are my preferred method of communications.

Required Materials:

Water bottle

Appropriate clothing (athletic wear, breathable material, shorts or sweats, etc).

- Locker rooms are available.

Comfortable, but supportive shoes. (Running shoes, training shoes, etc).

Catalog Description

The application of resistance in the form of weight machines, free-weights, and body resistance exercises to condition the muscular system of the body. Training programs will be adapted to individual student's weight training level.

Course Student Learning Outcomes

- ☐ Students will be expected to execute proper lifting techniques.
- ☐ Students will be expected to develop a workout program based on weight training concepts specific to their personal goals.
- ☐ Students will complete a quiz on basic terms and concepts in weight training.

Course Calendar

08/22/2026-12/16/2026 Monday, Wednesday 10:05-11:30 am

Evaluation and Grading Policy

Students will be evaluated based on participation and attendance that are measured through in-class techniques.

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