

PE20 – Baseball Conditioning

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: PE-20-E9540 (059540)
- Instructor's name: John Downey
- Day and time of required meetings: N/A
- Location: N/A
- Course units: 2.00

Instructor Contact Information

- Office location or Online: Athletics Offices PE100J
- Office hours MON-FRI 8:00-10:00 AM
- Email address: john-downey@redwoods.edu
- Communication notes: Please email or text to communicate as those are preferred ways of communication.

Required Materials:

- N/A

Catalog Description

A course designed to prepare to students for intercollegiate baseball competition. Students will learn how a variety of athletic conditioning activities promote individual skills necessary to compete successfully in baseball.

Course Student Learning Outcomes

- Demonstrate proper throwing, catching and hitting mechanics specifically emphasized in baseball.
- Execute correct running drills applied in base running, offensive strategy and defensive fielding for situational plays in baseball.
- Demonstrate applied knowledge of conditioning skills specific to various individual positions in baseball.
- Analyze a variety of situational strategies in baseball and then identify and execute the appropriate responses physically.

Course Calendar

08/22/2026-12/04/2026

Evaluation and Grading Policy

Students will be evaluated based on participation and attendance.

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