

PE 29 – Track & Field Conditioning

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: PE-29-E3058
- Instructor's name: Eric Wright & Tia Graham
- Day and time of required meetings: M-TH 3pm-5pm
- Location: Track
- Course units: 2.0

Instructor Contact Information

- Office location or Online: Welcome Center, FH
- Office hours: By Appointment
- Phone number: 707-476-4114
- Email address: eric-wright@redwoods.edu, tia-graham@redwoods.edu

Required Materials:

- None

Catalog Description

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

Course Student Learning Outcomes

- Demonstrate applied knowledge of conditioning skills specific to various individual events in track and field.
- Demonstrate proper running, jumping and throwing mechanics specifically emphasized in the events of track and field.
- Execute correct drills within the events of track and field.

Course Calendar

Monday-Thursday 3pm-5pm at the Track

Evaluation and Grading Policy

- Each class session is worth 2 exercise points (30 class sessions = 60 points). To receive full credit for the day, the student must work out by following a fitness program. If a student is tardy or leaves early, 1 point will be earned for that session.
- Assessment days (Time trials) are worth 20 points.
- Mini-quizzes on basic terms and training program are worth 20 points.

Total points possible for the class is 100 points. Final grade breakdown is as follows:

93-100 points = A

90-92 points = A-

86-89 points = B+

83-85 points = B

80-82 points = B-

76-79 points = C+

70-75 points = C

60-69 points = D

59 points or below = F

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