

Fall 2026

College of the Redwoods



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Course Information

Semester & Year: Fall 2026

Course ID & Section #number: PE 51 E1438

Instructor's name: Breesia Northern

Day/Time of required meetings: M-TH 5-7pm F 1-3pm

Location: PE 116

Number of proctored exams: 0



Course units: 1.5



Instructor Contact Information

Office location: PE 116D

Office hours: By appointment only

Phone number: (707) 498-1190

Email address: breesia-northern@redwoods.edu



Required Material

Basketball Shoes



Catalog Description

A course for those participating in competitive basketball at the intercollegiate level. Students will learn advanced level basketball skills and techniques, game strategies, and leadership skills, then apply them in intercollegiate competitions.



Course Student Learning Outcomes

- 1. Follow CR and CCCAA intercollegiate basketball decorum and eligibility policies.
- 2. Perform and demonstrate basketball skills/drills at a collegiate level of proficiency.
- 3. Demonstrate an accelerated level of cardio-respiratory endurance and core body strength.

- 4. Demonstrate collegiate level basketball knowledge and implementation of basketball strategies.



Course Calendar

Week	Monday/Tuesday	Wednesday/Thursday

Course Calendar

Date	Topic	What's Due

Course Calendar



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Prerequisites / Co-requisites / Recommended Preparation

None



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>).

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