

Syllabus for PE 53

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: E1440 (061440)
- Instructor's name: Paul Reed Elmore
- Day and time of required meetings: M,T,W,TH,F 3-5
- Location: Track
- Number of proctored exams: N/A
- Course units:

Instructor Contact Information

- Office location or Online PE 100E
- Office hours: M-Th 2-3
- Phone number: 707 476 4597 or 707 502 9545
- Email address: reed-elmore@redwoods.edu

Required Materials:

- Training Shoes, proper training attire.

Catalog Description

Advanced level instruction for men and women interested in participating in competitive intercollegiate cross country.

Course Student Learning Outcomes

1. Employ proper running technique and tactics of cross country running through participation in intercollegiate cross-country competition.
2. Demonstrate an increased level of physical conditioning based on improvement in race performance.

Course Calendar

We meet at the track daily from 3-5

Evaluation and Grading Policy

50% of grading will be based on participation in the class as described in SLO #1 and #2

90% or greater of 162 hours =A

80%-90%=B

70%-80%=C

60%-70%=D

Below 60%=F

30% Will be determined on improvement in running ability. Timed distance runs.

20% on quiz to determine knowledge base of cross country techniques and skills.

Prerequisites/corequisites/ recommended preparation

N/A

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