

College of the Redwoods



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Course Information

Semester & Year: Fall 2026

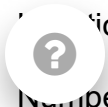
Course ID & Section #number: PE80 E1452

Instructor's name: Bree Northern

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

Prerequisite: PE116

Number of proctored exams: 0



Course units: 1



Instructor Contact Information

Office location: PE100D

Office hours: By appointment only

Phone number: (707)476-4427

Email address: breesia-northern@redwoods.edu



Required Material

Basketball shoes



Catalog Description

Physical conditioning through exercises, skills, and drills related to specific intercollegiate sport activities.



Course Student Learning Outcomes

- Demonstrate proper mechanics in sport-specific skills and drills.
- Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.



Course Calendar

Week	Monday/Tuesday	Wednesday/Thursday

Course Calendar

Date	Topic	What's Due



Date	Topic	What's Due

Course Calendar



Evaluation & Grading Policy

Final grade will be determined based on attendance, assessment of cardiovascular endurance, strength training and free throw logs.

Attendance grade:

After each grouping of 3 absence's you will drop a letter grade:

After the 3rd = B

After the 6th = C

After the 9th = D



After the 12th class absence your attendance grade will be an F.

You are only allowed to make up 3 absences over the course of the semester



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

