

SYL PE 80

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: PE-80-E9562 (059562) Athletic Conditioning
- Instructor's name: Micaela Harris
- Day and time of required meetings: Thursday 8:45 AM – 9:45 AM / Friday 8:30 AM – 9:30 AM
- Location: Weight room / FH 106
- Course units: 1.0

Instructor Contact Information

- Office location or Online PE 103
- Office hours: Available by appointment
- Phone number: 916-276-8738
- Email address: Micaela-harris@redwoods.edu

Required Materials:

- Athletic Clothing: Proper workout attire that allows full range of motion (shorts, leggings, athletic tops). No jeans or restrictive clothing.
- Athletic Shoes: Closed-toe athletic shoes required (no sandals, crocs, or slides). Supportive sneakers recommended.
- Water Bottle: To stay hydrated during workouts

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

Thursday 8:45 AM – 9:45 AM / Friday 8:30 AM – 9:30 AM in the weight room FH 106

Evaluation and Grading Policy

Skill & Progress Assessments

- Baseline Assessment (beginning of semester): Students will record current strength levels (major lifts, endurance, or fitness benchmarks).
- Mid-Semester Check-In: Review of training journal and progress toward personal goals.
- Final Assessment: Demonstration of improved strength, technique, or endurance compared to baseline. (Graded on effort and improvement, not total weight lifted.)

Other Grading Practices

- Effort Over Ability: Students are not graded on how much they can lift, but on effort, consistency, and safe lifting practices.

- Safety & Sportsmanship: Proper use of equipment, spotting, and respect for others is required. Unsafe or inappropriate behavior may result in loss of participation points.
- Preparedness: Students must wear proper workout attire and athletic shoes for each class.

Failure to do so may affect daily participation points.

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