

SYL PE 10:Running and Walking

Course Information

Semester & Year: Spring 2026

Course ID & Section #: PE-10-E0146

Instructor's name: Reed Elmore

Day/Time of required meetings: MW 8:30-9:55

Location: Track or FH 104 Weight room when raining. (Location may change during semester due to construction. The new location will be determined as the start of construction is underway. Will still be on campus)

Course units: 1.0

Instructor Contact Information

Office location: PE-100

Office hours: TTH 1:00-2:00

Phone: 707 502 9545

Email address: reed-elmore@redwoods.edu

Required Materials:

Running Shoes

Workout Clothing (Sweats or shorts, athletic top)

Catalog Description

A course designed to improve cardiovascular endurance and strengthen specific muscle groups through aerobic exercise.

Course Student Learning Outcomes

1. Improve cardiovascular endurance
2. Strengthen Specific muscle groups
3. Perform the calculation for target heart rate
4. Develop a fitness log

Course Calendar

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Evaluation and Grading Policy

Course Requirements:

- All workouts must be recorded by students
- Punctuality is a must, being late will impair your ability to properly warm-up and start scheduled events
- Participation in class activities
- Proper exercise attire is required: includes athletic shoes and if you wear any injury prevention gear (i.e. knee brace, ankle brace, etc.)
- NO STREET CLOTHES
- Participation in pre/post fitness test

Methods of Evaluation:

- Attendance – **200 Points**
 - A student missing more than 25% of classes (unexcused) is subject to being dropped from the course
- Goals Assignment – **25 Points**
- Workout journal (Log Sheet and Reflection Paper) – **75 Points**
- Pre/post fitness tests – **50 Points**
- **Total – 350 Points**

Grading:

100-90% = A
89-80% = B
79-65% = C
64-55% = D
0-54% = F

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