

PE-12 Weight Training

Course Information

- Semester and Year: SPRING 2026
- Course ID and Section number: E8200 (058200)
- Instructor's name: WHEELER, D
- Day and time of required meetings: M/W 10:05AM -11:40 AM
- Location: FH 106
- Number of proctored exams:
- Course units: 1

Instructor Contact Information

- Office location: FIELDHOUSE ROOM 105
- Office hours: M-T 9AM-10AM OR BY APPOINTMENT
- Phone number: 707-476-4115
- Email address: damaro-wheeler@redwoods.edu

Required Materials:

- ATHLETIC CLOTHING AND SHOES

Catalog Description

The application of resistance in the form of weight machines, free-weights, and body resistance exercises to condition the muscular system of the body. Training programs will be adapted to individual student's weight training level.

Course Student Learning Outcomes

Construct an individualized strength training program.

- Record completed workout in a weight training log and make program changes as indicated.
- Identify the basic concepts and terms of resistance training.
- Demonstrate proper exercise technique.

Course Calendar

- **January 17** • **Last day to register for classes (day before the first-class meeting)**
- **January 20** • **Classes begin**
- **January 23** • **Last day to add a class**
- **January 30** • **Last day to drop without a "W" and receive a refund**
- **February 2** • **Census Date (20% of class)**
- **March 16-20** • **Spring Break (No Classes)**
- **May 15** • **Classes end**

Evaluation and Grading Policy

Based on attendance, participation, and logging of program.

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