



PE-13-EO151 - Boot Camp Fitness

Course Information

Semester and Year: Spring 2026 – 01/17/2026 - 05/15/2026

- Course ID and Section number: 060151
- Instructor's name: Joe Okeefe
- Day and time of required meetings: Monday Wednesday 4:15pm - 5:40pm
- Location: Weight Room
- Course units: 1.00

Instructor Contact Information

- Office location or Online (Canvas URL or link?): Athletic Department or online
- Office hours: By appointment only
- Phone number: (707)497-7200
- Email address: joseph-okeefe@redwoods.edu
- Communication notes: Email preferred

Required Materials:

- Active wear
- Appropriate footwear

Catalog Description

A course in fitness involving very high intensity, high energy cardiovascular workouts with minimal rest periods. Students will be required to perform plyometric jumping drills, sprints, core body movements, lunges, and many other movements. Exercise nutrition will be discussed and students will be required to create a personalized workout and nutrition plan

Course Student Learning Outcomes

- Improve anaerobic and aerobic cardiovascular fitness.
- Improve core muscular strength and endurance.
- Analyze a food journal.

Course Calendar

Monday Wednesday 4:15pm - 5:40pm in the weightroom

Evaluation and Grading Policy

Grading based on attendance

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