

PE-80 Athletic Conditioning

Course Information

- Semester and Year: Spring 2026
- Course ID and Section number: PE-80-E0170
- Instructor's name: Juan E. Perez
- Course units: 1

Instructor Contact Information

- Office hours: Appointment Only
- Phone number: 707-4009-183
- Email address: juan-perez@redwoods.edu

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

- Demonstrate proper resistance-training techniques using machines, free weights, and body-weight exercises that enhance soccer-specific movements such as sprinting, jumping, and changing direction.
- Apply resistance-training principles to improve muscular strength, power, and endurance needed for kicking, tackling, and maintaining performance throughout a match.
- Design and implement an individualized strength-training program that supports soccer performance based on position, training level, and seasonal demands (pre-season, in-season, off-season).
- Use safe training practices to prevent soccer-related injuries by strengthening key muscle groups, improving balance, and maintaining proper form during resistance exercises.
- Assess and adjust training progress by monitoring strength gains and their transfer to soccer skills such as speed, agility, and overall on-field performance.

Course Calendar

Tuesday/Thursday/Friday 6:30-8pm

Evaluation and Grading Policy

Students will be graded based on participation

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

