

Spring 2026

## College of the Redwoods



## Course Information

Semester & Year: Spring 2026

Course ID & Section: PE-80-E0172 (060172)

Instructor's name: Macy Thomas

Day/Time of required meetings: TBD

Location: College of the Redwoods Weight Room

Number of proctored exams: 0

Course units: 1

## Instructor Contact Information

Office location: PE 100G

Office hours: By appointment

Phone number: 720-285-0107

Email address: [macy-thomas@redwoods.edu](mailto:macy-thomas@redwoods.edu)

## Required Material

Clothing and shoes that are appropriate for athletic activity such as weight lifting, running, etc.

# Catalog Description

Physical conditioning through exercises, skills, and drills related to specific intercollegiate sports activities.

## Course Student Learning Outcomes

- Learning Outcome #1: Demonstrate proper mechanics in sport-specific skills and drills.
- Learning Outcome #2: Apply conditioning concepts to improve cardiovascular endurance/speed, agility, and power/strength.

## Course Calendar

This schedule is subject to change based on individual needs and overall progress.

Date	Topic	What's Due
3/2 - 3/8	Baseline Testing	N/A
3/9 - 3/15	Training Cycle Week 1	N/A
3/16 - 3/22	Training Cycle Week 2	N/A
3/23 - 3/29	Training Cycle Week 3	N/A
3/30 - 4/5	Training Cycle Week 4	N/A
4/6 - 4/12	Training Cycle Week 5	N/A
4/13 - 4/19	Training Cycle Week 6	N/A
4/20 - 4/26	Training Cycle Week 7	N/A
4/27 - 5/3	Deload Week	N/A
5/3 - 5/10	Max Out Testing	N/A
5/11 - 5/17	Finals Week (no class)	N/A

## Evaluation & Grading Policy

This course grade is based on your participation in the class. There are three expectations to meet to receive credit for participation: show up on time, dress in appropriate exercise clothing, and use the time in the weight room fully to complete the required workout. There are no scheduled exams or written assignments.

# Prerequisites / Co-requisites / Recommended Preparation

None.

## Educational Accessibility & 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](#)Links to an external site., counseling and advising, alternate formats of course materials (e.g. audio books or 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 \(SASS\)](#)Links to an external site..

If you are unsure whether you qualify, please contact SASS for a consultation:  
[SASS@redwoods.edu](mailto:SASS@redwoods.edu).

### SASS office locations and phone numbers

#### Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

#### Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

#### Klamath-Trinity campus

- 707-476-4280