



PE-80-E0173 (060173) Athletic Conditioning

Course Information

- Semester and Year: Spring 2026
- Course ID and Section number: PE-80-E0173 (060173) Athletic Conditioning
- Instructor's name: B. Benvenuti
- Day and time of required meetings: Monday-Friday 3PM-5PM
- Location: Eureka Main Campus
- Number of proctored exams: 0
- Course units: 1.00

Instructor Contact Information

- Office location or Online:
- Office hours: 9AM-5PM
- Phone number: (916)-540-0499
- Email address: brandon-benvenuti@redwoods.edu

Catalog Description

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

Course Student Learning Outcomes

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

Course Calendar

01/17/2026-05/15/2026 Wrestling Room/Weight Room/Track

Evaluation and Grading Policy

This Class will be graded using Letter Grade methods. Grading in this course will be based on three key areas: attendance, communication, and effort. Attendance is critical for success, as participation in class activities and practices ensures consistent development and learning. Communication is equally important and includes timely updates about absences, questions, or concerns. Clear and proactive communication demonstrates accountability and respect for the team and instructor. Finally, effort will be evaluated based on the energy and commitment displayed during practices, assignments, and any

other activities. Students who consistently attend, communicate effectively, and put forth their best effort will excel in this course.

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

