
Spring 2026

College of the Redwoods



Course Information

Semester & Year: Spring 2026

Course ID & Section #number: PE-80 E0174

Instructor's name: Bree Northern

Day/Time of required meetings: Monday/Wednesday 4-6 pm Tuesday/Thursday 2-4pm

Location: PE 100

Number of proctored exams: 0

Course units: 1



Instructor Contact Information

Office location: PE 100D

Office hours: By Appointment Only



Phone number: (707) 498-1190

Email address: breesia-northern@redwoods.edu





Required Material

None



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

Week	Monday/Tuesday	Wednesday/Thursday



Week	Monday/Tuesday	Wednesday/Thursday

Course Calendar

Date	Topic	What's Due



Date	Topic	What's Due

Course Calendar



Evaluation & Grading Policy

Final grade will be determined based on attendance, assessment of cardiovascular endurance, strength training and free throw logs.



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](#) 

[\(https://www.redwoods.edu/services/sass/light.php\)](https://www.redwoods.edu/services/sass/light.php), 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 \(SASS\)](#)  [\(https://www.redwoods.edu/services/sass/index.php\)](https://www.redwoods.edu/services/sass/index.php).

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

