

PE-80 Athletic Conditioning

Course Information

Semester & Year: Summer 2026

Course ID and Section number: PE-80-E2885 (062885) Athletic Conditioning

Instructor's name: Macy Thomas

Day and time of required meetings: Monday/Tuesday/Wednesday/Thursday 7:30am-11am

Location: Track & Field, Gym, and Weight Room

Course units: 1 unit

Instructor Contact Information

Office location: PE100G

Office hours: By appointment

Phone number: 720-285-0107

Email address: macy-thomas@redwoods.edu

Communication notes: Please text or email

Catalog Description

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

Prerequisites/corequisites/ recommended preparation

None.

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.

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, bipolar disorder, and ADHD
- 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
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, 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.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Student Services Building, first floor

Del Norte campus

- Phone: 707-465-2324
- Location: Main Building, next to the library

Klamath-Trinity campus

- Phone: 707-476-4280

Basic Needs Center

The [Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. [Submit a request for services and information](#).

Basic Needs Center contact info

- Phone: 707-476-4153
- Email: retention@redwoods.edu