

PE 67 - Theory of Football

Course Information

- Semester and Year: FALL 2025
- Course ID and Section number: E9556 (059556)
- Instructor's name: D. Wheeler
- Day and time of required meetings: 08/23/2025-12/19/2025 Times N/A
- Location: Laboratory/Studio/Activity Days N/A, , Room N/A
- Number of proctored exams:
- Course units: 1

Instructor Contact Information

- Office location or Online FH105
- Office hours: 9-10AM Tuesday-Wednesday
- Phone number: 707-476-4115
- Email address: Damaro-wheeler@redwoods.edu

Catalog Description

An intercollegiate football course focusing on theory, practice, and game performance of football. Through lecture, discussion, and DVD analysis, students will focus on advanced-level theories of football skills, techniques, and strategies.

Note: Student-athletes participating must meet all state eligibility requirements provided by the CCCAA.

Course Student Learning Outcomes

- Students will participate in live drills, video sessions and game play that will require them to make decisions on how to best read formations both on offense and defense, then react or address accordingly how to position themselves individually.
- Students will work with their play books and coaches to identify strategic advantages in game situations. As an example; What formation would we audible to when an opponent changes from a zone to a man to man defense.
- Students will participate in timed drills and walk through sessions that will simulate game book plays in the offensive, defensive and special teams play book.

Course Calendar

08/23/2025-12/19/2025 Laboratory/Studio/Activity Days N/A, Times N/A, Room N/A

Evaluation and Grading Policy

1. Evaluate players alignment, assignment, and execution in both practice and game settings in regards to both individual and team play.

Quiz (written and/or walk-thrus) on schemes.

Prerequisites/corequisites/ recommended preparation

Note: Student-athletes participating must meet all state eligibility requirements provided by the CCCAA.

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