

Syllabus for 67b

Theory of Football

Course Information

Semester & Year: Fall 2026

Course ID & Section #: PE 67b– E1450

Instructor's name: Jaso White

Textbook information: None

Day/Time of required meetings: TBA

Location: Theater/PE 100k/CA300

Number of proctored exams: none

Course units: 1

Instructor Contact Information

Office location: PE 106A

Office hours: By appointment or zoom

Phone number: (707) 590-4872

Email address: Maurice-purify@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: All student-athletes participating must meet all state eligibility requirements provided by the CCCAA.

Course Student Learning Outcomes

- 1. Interpret offensive and defensive formations, their strengths and weaknesses and then determine the best tactic in game situations.
- 2. Distinguish individual offensive and defensive players strengths and weaknesses and then adapt the best strategy in game situations.
- 3. Comprehend offensive, defensive, and special teams strategy based upon down, distance, and field position.

Prerequisites/co-requisites/ recommended preparation

None

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact

your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy

Final Grade scale

- A= 90-100%
- B+ = 88-89%
- B = 80-87%
- C+ = 78-79%
- C = 70-77%
- D = 60-69%
- F = 59% and below

Course Requirements and Assignments

1. Critiquing game and practice films of offensive, defensive, and special teams and analyzing strategies used during contest.
2. Discussing and grading video of individual performance of a team's offensive, defensive, and special teams effort during a contest.
3. Discussing and observing individual techniques of different positions in football through the study of film.
4. Memorizing and reviewing concepts learned.
5. Participating in situational game changes and adapting strategy to achieve goals.
6. Discussing and explaining the philosophies of multiple offensive formations and defensive alignments.

make changes to this syllabus at any time during the semester.