

**ATHL 32 Course Outline as of Spring 2020****CATALOG INFORMATION**

Dept and Nbr: ATHL 32 Title: THRY ANALYSIS WRESTLING

Full Title: Theory and Analysis of Wrestling

Last Reviewed: 5/13/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

**Catalog Description:**

Explanation, organization, and development of various tactical and technical systems in wrestling.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Explanation, organization, and development of various tactical and technical systems in wrestling. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2020	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2020	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify and assess the offensive and defensive strategies of an opponent.
2. Formulate appropriate tactical strategies based on the assessment of the opponent's offensive and defensive strategies.
3. Evaluate and assess wrestling personnel.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify and explain basic offensive and defensive strategies.
2. Analyze strategies and tactics through the use of film, scouting reports, and established offensive criteria.
3. Formulate a variety of strategies based on specific strategies and tactics of opponents.
4. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Basic Offensive Strategies
  - A. Mat Control
  - B. Offense from neutral position
  - C. Offense from down on the mat, parterre
- II. Film and Scouting Report Analysis
  - A. Personnel and team performance assessment
  - B. Opponent personnel and performance assessment
- III. Basic Strategies
  - A. Upper body attacks
  - B. Lower body attacks
  - C. Escapes and reversals
- IV. Player Assessment
  - A. Scouting
  - B. Film

## C. Statistics

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### Assignment:

Students are expected to spend an additional one and one-half hours per week devoted to studies related to this class.

1. Creating and analyzing scouting reports (3-5)
2. Identify specific offensive and defensive strategies (3-5)
3. Film analysis (1 per week)
4. Logs and critiques of offensive and defensive strategies (5-8)
5. Performance Analysis
6. Quizzes
7. Repeating students demonstrate an increased level of performance

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Scouting reports, Logs, Strategy statements and plans

Writing  
10 - 30%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Film and performance analysis

Problem solving  
10 - 30%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category  
30 - 60%

### Representative Textbooks and Materials:

Coaching Wrestling Successfully. Gable, Dan. Human Kinetics. 1999 (classic)

Instructor prepared materials