

CATALOG INFORMATION

Dept and Nbr: PHYED 73.3 Title: WRESTLING - ADV.
Full Title: Advanced Wrestling
Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	8	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 19.3

Catalog Description:
Progressive program in wrestling designed to teach advanced skills of scholastic, freestyle and Greco-Roman wrestling.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KINDV 1.1 (or PHYED 73.1 or PE 19.1 or PE 141.1)

Limits on Enrollment:

Schedule of Classes Information:
Description: Adv techniques of scholastic, freestyle & Greco-Roman wrestling through skill development and scrimmages. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KINDV 1.1 (or PHYED 73.1 or PE 19.1 or PE 141.1)
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 1982	Inactive:	Fall 2023
UC Transfer:	Transferable	Effective:	Spring 1982	Inactive:	Fall 2023

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The student will:

- I. Develop the vocabulary used in scholastic, freestyle and Greco Roman wrestling techniques
- II. Demonstrate the skills and advanced techniques used to compete in scrimmages and matches
- III. Learn the rules of competition and apply them as an official

Topics and Scope:

Scholastic, Freestyle and Greco Roman Wrestling

- I. Neutral Position:
 - A. Stance, motion and tie-ups including two on one series, under hooks and over-under series
 - B. Set-ups and take down attacks, including the single and double leg tackles, low single series, fireman's carry series, high crotch series, duck unders, arm drags, ankle picks, inside trip, lateral drop, arm spins, head lock and body lock throwing techniques
 - C. Take down defenses including sprawls, cross face, short drag, whizzer, front head lock, Russian roll, quarter nelson, chin pick, spladdle, crotch lift, hip tips, throw counters and counter attacks

Mat Wrestling

- II. Top Position:

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 - A. Breakdowns including near side slide, near and far sid
 - ankle-waist attacks, head lever, tight waist tilts, th
 - claw and the spiral ride
 - B. Pinning combinations including near and far side cradl
 - series, rock out wrist series, arm bars, half nelsons, tilt series and leg vine series (Turks, power half, cradle, T bar tilt and Guillotine)
 - C. Tilts and turns for Freestyle and Greco Roman includin
 - g
 - the gut wrench, reverse head lock, reverse body lock, ankle laces and crotch lift
- III. Bottom Position:
 - A. Escape and reversal skills including the near and far
 - stand up series, short sit series, switch series, side roll and gramby roll series
 - B. Counters to breakdowns and pinning combinations
 - C. Counters to Freestyle and Greco Roman tilts, turns and lifts
- IV. Rules and regulations of Scholastic, Freestyle and Greco R
 - oman
 - wrestling
- V. Delineation of the primary differences in scoring and strategies between Scholastic, Freestyle and Greco Roman wrestling

Assignment:

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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

None

Problem solving
0 - 0%

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

Class performances, Performance exams

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: