

CATALOG INFORMATION

Dept and Nbr: ATHL 54

Title: VARSITY WRESTLING

Full Title: Varsity Wrestling

Last Reviewed: 4/26/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 69

Catalog Description:
Practice for and participate in intercollegiate competition, emphasizing skills, fundamentals and strategies

Prerequisites/Corequisites:
Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)
Prerequisites/Corequisites: Health and Safety.
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

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:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

The primary objectives of this course are to provide the student-athlete with the knowledge, skills, physical conditioning and mental preparedness required to successfully compete in intercollegiate wrestling. At the completion of this course the students will be able to do the following:

1. Analyze the rules of intercollegiate wrestling.
2. Evaluate fitness level and recommend a physical conditioning program aimed at improving strength, flexibility, aerobic and anaerobic.
3. Recognize and prescribe appropriate nutrition and dietary needs for the competitive wrestler.
4. Develop a plan for the attainment of both long and short term goals.
5. Demonstrate fundamental and advanced level skills appropriate to intercollegiate wrestling competition.
6. Analyze strategies employed by individuals and teams in inter-collegiate wrestling competition.

Topics and Scope:

A. OUTLINE OF TOPICS TO BE ADDRESSED IN THE COURSE.

I. Pre-season practice routines

- A. physical conditioning emphasizing aerobic capacity and strength training.
- B. rules review and interpretation of new rules.
- C. review basic and intermediate skills.
- D. drills emphasizing proper techniques of basic and intermediate skills.
- E. low to mid level intensity competitions.
- F. personal and team goal setting.

II. Early to Mid Season Practice Routines

- A. physical conditioning emphasizing aerobic capacity, muscular endurance and flexibility exercises.
- B. nutrition and dietary requirement discussion.

- C. review strategies and techniques.
 - D. drills for particular opponents. Attacks and counter attacks.
 - E. high intensity skill drills.
 - F. high intensity competition.
- III. Post Conference Practice Routines.
- A. physical conditioning emphasizing anaerobic exercise.
 - B. renew goals and progress.
 - C. review strategies and techniques.
 - D. drills for particular opponents. Attacks and counter attacks.
 - E. high intensity skill drills.
 - F. address individual needs for peak performance.
- IV. Post Season
- A. review season performance and goal assessment.
 - B. set off season goals including strength, skill and academic progress.

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
25 - 60%

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

PRACTICALS

Exams
10 - 25%

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

ATTENDANCE

Other Category
25 - 60%

Representative Textbooks and Materials: