

PHYED 73.1 Course Outline as of Fall 2011**CATALOG INFORMATION**

Dept and Nbr: PHYED 73.1 Title: BEGINNING WRESTLING

Full Title: Beginning 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	6	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 19.1

Catalog Description:

The course will emphasize beginning collegiate wrestling techniques, fundamentals, and strategies that include scholastic and freestyle as well as various conditioning exercises that develop speed, power, reaction and flexibility.

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

Description: The course will emphasize beginning collegiate wrestling techniques, fundamentals, and strategies that include scholastic and freestyle as well as various conditioning exercises that develop speed, power, reaction and flexibility. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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:

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of scholastic and freestyle wrestling relating to:
 - a. Coordination
 - b. Balance
 - c. Reaction
 - d. Muscular strength
 - e. Muscular and cardiovascular endurance
2. Develop strategies and techniques for competitive wrestling
3. Develop a simple individual fitness regimen
4. Apply practical and general knowledge of scholastic and freestyle wrestling
5. Demonstrate an understanding of scholastic and freestyle wrestling principles
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

1. Scholastic wrestling techniques and strategies
 - A. Takedowns
 - B. Escapes
 - C. Throws
2. Freestyle wrestling techniques and strategies
 - A. Takedowns
 - B. Escapes
 - C. Throws
3. Individual fundamental skills and conditioning
 - A. General wrestling skills
 - B. Strength and endurance training
4. Rules and regulations of collegiate wrestling
 - A. Scholastic

- B. Freestyle
- 5. Scoring strategies
 - A. Scholastic
 - B. Freestyle
- 6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

- 1. Reading assignments from instructor's reading list.
- 2. Online research.
- 3. 1-3 written quizzes.
- 4. In-class matches.
- 5. Performance exams.
- 6. Repeating students must 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.

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, in-class matches

Skill Demonstrations
20 - 40%

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

Written quizzes: multiple choice and true/false

Exams
20 - 40%

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

Participation and attendance

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials

