

**ATHL 8 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: ATHL 8 Title: VARSITY WRESTLING

Full Title: Varsity Wrestling

Last Reviewed: 4/26/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: ATHL 54

**Catalog Description:**

This course includes practice and participation for intercollegiate wrestling, emphasizing wrestling skills, fundamentals, and strategies.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:**

By Tryout

**Schedule of Classes Information:**

Description: This course includes practice and participation for intercollegiate wrestling, emphasizing wrestling skills, fundamentals, and strategies. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment: By Tryout

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:

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

**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. Wrestle at an advanced level
2. Demonstrate the appropriate physical skills and strategies of wrestling
3. Display a knowledge and employment of the rules of the wrestling

**Objectives:**

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

1. Demonstrate individual fundamental skills pertaining to wrestling in relation to:
  - A. Agility
  - B. Coordination
  - C. Reaction
  - D. Muscular strength
  - E. Muscular and cardiovascular endurance
2. Demonstrate and apply practical and general knowledge of collegiate wrestling and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated match situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

**Topics and Scope:**

I. Individual Fundamental Skills and Conditioning

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscle and cardiovascular endurance

## II. Practical and General Knowledge of the Game and its Rules

- A. Practice drills
- B. Game situations

## III. Concepts and Strategies of Opponents

- A. Offensive scheme
- B. Defensive scheme
- C. Team personnel

## IV. Team Development and Goals

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

### Assignment:

In-class work includes:

1. Film analysis
2. Note taking and developing strategies
3. Physical training and conditioning
4. Development and demonstration of related skills including practice and game performance
5. Establishing individual and team goals
6. Periodic quizzes (3 to 5)

Fieldwork includes intercollegiate competition

Repeating students demonstrate an increased level of knowledge and 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.

Note taking

Writing  
5 - 10%

**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.

Practice and match performance, field work

Skill Demonstrations  
25 - 60%

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

Quizzes

Exams  
10 - 25%

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

Attendance, participation and film analysis, field work

Other Category  
25 - 60%

**Representative Textbooks and Materials:**

Wrestling for Dummies. Cejudo, Hendry. Wiley. 2012 (classic)  
Instructor prepared materials