

**KINDV 1.1 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: KINDV 1.1 Title: BEGINNING WRESTLING

Full Title: Beginning Wrestling

Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 73.1

**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:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	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. Demonstrate the appropriate physical skills of wrestling.
2. Develop strategies for specific offensive and defensive responses.
3. Apply the rules of play.

**Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of scholastic and freestyle wrestling relating to coordination, balance, reaction, muscular strength, and 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.

**Topics and Scope:**

- I. Scholastic Wrestling Techniques and Strategies
  - A. Takedowns
  - B. Escapes
  - C. Throws
- II. Freestyle Wrestling Techniques and Strategies
  - A. Takedowns
  - B. Escapes
  - C. Throws
- III. Individual Fundamental Skills and Conditioning
  - A. General wrestling skills
  - B. Strength and endurance training
- IV. Rules and Regulations of Collegiate Wrestling

- A. Scholastic
  - B. Freestyle
- V. Scoring Strategies
- A. Scholastic
  - B. Freestyle

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

1. Reading assignments from instructor's reading list (5 to 10 pages per week)
2. Online research
3. Written quizzes (1 - 3)
4. In-class matches
5. Performance exams

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

None	Problem solving 0 - 0%
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**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%
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**Exams:** All forms of formal testing, other than skill performance exams.

Written quizzes: multiple choice and true/false	Exams 20 - 40%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance	Other Category 40 - 60%
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**Representative Textbooks and Materials:**

The Wrestling Drill Book. 2nd ed. Welker, William. Human Kinetics. 2013 (classic)  
Instructor prepared materials

