

**PHYED 73.1 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 73.1 Title: WRESTLING - BEG.

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	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 19.1

**Catalog Description:**

A progressive program in wrestling designed to teach the basic skills of scholastic and freestyle wrestling.

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

Description: Basic techniques of scholastic and freestyle wrestling through skill development and scrimmages. (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:**

<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>	Transferable	Effective:	Spring 1982	Inactive:	Fall 2023
<b>UC Transfer:</b>	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 basic scholastic and freestyle wrestling techniques
- II. Demonstrate the basic skills and fundamentals used to compete in scrimmages
- III. Learn the basic rules of competition

### **Topics and Scope:**

Scholastic and Freestyle Wrestling

- I. Neutral Position:
  - A. Fundamentals of stance, motion and tie-ups
  - B. Basic Set-ups and attacks, including basic single and double leg tackles Fireman's carry and high crotch take downs
  - C. Basic take down defenses including fundamental sprawls, cross face, whizzer and drag counter attacks

Mat Wrestling

- II. Top Position:
  - A. Basic breakdowns including near side slide, near and far side ankle waist attacks
  - B. Fundamental pinning combinations including near and far side cradles, arm bars and half nelsons
  - C. Basic counters to the fundamental escape and reversal techniques
- III. Bottom position:
  - A. Basic escape and reversal skills including the near side stand up, short sit series and the switch
  - B. Counters to basic breakdowns and fundamental pinning combinations
- IV. Basic rules and regulations of Scholastic and Freestyle wrestling

V. Delineation of the primary differences in scoring and strategies between Scholastic and Freestyle 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:**