

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:

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:

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: