

ATHL 0118 - WRESTLING TRAINING

Catalog Description

Formerly known as PHED 112

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced wrestling skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses wrestling training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate wrestling. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Design a practice of specific drills and techniques to enhance offensive strategies.
- CSLO #2: Create a comparable condition plan in the off-season that supports all weight groups.
- CSLO #3: Describe safety standards for wrestling.
- CSLO #4: Identify off-season training goals.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Analyze basic aspects of a quality wrestling program as it relates to offensive strategies.
2. Evaluate basic defensive wrestling strategies.
3. Develop a basic scouting report and present it to the class.
4. Analyze scoring methodology during competition.
5. Analyze the mental game of wrestling.
6. Demonstrate basic take down techniques.
7. Implement basic match strategies for a college wrestling match.
8. Perform individual moves and counters.
9. Demonstrate scoring methodology during competition.
10. Perform the three basic styles of wrestling; folk style, freestyle and Greco Roman.
11. Demonstrate basic skill levels used in competitive situations applicable to level of competition.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Each student must pass a written exam on the wrestling rules with a 80 percent or better grade. A rubric will be used to score the assignment and a traditional grading scale will be used.
- Skill Demonstrations
 - Example: Each student will be evaluated on their ability to perform 4 different wrestling skills and they must perform each with a 80 percent success rate. Video analysis will be used to grade skills. Rubric grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will demonstrate single leg take down techniques and then guide the students through performance. (Objective 1)
2. Instructor will demonstrate a freestyle technique and then guide the students through performance. (Objective 5)
3. Instructor will demonstrate an escape technique and then guide the students through performance. (Objective 3)
4. Discussion by the instructor on the various offensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 1)
5. Instructor will lead a discussion on scoring methodology during competition. The students will discuss scoring methodology in small groups. (Objective 4)

Distance Learning

1. The instructor will lecture on the mental game of wrestling. The students will create a mental game strategy for wrestling. (objective 5)

Typical Out of Class Assignments Reading Assignments

1. Read an article on defensive strategy and be prepared for an in-class discussion. 2. Students will read an NCAA rule implemented in the last two years and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Student will be taught a series of conditioning drills in a timed format. They must improve in order to be able to perform these exercises within an established time frame. 2. Students will be placed into match situations and they need to employ the proper technique to not get scored upon from the defensive position.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- NCAA Wrestling Rules Book
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2019
 - Text Edition: 2018-19
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.