

ATHL 0170 - INTERCOLLEGIATE WRESTLING (W)

Catalog Description

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

Hours: 58 laboratory per unit

Description: Intercollegiate women's wrestling competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Apply offensive and defensive skills/moves in a competition.
- CSLO #2: Identify and apply high safety standards in practice and contests.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Analyze aspects of a quality wrestling program as it relates to offensive strategies.
2. Evaluate defensive wrestling strategies.
3. Develop a scouting report and present it to the class.
4. Analyze scoring methodology during competition.
5. Analyze the mental game of wrestling.
6. Demonstrate different take down techniques.
7. Implement 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 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

- Skill Demonstrations
 - Example: 1. Student must be able to accurately demonstrate the three basic stances utilizing the Squared and Staggered formations. Video analysis will be used to assess the skills. Pass/Fail grading. 2. Student must be able to accurately perform at least two high level throws: Lateral Drop, Arm Spin, Head and Arm, Fireman's Carry. A rubric will be used to score the assignment and a traditional grading scale will be used.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on the various defensive scenarios. The students will examine the scenarios and discuss in small groups. (Objective 3)
2. Instructor will lead a discussion on scoring methodology during competition. The students will discuss scoring methodology in small groups. (Objective 4)
3. Instructor will demonstrate single leg techniques followed by a student demonstration. (Objective 5)
4. Instructor will demonstrate an escape technique followed by a student demonstration. (Objective 3)

Distance Learning

1. The instructor will lecture on defensive wrestling strategies. The student will analyze and discuss the defensive strategies. (objective 2)

Typical Out of Class Assignments

Reading Assignments

1. Read the text on offensive strategy and be prepared for an in-class discussion. 2. Read the "Dan Gable Story" and prepare to discuss in class.

Writing, Problem Solving or Performance

1. Students will be placed into match situations and they need to employ the proper technique to score from the offensive position. 2. Students will be assigned to identify scoring situations in the offensive and

defensive positions from a live demonstration. The students will write their observations for review with the instructor.

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

Required Materials

- NCAA Wrestling Rule Book
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2024
 - Text Edition: 2024-2025
 - Classic Textbook?: No
 - OER Link:
 - OER:

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

Headgear and wrestling shoes.