

Lassen Community College Course Outline

PEAC-6 Varsity Wrestling

3.0 Units

I. Catalog Description

Intercollegiate Varsity Wrestling Competition. Since skills/proficiencies are enhanced by supervised repetition and practice, this course is repeatable to a maximum of three enrollments but can only be taken once per year.

Transfers to both UC/CSU

General Education Area: E2

170 Hours Lab

Scheduled:

II. Coding Information

Repeatability: Maximum three enrollments

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083550

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Perform wrestling skills in competition at a level appropriate for continued participation in intercollegiate wrestling at a two-year or four-year institution.

B. Course Objectives

Upon completion of each enrollment of this course the student will be able to progressively show increased abilities (beginning, intermediate, advanced levels) to:

1. Demonstrate physical conditioning appropriate to the sport.
2. Perform individual skills in wrestling with increasing competency.
3. Demonstrate knowledge of the rules of wrestling.
4. Understand and utilize proper strategies in matches.

IV. Course Content

A. Conditioning

1. Orientation to the program
2. Warm Ups
3. Basic Technique
4. Drills
5. Weight Training
6. Aerobic Training
7. Advanced Skills
8. Match Conditioning
9. 4. Advanced Technique
10. 6. Advanced Drills

B. Match Strategy

C. Competition

V. Assignments

A. Appropriate Readings

None

B. Writing Assignments

None

C. Expected Outside Assignments

None

D. Specific Assignments that Demonstrate Critical Thinking

The students will analyze drill, simulated and competitive situations and apply the appropriate skills and strategies.

VI. Methods of Evaluation

The instructor will evaluate student's performances in all aspects of wrestling.

A. Skills

B. Strategy

C. Knowledge of the Rules

D. Competition

Objective tests include relative measurements of strength, and stamina. It is also possible for the teacher to employ methods of controlled observation of student's behavior and training habits as a means of evaluating social and skills learning.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

1. The instructor will demonstrate methods of conditioning appropriate to the sport. Students will demonstrate drills individually under the supervision and feedback of the instructor.
2. For individual skills the instructor will demonstrate the proper technique and then supervise students in the performance drills to gain mastery of the skill. Instructor will provide feedback and instructions as needed.
3. For strategy, the instructor will use appropriate diagrams, demonstration and lecture to introduce the strategy and utilize scrimmage situations to evaluate student's selection and decision making.

VIII. Representative Texts and Supplies

Activity class – no texts required

IX. Discipline/s Assignment

Physical Education, Coaching

X. Course Status

Current Status: Active

Original Approval Date: 5/18/2004

Revised By: Tom Rogers

Curriculum/Academic Standards Committee Revision Date: 04/06/2021

Revised for IPR, no change: 03/15/2022