

# Lassen Community College Course Outline

## PEAC-6D Off-Season Skills and Conditioning for Wrestling

1.5 Units

### I. Catalog Description

Off-season skill development and strategy tactics combined with fitness conditioning to prepare interested participants for 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 CSU/UC

General Education Area: E2

76 Hours Lab

Scheduled: Spring only

### II. Coding Information

Repeatability: Maximum of three enrollments.

\*Additional enrollments will utilize same outcomes, objectives, content, instruction and evaluation, but a higher expectation for performance and achievement will be expected with each subsequent enrollment.

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:

1. Comprehend, analyze and execute fundamental wrestling skills and strategies.
2. Apply the appropriate skills and strategies to a variety of wrestling situations.
3. Demonstrate increased muscular strength, muscular endurance, and cardiovascular endurance specific to the sport of wrestling.

#### B. Course Objectives

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

1. Demonstrate physical conditioning appropriate to wrestling.
2. Demonstrate individual skills necessary for wrestling.
3. Demonstrate knowledge of offensive and defensive team play.
4. Demonstrate knowledge of strategic situations.
5. Demonstrate and apply the rules of wrestling in typical situations.
6. Demonstrate in simple situations the application of correct strategy and technique.

### IV. Course Content

#### A. Development of Fitness and Conditioning

1. Warm-ups
2. Stretching/Flexibility
3. Running Speed and Endurance
4. Agility Exercises
5. Game Conditioning
6. Isolating Key Muscle Groups
7. Handling Injuries

8. Exercises for muscular strength in wrestling
  9. Exercises for muscular endurance in wrestling
  10. Exercises for cardiovascular fitness in wrestling
- B. Individual wrestling-specific skills
    1. Offensive skills
    2. Defensive skills
    3. Team communication
  - C. Rules of the Game
    1. Offensive Terms and Rules
    2. Defensive Terms and Rules
    3. Positional Responsibilities
  - D. Wrestling Strategies
    1. Offensive Strategies
    2. Defensive Strategies
    3. Special Skills and Situations
  - E. Game Play
 

Scrimmages and out-of-season competitions

## V. Assignments

### A. Appropriate Readings

None

### B. Writing Assignments

Students may write self-evaluations, team evaluations, and letters to coaches at universities of interest.

### C. Expected Outside Assignments

None

### D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze competition-like situations and demonstrate the appropriate skills and strategies necessary for preparation for intercollegiate wrestling competition.
2. The student will analyze those behaviors which demonstrate leadership, team play and sportsmanship and will apply their knowledge during competition-like events.

## VI. Methods of Evaluation

**Example #1:** To demonstrate basic wrestling skills, the instructor will observe and evaluate student performance in drills and simulated situations reflecting most aspects of wrestling. Competency is demonstrated through each student's ability to perform the skills necessary in a majority of simulated scenarios and situations.

**Example #2:** To demonstrate analysis and response to basic game situations, the instructor will observe and evaluate each student's decision-making ability in simulated drills and situations. Student competency is demonstrated through the ability to make correct strategy decisions and apply the appropriate technique in a majority of common situations.

**Example #3:** To demonstrate improvement of fitness-related conditioning, students will complete selected fitness or conditioning assessments at the beginning and end of the course.

## **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. Instructor will demonstrate methods of physical conditioning appropriate to wrestling. Students will perform drills, individually and in groups, for each conditioning component, under the supervision and feedback of the instructor. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriateness and importance of each conditioning component.
2. For individual skills, the instructor will demonstrate the proper technique and then execute drills accompanying feedback to provide repetition as students gain mastery of the skill.
3. For strategy skills, the instructor will use diagrams, video tapes or walk-throughs to introduce a strategy and then conduct group drills to simulate and practice the skill strategy. Utilizing scrimmage and competitive situations, the instructor will evaluate each student's selection and execution of the appropriate strategy responses. Group and individual feedback will be used throughout drill, simulation and scrimmage situations.
4. For rules of the game, the instructor will demonstrate situations appropriate to the application of each rule, design and conduct drills to reinforce the rules, and provide feedback to students during drills and scrimmage situations.

## **VIII. Representative Texts and Supplies**

None required – activity class

## **IX. Discipline/s Assignment**

Coaching, Physical Education

## **X. Course Status**

Current Status: Active

Original Approval Date: 05/21/2013

Board Approval Date: 06/11/2013

Chancellors' Approval Date: 06/19/2013

Revised By: Tom Rogers

Curriculum/Academic Standards Committee Revision Date: 09/17/2013

Reviewed for IPR with no change: 03/15/2022