



MASTER COURSE OUTLINE

Prepared By: Jaime Garza

Date: May 21, 2020

COURSE TITLE

Theory of Wrestling

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 103

(Formerly:)

CIP Code: 13.1314

Intent Code: 11

Program Code:

Credits: 3

Total Contact Hrs Per Qtr.: 44

Lecture Hrs: 22

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: Specified Elective SE

COURSE DESCRIPTION (as it will appear in the catalog)

A practical course relating to the coaching aspect of wrestling, emphasis is placed on rule familiarization, technique development of takedowns, escapes, reversals, and pinning combinations. Content also includes preparation of teams for contests and reviews of various philosophical approaches.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Develop a wrestling program.
2. Define the various roles of a coach.
3. Characterize the coach/athlete relationship.
4. Design a functional offseason/in season conditioning program.
5. Describe and explain the components of a successful defense.
6. Develop successful offensive strategies.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. History of wrestling within the USA, specifically in the Columbia Basin
2. Designing a Conditioning/lifting Program
3. Integration of female wrestling
4. Implementing budgeting principles
5. Fundraising efforts

6. Weight Management Program
7. Skill Development of the Athlete
8. Defensive Systems
9. Offensive Systems
10. Principles of a Team
11. Implementing a Wrestling Program

DEPARTMENTAL GUIDELINES *(optional)*

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

DIVISION CHAIR APPROVAL

DATE