I. **OVERVIEW**  
*The following information will appear in the 2009 - 2010 catalog*

**PE 104  Wrestling Theory**  
1 Unit

Analysis of wrestling; rule interpretation, winning psychology, film analysis.

Repeatable up to 2 units maximum.  
Field trips are not required. **Units/Hours:** 1.00 Units: Lecture - 9.00 hours  
Lab - 27.00 hours  
**Grading:** A-F or P/NP - Student choice  
**Transfer:** CSU, UC

II. **LEARNING CONTEXT**  
*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

   a. Styles of wrestling
      i. Olympic
      ii. Collegiate

   b. Techniques and strategies

   c. Rules of wrestling
      i. Penalties
      ii. Injury time
      iii. Legal vs. illegal moves
      iv. Time periods
      v. Scoring

   d. Training methods

   e. Skills

   f. Philosophy

2. **Required Lab Content:**

   a. Basic wrestling skills
   b. Training methods
B. **HOURS AND UNITS**

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C. **METHODS OF INSTRUCTION (TYPICAL)**

Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills
2. Lecture
3. Group interaction within class among students/teacher
4. Use of videos and films

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**

   Time spent on coursework in addition to hours of instruction (lecture hours)

   a. Review of wrestling videos from list provided by instructor, weekly.
   b. Daily demonstration of wrestling skills.
   c. Written paper on developing a winning psychology, per term.
   d. Visitation and oral report of other wrestling programs, per term.

2. **EVIDENCE OF CRITICAL THINKING**

   Assignments require the appropriate level of critical thinking

   a. Analysis of video to assess skills performance.
   b. Live demonstration of activities that enhance conditioning.
   c. Written essays on the rules and strategies of wrestling.

E. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: No text required

III. **DESIRED LEARNING**

A. **COURSE GOAL**

   As a result of satisfactory completion of this course, the student should be prepared to:

   understand the different styles of competitive wrestling and the rules, strategies, and training involved with those styles.

B. **STUDENT LEARNING GOALS**

   Mastery of the following learning goals will enable the student to achieve the overall course goal.
1. **Required Learning Goals**

   Upon satisfactory completion of this course, the student will be able to:
   
   a. Evaluate the importance of learning the technique, strategy and rules of wrestling.
   
   b. Demonstrate the techniques, and skills used by advanced wrestlers.
   
   c. Assess the importance of proper conditioning for advanced wrestlers.
   
   d. Synthesize the philosophy behind winning wrestling.

2. **Lab Learning Goals**

   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   
   a. Demonstrate advanced wrestling skills.

3. **Recommended Learning Goals**

   Upon satisfactory completion of the course (when the related recommended content is covered) the student will be able to:
   
   a. Describe the differences in wrestling styles.
   
   b. Demonstrate the techniques used for Olympic styles of wrestling.

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IV. **METHODS OF ASSESSMENT (TYPICAL)**

A. **FORMATIVE ASSESSMENT**

   1. Skills demonstration
   
   2. Written tests
   
   3. Essay questions

B. **SUMMATIVE ASSESSMENT**

   1. Skills demonstration
   
   2. Written exam
   
   3. Participation frequency