I. **OVERVIEW**

The following information will appear in the 2010 - 2011 catalog

PEVM 145  **Varsity Wrestling**  
3 Units

*Instruction, training, and competition in intercollegiate wrestling.*

Four Maximum completions.

Field trips are not required.  (A-F Only) /Lab  
**Transfer:** (CSU, UC) **General Education:** (MJC-GE: Activities)

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:**

2. **Required Lab Content:**

   a. Holds - Offensive and Defensive

      i. Takedowns

         a. Single leg attack

         b. Double leg attack

         c. High crotch to double leg attack

      ii. Recognition of set ups for takedown

         a. Object leg

         b. Attack leg

         c. Methods to alter opponents' lead leg

         d. Methods to get by arms of opponent

      iii. Escapes and Reversals

         a. Turning inward

         b. Turning outward

         c. Stand up and clear

   iv. Pinning Combinations

      a. Half Nelson
b. Near arm hook

c. Far arm hook

d. Cradles

e. Leg rides

b. Strategies

i. Time

ii. Position

iii. Strengths and weaknesses of your style

iv. Strengths and weaknesses of your opponents’ style

c. Rules

i. High school vs. collegiate

ii. Rule changes

d. Weight Management

i. Determination of proper weight

ii. Proper methods of weight loss

iii. Proper methods of weight maintenance

e. Conditioning

i. Aerobic

ii. Anaerobic

iii. Flexibility

B. HOURS AND UNITS

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<th>INST METHOD</th>
<th>TERM HOURS</th>
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C. METHODS OF INSTRUCTION (TYPICAL)

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

1. Lecture

2. Discussion
3. Demonstrate various wrestling moves
4. Review and analyze video tapes
5. Conduct instructor-athlete strategy sessions

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   Lab only - no outside of class hours required.

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Analyze video of opponents to determine strengths and weaknesses, and develop strategies to counter strengths and capitalize on weaknesses.
   b. During competition, recognize opponents’ strategies and immediately determine how to counter effectively.

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:
   demonstrate an understanding of the rules, skills, and strategies necessary to successfully compete in wrestling at the intercollegiate level.

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:
   
   2. Lab Learning Goals
      Upon satisfactory completion of the lab portion of this course, the student will be able to:
      a. Execute a variety of wrestling holds and breaks.
      b. Apply moves needed for rides and pins.
      c. Evaluate and apply rules of competitive wrestling.
      d. Demonstrate the ability to compete in intercollegiate wrestling matches.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
1. Prepared demonstration of skills

B. **SUMMATIVE ASSESSMENT**

1. Instructor evaluation of individual improvement during season
2. Instructor evaluation of performance during contests.
3. Prepared demonstration of skills