

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 150 Wrestling (Men)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Apply learned strategies to a competitive situation.
2. Improve their physical fitness.
3. Apply skills to specific situations

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Wrestling Fundamentals
 - A. Takedowns
 - B. Escapes
 - C. Reversals
 - D. Rides and breakdowns
 - E. Pinning combinations
 - F. Rules
 - G. Strategy
- II. Provide Opportunity to Test Skill Development
 - A. Dual matches
 - B. Tournament competition
 - C. Scrimmages

- III. Practice Organization
 - A. Warm-ups
 - 1. Flexibility
 - 2. Agility
 - B. Skill Review
 - C. Teach New Skills
 - 1. Specific area
 - D. Scrimmage
 - E. Conditioning
 - 1. Running
 - 2. Rope climbs
 - 3. Dips
 - 4. Pull-ups
 - 5. Weight training
- IV. Rules and Regulations About College Wrestling
- V. Basic Fitness Principles

REQUIRED READING:

NCAA Wrestling Guide, NCAA Rules Committee, 6201 College Blvd., Overland Park, Kansas 66211-2422.
Scouting reports.

SUGGESTED READING:

USA Wrestling News

REQUIRED WRITING:

Skills demonstration in wrestling strategies.
Goals and determination of individual season.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

- 1. Students will be required to attend collegiate wrestling matches and tournaments.
- 2. Work with trainer if necessary, for rehabilitation and prevention of injuries.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 70% - Participation in practice
- 20% - Participation in matches
- 10% - Goal achievement

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161 (C) (2) (A) and (B)

CONTACT PERSON: Joe Ismay, extension 2464

SIGNATURES:

By signing this form, I certify that this course outline of record meets all the minimum requirements for associate degree credit courses as specified in Title 5 Section 55002.

SIGNATURES ON FILE