

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: PE 215 Professional Preparation for Wrestling

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future. *May be taken four times.* CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. compare and contrast wrestling skills.
2. identify and evaluate wrestling skills.
3. compare and contrast personal wrestling skills.
4. officiate wrestling matches.
5. identify various forms of wrestling.
6. explain the appropriate instructional progression of wrestling skills.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Instruction on Wrestling Styles.
 - A. Folk
 - B. International
- II. Instruction on styles with reference to rule differences.
- III. Skill Instruction.
 - A. Takedowns
 - B. Reversals
 - C. Near Falls
 - D. Exposure
 - F. Escapes
- IV. Officiating Techniques.
- V. Practice Organization.
 - A. Warm-up
 - B. Stretching
 - C. Drill technique
 - D. Practice competitive situations
 - E. Full live wrestling
- VI. Strategy Training.
- VII. Motivation.

REQUIRED READING:

Instructor generated handouts on the subject of wrestling.

SUGGESTED READING:

Win Magazine

themat.com (website)

REQUIRED WRITING:

Wrestling skills demonstration is more appropriate.

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.

Read and study handouts, lecture notes, practice skills, and study for exams.

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):

| | |
|--------------------------|-----|
| Participation/attendance | 70% |
| Examination | 20% |
| Written assignments | 10% |

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

Yes No Number of times course may be taken for credit: 4

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: **Joseph Ismay** **extension 2459**

SIGNATURES ON FILE