

ICA M38A: INTERCOLLEGIATE WRESTLING

Originator

vmanakas

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M38A

Course Title (CB02)

Intercollegiate Wrestling

Banner/Short Title

Intercollegiate Wrestling

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M38

Catalog Course Description

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Additional Catalog Notes

Student must be capable of competing at the intercollegiate level.

Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will be required

Faculty notes on field trips; include possible destinations or other pertinent information

Various colleges across California for intercollegiate wrestling competitions.

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

Is this course part of a family?

No

Units and Hours**Carnegie Unit Override**

No

In-Class**Lecture****Minimum Contact/In-Class Lecture Hours**

17.5

Maximum Contact/In-Class Lecture Hours

17.5

Activity**Laboratory****Minimum Contact/In-Class Laboratory Hours**

157.5

Maximum Contact/In-Class Laboratory Hours

157.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

175

Total Maximum Contact/In-Class Hours

175

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

35

Maximum Outside-of-Class Hours

35

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

210

Total Maximum Student Learning Hours

210

Minimum Units (CB07)

4

Maximum Units (CB06)

4

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | demonstrate proper technique in all skills associated with intercollegiate wrestling. |
| 2 | organize a scouting report of upcoming opponents. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | demonstrate a variety of individual techniques and fundamentals required for intercollegiate participation and be able to explain and apply the California Community College Athletic Association (CCCCA) and United World Wrestling (UWW) rules for the sport. |
| 2 | develop and apply team skills necessary to successfully compete at the intercollegiate level. |
| 3 | develop and analyze offensive and defensive tactics and strategies and respond accordingly. |
| 4 | apply and develop principles for social interaction, teamwork and leadership. |
| 5 | demonstrate and practice an appreciation for high quality character traits including, but not limited to, sportsmanship, fair play and teamwork. |
| 6 | identify and practice good health habits through proper emphasis on training techniques, injury prevention, nutrition and substance education. |

Course Content**Lecture/Course Content**

1. (25%) Defensive skills
 - Team tactics and strategies
2. (25%) Conditioning
 - Pre-season
 - In-season
 - Post-season
3. (25%) Offensive skills Individual fundamental skills
4. (25%) Teamwork/social interaction
 - includes developing character traits,
 - sportsmanship
 - fair play,
 - leadership
 - healthy habits
 - injury prevention
 - practice Exercise and drill demonstrations
 - review basic skills

Laboratory or Activity Content

1. (25%) Individual Fundamental Skills
 - Offensive techniques
 - Defensive techniques
 - Special situation skills
2. (30%) Team Tactics and Strategies
 - Offensive
 - Defensive
 - Special situations
3. (25%) Conditioning
 - Pre-season
 - In-season
4. (20%) Attitudes and Behaviors
 - High quality character behaviors
 - Sportsmanship
 - Fair play
 - Teamwork/Social interaction
 - Leadership
 - Healthy habits
 - Injury prevention

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Individual projects
Journals
Laboratory activities
Oral analysis/critiques
Oral presentations
Performances
Participation
Role playing
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Clinical demonstrations
Class activities
Class discussions
Distance Education
Demonstrations
Field trips
Group discussions
Guest speakers
Instructor-guided use of technology
Laboratory activities
Lecture
Small group activities

Describe specific examples of the methods the instructor will use:

1. Use video analysis to provide feedback of movement patterns to the student.
2. Demonstrate proper skill execution.

Representative Course Assignments

Writing Assignments

1. Setting individual and team goals specific to an intercollegiate wrestling season.
2. Provide a written evaluation of the wrestling season.
3. Provide peer evaluations to coaches.

Critical Thinking Assignments

1. Analyze wrestling opponent's strengths and weaknesses.
2. Explain specific wrestling strategies and tactics.
3. Apply specific wrestling strategies and tactics in practice and competition.

Reading Assignments

1. Read articles or books on the history of Olympic wrestling.
2. Read articles or books assigned by the instructor emphasizing leadership and resilience in sport.

Skills Demonstrations

1. Demonstrate proper takedown moves from the standing position
2. Demonstrate techniques from the top position to take an opponent to the mat
3. Demonstrate countering from an opponent shooting a single led takedown

Outside Assignments**Representative Outside Assignments**

1. Evaluate techniques of Olympic wrestlers.
2. Watch individual video and provide an oral assessment of individual wrestling techniques.
3. Take an attitude and personality assessment.
4. Develop individual and team goals.

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Fullerton	KNES 176	Intercollegiate Wrestling - M	2
CSU Bakersfield	ATHL 1413	Intercollegiate Wrestling	1

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Rio Hondo College	KINA 189	Men's Intercollegiate Wrestling Team	3
Bakersfield College	PHED B20	Intercollegiate Competition for Men Wrestling	3
Santa Ana College	KNIA 210	Wrestling - Men	3
Cerritos College	ATH 236L	Wrestling	3

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies**Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F2017

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****E Lifelong Learning and Self-Development**

Approved

Area F: Ethnic Studies**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****UC TCA****UC TCA**

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionChapman, Mike. *Wrestling Tough*. Human Kinetics, 2019.**Resource Type**

Textbook

DescriptionWelker, Bill. *The Wrestling Drill Book*. 2nd ed., Human Kinetics, 2013.**Library Resources****Assignments requiring library resources**

Use the Library's print and online resources to research the effects of proper nutrition on performance.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Use the Library's databases to research social justice issues in sports.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online is a temporary emergency approval ONLY

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

Video Conferencing

Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
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Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

11/02/2020

Dean

11/03/2020

Technical Review

11/05/2020

Curriculum Committee

11/17/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/20/2020

Control Number

CCC000452522

DOE/accreditation approval date

MM/DD/YYYY