

# ICA M38B: INTERCOLLEGIATE WRESTLING/OFF SEASON

**Originator**

vmanakas

**Co-Contributor(s)**
**Name(s)**

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**College**

Moorpark College

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M38B

**Course Title (CB02)**

Intercollegiate Wrestling/Off Season

**Banner/Short Title**

Wrestling/Off-Season

**Credit Type**

Credit

**Start Term**

Spring 2021

**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 (CCCCAA) 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 not be required

**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

**Maximum units a student may earn in this course**

4

**Specify the Title 5 justification for repeatability**

Intercollegiate athletics

**Justification for Repeatability**

Repeatability is dependent upon CCCAA (California Community College Athletic Association) 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**

35.0

**Maximum Contact/In-Class Laboratory Hours**

35.0

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

52.5

**Total Maximum Contact/In-Class Hours**

52.5

**Outside-of-Class****Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Total Student Learning****Total Student Learning****Minimum Units (CB07)**

1

**Maximum Units (CB06)**

1

**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 | demonstrate improvement in skills identified as inefficient at the end of the intercollegiate competitive season and at the beginning of the off-season. |
| 3 | improve muscular strength and cardiovascular endurance.  |

**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 (CCCAA) and United World Wrestling (UWW) rules for the sport. |
| 2 | develop and apply 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

n/a

### Laboratory or Activity Content

2. (25%) Conditioning
  - Pre-season
  - Off-season
3. (20%) Attitudes and behaviors
  - High quality character traits
  - Sportsmanship
  - Fair play
  - Teamwork/Social interaction
  - Leadership
  - Health habits
  - Injury prevention
4. (30%) Team tactics and strategies
  - Offensive
  - Defensive
  - Special situations
5. (25%) Individual fundamental skills
  - Offensive techniques
  - Defensive techniques
  - Special situation skills

## 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):**

Clinical demonstration  
 Individual projects  
 Journals  
 Laboratory activities  
 Performances  
 Participation  
 Portfolios  
 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  
 Class activities  
 Class discussions

Distance Education  
 Demonstrations  
 Group discussions  
 Guest speakers  
 Instructor-guided interpretation and analysis  
 Laboratory activities  
 Lecture  
 Role-playing  
 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.
3. Provide verbal feedback to promote skill acquisition.

## Representative Course Assignments

### Writing Assignments

1. Identify individualized goals specific to skill improvement in intercollegiate wrestling.
2. Complete Kouzes and Posner's Leadership Practice Inventory (LPI) to identify leadership strengths and weaknesses.
3. Provide peer evaluations to coaches.

### Critical Thinking Assignments

1. Analyze each individual's skill strengths and weaknesses at the beginning of the intercollegiate off-season.
2. Explain specific strategies and tactics pertinent to intercollegiate competition.
3. Apply specific strategies and tactics in a practice setting.

### Reading Assignments

1. Read articles or books on sport psychology as it pertains to competing in intercollegiate wrestling.
2. Read articles or books assigned by the instructor emphasizing leadership in sport.
3. Read articles or books assigned by the instructor emphasizing resilience in sport.

### Skills Demonstrations

1. Demonstrate escape techniques for the "down" position
2. Demonstrate how to counter a takedown

## Outside Assignments

### Representative Outside Assignments

1. Evaluate techniques of Olympic wrestlers.
2. Watch individual video and provide an oral assessment of individual volleyball skill 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

### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cerritos College	ATH 237LA	Wrestling Men, Off Season Intercollegiate	1
Santa Ana College	KNIA 171	Wrestling - Off Season	.5-2

Lassen Community College	PEAC 6D	Off-Season Skills and Conditioning for Wrestling	1.5
Fresno City	PE 41C	Off-Season Conditioning for Men's Wrestling	1

## **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

**Description**Chapman, Mike. *Wrestling Tough*. Human Kinetics, 2019.**Resource Type**

Textbook

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

Research using the library's print and online resources.

**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)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
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
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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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.

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

Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
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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**

CCC000579721

**DOE/accreditation approval date**

MM/DD/YYYY