**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 258 – Wrestling**

**Course Outline**

**Course Number & Name:**  PHE 258 Wrestling

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Fall 2011

**Course Description**: Students receive instruction in the fundamental skills and techniques of wrestling. The course covers the historical development and present status of the sport, offensive and defensive skills, rules, strategies, and specific techniques. Safety and training procedures are also examined.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate a variety of takedowns;

2.    demonstrate a variety of escapes;

3. demonstrate a variety of pinning moves; and

4. explain the rules of wrestling.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate a variety of takedowns:

* 1. *perform a single leg takedown;*
	2. *perform a double leg takedown;* and
	3. *perform an underarm takedown*

2. Demonstrate a variety of escapes:

 2.1 *perform a ‘sit out and reverse’;*

 2.2 *perform a roll;* and

 2.3 *perform a ‘stand up and release’*

**Measurable Course Performance Objectives (MPOs)** (continued):

3. Demonstrate a variety of pinning moves:

 3.1 *perform a cradle;*

 3.2 *perform an ‘arm bar and turn’;* and

 3.3 *perform an ‘arm though leg and turn’*

4. Explain the rules of wrestling:

 4.1 *explain fouls/penalties;*

 4.2 *explain basic stances;* and

 4.3 *explain scoring rules*

**Methods of Instruction**: Instruction will consist of a combination of demonstration, skill work, practice sessions, matches, and strategy applications.

**Outcomes Assessment:** Test questions are blueprinted to course objectives. Checklist rubrics are used to evaluate skill and strategy performance for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate in class.

2. Take a written final test as scheduled.

3. Demonstrate skills as requested by the instructor.

**Methods of Evaluation:** Final course grades will be computed as follows:

 **% of**

**Grading Components final course grade**

* **Attendance & Class Participation 50%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice wrestling.

* **Final Written Test** (date specified by the instructor) 25%

The test will provide evidence of the level of student mastery of the rules and basic techniques involved in wrestling.

* Skill Evaluations **25%**

Skill evaluations will provide evidence of student mastery of physical performance-based course objectives.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** There is no text for this course.

**Week Topics**

1 Conditioning

2 Basic Stances and Rules

3 – 4 Takedowns

5 – 6 Holds

7 – 8 Reversals

9 – 10 Pinning Moves

11 – 12 Mini-trials (matches)

13 – 15 Skills Tests

 **Final Written Test**