

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

### **SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

### **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<b><u>COURSE NUMBER:</u></b>	PED 142
<b><u>COURSE TITLE:</u></b>	THEORY OF COACHING WRESTLING
<b><u>SEMESTER CREDIT HOURS:</u></b>	3
<b><u>DEPARTMENT:</u></b>	Physical Education
<b><u>DIVISION:</u></b>	General Education
<b><u>PREREQUISITE:</u></b>	None

### **COURSE DESCRIPTION:**

Provides for the beginner an extension of basic wrestling. It awards the athlete with credit for physical exercise and mental acquaintance with the rules, strategies, and disciplines of the sport.

### **COURSE OUTCOMES AND COMPETENCIES:**

**Students who successfully complete this course will be able to:**

1. Be familiar with the rules and strategy involved in successful wrestling technique.
  - Show how to score offensive and defensive points.
  - Discern choices that affect positive outcomes.
  - Recognize the signals that indicate specific points.
2. Have a basic understanding of wrestling technique.
  - Demonstrate common takedowns.
  - Demonstrate basic down moves.
  - Demonstrate simple pin combinations.
3. Comprehend the premise behind specialized training involved in weight reduction.
  - Compile a daily dietary plan that will result in 1.5% body loss per week.
  - Construct a weight loss calendar for a two-week period.
  - Identify types of nutrition best suited to peak success while in wrestling performance.