

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1174

NUMBER OF CREDITS: 1

Lecture: 1 Lab: 0 OJT: 0

Course Title:

Intercollegiate Men's Wrestling

Catalog Description:

Intercollegiate Men's Wrestling includes participation in competition. Students acquire knowledge at the freshmen level and represent Minnesota West Community and Technical College in the Minnesota College Athletic Conference and National Junior College Athletic Association.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered (General)

NJCAA/NCAA men's wrestling rules
Standards for eligibility and student code of conduct
Offensive, defensive, and match strategies
Film breakdown
Conditioning and proper nutrition
Healthy lifestyles (including diversity and inclusion)
Teamwork and sportsmanship

Student Learning Outcomes

Interpret and perform proficiency in the proper execution of match strategy.

Demonstrate professional and ethical responsibility within the team and competitive arena including proper etiquette and good sportsmanship.

Utilize the techniques, skills, and tools necessary for the enhancement of health, fitness, nutrition, and overall, well-being.

Explain and implement the understanding of team rules and the school code of conduct to represent the team in the classroom, in the community, and at matches.

Is this course part of a transfer pathway: Yes No

**If yes, please list the competencies below*

Revised Date: 2/4/2023