

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

**DEPT. PHED**

**COURSE NUMBER: 2174**

**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 intercollegiate competition, that they acquired knowledge at the freshmen intercollegiate level, and represented Minnesota West Community and Technical College in the Minnesota College Athletic Conference and National Junior College Athletic Association.

### Prerequisites or Necessary Entry Skills/Knowledge:

PHED 1174 or freshman-level intercollegiate wrestling class from another accredited college or university.

### 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

Demonstrate proficiency in the proper execution of match strategies.

Apply 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 an understanding of team rules and the school code of conduct in representing the team in the classroom, outside of school events, in the community, and at both home and away matches.

Demonstrate leadership and communication skills.

**Is this course part of a transfer pathway: Yes  No**

**\*If yes, please list the competencies below**

Revised Date: 2/4/2023