

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 2181

NUMBER OF CREDITS: 2

Lecture: 2 Lab: 0 OJT: 0

Course Title:
Wrestling Theory and Coaching

Catalog Description:
Wrestling Theory and Coaching covers the guidelines of the State and National High School League rules including rules interpretation, sports technique, and casebook studies. Course will also cover the coaching aspects of wrestling, match tactics, scouting, recruiting, team goals, and methods of conducting practice, student academic concerns, and managing players at both the high school and college settings.

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
Teaching/Coaching fundamental skills
Understanding of scoring and match management
Working and communicating with officials, table workers, and others.
Equipment/mat inspection for safety and replacement
History and future of the sport.
Understanding all levels from K-12, college, and international competition.

Student Learning Outcomes
Describe and explain the fundamental skills as it relates to wrestling.
Demonstrate and explain the scoring and match management during competition.
Describe and prepare practice plans as they relate to wrestling.
Describe and explain the proper procedures for mat maintenance and game set up.
Demonstrate the ability to trouble shoot and correct any safety issue as they relate to wrestling equipment and facilities.
Describe, define, and explain the rules and the mechanics as they pertain to the sport of wrestling.
Demonstrate an understanding of related study areas such as motor learning, sport psychology, and sport sociology as they relate to coaching wrestling.
Describe and demonstrate the knowledge to construct and manage practices based according to age and skill level of athletes.

Is this course part of a transfer pathway: Yes ☐ No ☒

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

Revised Date: 8/1/2020