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.

COURSE NUMBER: PED 142
COURSE TITLE: THEORY OF COACHING WRESTLING
SEMESTER CREDIT HOURS: 3
DEPARTMENT: Physical Education
DIVISION: General Education
PREREQUISITE: 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.