
SECTION HEADING

PHED 1174: Intercollegiate Men's Wrestling

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.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

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

Learning Outcomes

1. Interpret and perform proficiency in the proper execution of match strategy.
2. Demonstrate professional and ethical responsibility within the team and competitive arena including proper etiquette and good sportsmanship.
3. Utilize the techniques, skills, and tools necessary for the enhancement of health, fitness, nutrition, and overall, well-being.
4. 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.

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None