
SECTION HEADING

PHED 2174: Intercollegiate Men's Wrestling

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.

Credits

1

Prerequisite

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

Corequisite

None

Topics to be Covered

1. 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.

Learning Outcomes

1. Demonstrate proficiency in the proper execution of match strategies.
2. Apply 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 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.
5. Demonstrate leadership and communication skills.

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None