
SECTION HEADING

PHED 2181: Wrestling Theory and Coaching

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.

Credits

2

Prerequisite

None

Corequisite

None

Topics to be Covered

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

Learning Outcomes

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

Credit Details

Lecture: 2

Lab: 0

OJT: 0

MnTC Goal Area(s): None