

PEB 10095 ST: Wrestling

1 credit

INSTRUCTOR: James Andrassy, jandrass@kent.edu

2:15 to 3:05, Mondays and Wednesdays, Annex Building, Wrestling Room

Course description: instruction in the skills and techniques of wrestling

Grading Criteria:

participation- 70% Dressed for activity, fully active, on time, no electronics

3 quizzes- 10%

final exam- 20% Final exam will be given on the last day of class

Grading scale:

A= 93-100 A-= 90-92

B+= 88-89 B= 83-87 B-= 80-82

C+=78-79 C- 73-77 C-= 70-72

D+= 68-69 D= 63-67 D-= 61-62

Instructional objectives: At the conclusion of this course, each student will be able to:

1. Demonstrate that you have learned and understand the rules, moves, and philosophy of wrestling.
2. Identify, describe, and explain wrestling moves, positions, scoring, and techniques.
3. Identify, list and define terminology for basic wrestling moves and techniques.
4. Demonstrate affective behaviors that lead to safe, positive and enthusiastic participation.
5. Complete knowledge evaluations that demonstrate learning in this course.

Required reading material: You will need to purchase the book: *Winning Wrestling Moves* by Mark Mysnyk, Barry Davis, and Brooks Simpson. You will also receive hand-out sheets in class that will encompass the cognitive content of this course; you will be expected to take notes on them on those lecture days.

Participation details: No more than 6 absences allowed in order to pass; all students are encouraged and expected to actively participate in any and all activities associated with this course; in order to meet the objectives of this course there must be active participation. You cannot participate in class if you are not in attendance; any student may be asked to withdraw from the course or may receive an F grade, if a student misses more than 6 classes.

Due to the very nature of this course, if a student is unable to actively participate because of a lengthy illness or injury it is highly recommended that the student withdraw from the course.

Out of class events You will be expected to attend two home wrestling matches, there will be four opportunities with two mandatory and the other two will be extra credit.

Clothing details: Must wear t-shirts with sleeves (no tanks, etc.) plus shorts or sweat pants, wrestling shoes are recommended but not mandatory. Showering and cleaning wrestling gear immediately after class is highly recommended.

My office hours Mondays and Wednesdays, one hour prior to the class start time. They are available to you by appointment. The best way to reach me is jandrass@kent.edu or my office number 330-672-8423. Students are responsible for checking their Kent e-mail on a daily basis.

Consent waiver: A student will assume all known and unknown risks associated with participating in the PEB Basic Instruction program activities, including, but not limited to accidents, illness, bodily injury, property loss and death, and that this assumption is acknowledged, approved, and agreed to as indicated by signing the required course Waiver, Release and Hold Harmless form.

Course audit: When **auditing** this class you must meet all requirements of the course syllabus: The mark AU denotes that students have registered to audit a course. Students may audit without credit any course subject to space availability and departmental approval. An audited course is not counted as part of the course load, but students must go through registration procedures and pay the normal registration fees. For graduate students, an audited course may not be counted as fulfilling the minimum course load requirements. An instructor may impose whatever attendance requirements deemed necessary upon the students registered for audit. The students must be informed of these requirements at the beginning of the semester. Failure to meet such attendance requirements subjects the students to being withdrawn from the course by the instructor. This will be accomplished by the instructor's insertion of the mark W for the students on the final grades list

Students with disabilities:

University policy 3342-3-01.3 requires that students with disabilities be provided reasonable accommodations to ensure their equal access to course content. If you have a documented disability and require accommodations, please contact the instructor at the beginning of the semester to make arrangements for necessary classroom adjustments. Please note, you must first verify your eligibility for these through Student Accessibility Services (contact 330-672-3391 or visit www.kent.edu/sas for more information on registration procedures).

Learning Outcomes for Wrestling class

After successful completion of this course, the student will be able to:

- Explain the background and history of wrestling, the three types of wrestling and differences between these types, the equipment need along with the playing surface and size
- Explain basic techniques, maneuvers, and terminology need to understand the sport, the scoring of a match along with the team scoring
 - i. Understand the inherent dangers and necessary safety associated with the sport of wrestling

Learning In Class Activities

- i. Understand the rules of competition and philosophies of wrestling
- ii. Demonstrate/practice the starting positions on your feet and control of ties
- iii. Demonstrate/practice the takedown
- iv. Demonstrate/practice the starting position on top and bottom
- v. Demonstrate/practice the break downs
- vi. Demonstrate/practice the escapes and reversals
- vii. Demonstrate/practice the pinning combinations
- viii. Demonstrate/practice defensive positions
- ix. Technical Skills Test

Learning Out of Class Activities

- i. Attending wrestling matches, such as Kent States home wrestling matches
- ii. Have them observe the NCAA Wrestling Championship Finals on ESPN, March 21, 2015
- iii. Have them watch live video stream of the US Open Wrestling Championships in late April
- iv. Participate in some capacity of the Kent State Open Tournament i.e.. wrestling, set up, officiating, Table worker...
- v. Participate in or join the Kent State Golden Pride Wrestling Club
- vi. Practicing skills outside of class

Contact Hours	Topic Description
2	history, types, rules, and Philosophies of wrestling
2	starting positions, contact stance, control of ties,
8	Takedowns: set-ups to takedowns, single leg, hi-crotch, double leg, finish of the three major takedowns, arm, arm drag, duck under, ankle pick, fireman's carry, snap Down.
1	Top and bottom Wrestling: starting positions, starting whistle.
3	breakdowns: controlling bottom man, crab ride, arm, arm chop, ankle ride, boot riding
4	Pinning Combinations: cradles, half nelson, hammer lock, arm bar, throws to pinning combinations, leg rides to pins.
4	Escapes and reversals: switch, sit out, long sit, stand up, whizzer, escape from ankle ride, stopping boot riders.
4	Defensive position: front head locks, sprawling, snap downs, fighting head control,
2	Squad formation, tryouts, scoring of match, scoring of dual meet, scoring of tournament.
Total hour contact hours 30	