

M: Course Objectives / Learning Outcomes

Upon completion of the course the student will be able to:

1. Describe the conceptual nature of wrestling and judo
2. Demonstrate an understanding of the basic principles of biomechanics and physics that apply to wrestling and judo
3. Describe the physiological parameters of wrestling and judo
4. Describe and demonstrate a practical knowledge of wrestling techniques
5. Describe and demonstrate a practical knowledge of judo techniques
6. Describe the tactics and strategies involved in the performance of wrestling and judo
7. Demonstrate an understanding of the appropriate pedagogical principles for effective instruction of wrestling and judo

N: Course Content:1. Concepts

The student will:

- 1.1 Describe the historical development of the sport
- 1.2 Describe the terminology of the sport
- 1.3 Describe the rule concepts

2. Biomechanics and Physics

The student will:

- 2.1 Explain in biomechanical terms how to achieve human efficiency, power and force in setups, execution, and finishing phases of individual techniques
- 2.2 Explain the physics principles relating to fundamental movement patterns and force application

3. Physiology

The student will:

- 3.1 Describe the physiological parameters of the sports of wrestling and judo
 - 3.1.1 warm-up techniques
 - 3.1.2 energy systems; aerobic, anaerobic alactic, anaerobic lactic
 - 3.1.3 muscular strength, power, endurance
 - 3.1.4 flexibility
 - 3.1.5 agility
 - 3.1.6 warm down, overload techniques

4. Wrestling Techniques

The student will:

- 4.1 Describe movement patterns
- 4.2 Demonstrate the stance techniques
- 4.3 Demonstrate the pinning techniques
- 4.4 Demonstrate ground wrestling techniques
- 4.5 Demonstrate standing wrestling techniques

5. Judo techniques

The student will:

- 5.1 Describe breakfall progressions
- 5.2 Demonstrate standing techniques
- 5.3 Demonstrate ground techniques

6. Tactics and Strategies

The student will:

6.1 Describe a theoretical knowledge and analysis of wrestling and judo tactics and strategies

7. Pedagogical Principles

The student will:

7.1 Describe and demonstrate teaching methodologies relating to appropriate skill progressions

7.2 Describe and demonstrate knowledge of drill construction

7.3 Describe and demonstrate knowledge of combative games relating to skill acquisition

O: Methods of Instruction

Lecture

Practical applications and experiences

Field observation

Guest presenters

Technology assisted learning

Assigned readings and literature research

P: Textbooks and Materials to be Purchased by Students

Canadian Amateur Wrestling Association. (1986), Wrestling Level I. Canadian Amateur Wrestling Association, Gloucester, Ontario.

Judo Canada. (1978), Judo Level I. Judo Canada, Gloucester, Ontario.

McKay, David (1993), Introduction of Wrestling. Canadian Amateur Wrestling Association, Gloucester, Ontario.

Q: Means of Assessment

Participation	10%
Mid-term Examination	20%
Final Examination	10%
Term Project	30%
Practical Application	<u>30%</u>
TOTAL:	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar