

Course discipline/number/title: PHED 1193: Speed, Agility and Quickness Training for Wrestling Athletes

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is designed to guide the wrestling athlete through techniques in strength, endurance, speed, power and agility that will prepare the athlete for the upcoming season. The course is focused on sport specific principles and includes a detailed sport specific nutrition component. Students will become familiar with basic anatomy and muscle structures, and how the development of specific structures, through proper training and nutrition, can promote optimal performance throughout training and in competition.

C. DATE LAST REVISED (Month, year): May, 2020

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Warm-up and warm-down techniques which focus on the total body; including all major and minor muscle groups.
2. Flexibility and stretching techniques, including pre and post exercise principles in dynamic and static stretching.
3. Safe and effective plyometric, speed, agility, and quickness training techniques that are sport specific, focusing on foot movement, speed, and explosive power.
4. Safe, effective, and proven weightlifting techniques that are sport specific, focusing on explosive speed and power through the use of Olympic lifting systems.
5. Core strength and stability training to enhance the student athlete's balance.
6. Cardiovascular training techniques to enhance the endurance and stamina of the athlete.
7. Sport specific nutrition focused on safe and effective weight control.
8. Body fat analysis using the guidelines set by the National Wrestling Coaches Association.

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate a total body warm-up which includes a variety of exercises to ensure all major and minor muscle groups are primed for speed, agility, and quickness training.
2. Demonstrate proper dynamic and static stretching techniques to help prevent injury and increase flexibility.
3. Demonstrate proper Olympic weight-lifting techniques that serve to increase total body explosive power.
4. Demonstrate a post exercise warm-down to help in the aid and recovery of muscle recruitment.
5. Demonstrate safe and effective plyometric, speed, and agility training techniques that serve to increase foot speed and explosiveness.
6. Demonstrate various cardio routines for building cardiovascular endurance and facilitating post exercise recovery.
7. Implement a healthy and active nutrition program to help aid in safe weight management.
8. Implement a safe weight loss plan guiding their weight descent to a desired weight class.
9. Understand and relate the importance of self-discipline through personal responsibility, commitment to team goals and outcomes, and respect for coaching personnel, teammates, and the community they represent during each competition.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Pre and Post Fitness Test
3. Performance Activity Log
4. Nutrition Log

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:  
Continued. . .  
5. Weight Loss Plan/Log  
6. Written Exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):  
Personal and Professional Accountability. Students will take responsibility as active learners for achieving their educational and personal goals.
- I. SPECIAL INFORMATION (if any): None