

**JAMESTOWN COMMUNITY COLLEGE**  
**State University of New York**

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Athletic Participation (Freshmen) Wrestling

**Course Abbreviation and Number:** PHE 1508

**Credit Hours:** 1 credit hour.

**Course Type:** Lecture/Lab

**Course Description:** Student athletes, who successfully complete participation in a NJCAA sport season, will learn about the competitive fundamentals of participation in an NJCAA certified sport. Students will be involved in a variety of learning experiences in the classroom, on the practice field, and during athletic contests. Through hands-on applications, students involved in team sports will learn group dynamics, problem solving, and time management skills. The course of study will focus on physical training and statistical and skill analysis which is sport specific.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Describe, in writing, their individual athletic and academic goals based upon team goals.
2. Analyze the individual and team statistics that are used within their sport.
3. Apply knowledge of basic rules and strategies of their sport.

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**Topics Covered:**

- Introduction to sport specific fundamentals
- Introduction to proper warm-up/cool-down techniques
- Introduction to sport specific training
- Introduction to competitive sport specific strategies
- Introduction to NJCAA eligibility guidelines

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**Information for Students**

- Expectations of Students
  - [Civility Statement](#)
  - [Student Responsibility Statement](#)
  - [Academic Integrity Statement](#)
- [Accessibility Services](#)  
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

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**Effective Date:** Fall 2021