

USTD Alignment – Wrestling Ustd 264734 (Conduct coaching for beginners in wrestling L3, 7 Cr)

SPECIFIC OUTCOME	ASSESSMENT CRITERIA / RANGE	THEORY	PRACTICAL	EVIDENCE AND METHOD OF ASSESSMENT	MATERIAL / RESOURCES
<p>SO 1 Describe the origins and evolution of wrestling as a sport.</p>	<p>AC 1 An overview of the history of wrestling is provided to show understanding of its evolution.</p> <p>AC 2 The sport of wrestling is explained in terms of the basic styles and principles of wrestling.</p> <p>AC 3 The impact of the sport is explained in terms of benefits to the individual and the community.</p>	<ul style="list-style-type: none"> • Overview of the history of Wrestling, its evolution from Greek to Modern times. • Overview of basic styles and principles of wrestling • Overview of the benefits and impact of the sport • Short overview of the sporting structures for wrestling from school / local club to international structures 	<ul style="list-style-type: none"> • Not applicable 	<ul style="list-style-type: none"> • Knowledge questionnaire • Knowledge questionnaire • Knowledge questionnaire • Knowledge questionnaire 	<ul style="list-style-type: none"> • LMat – re-aligned as per analysis • Facilitators Guide • Assessor Guide • Poe Guide • Model Answer Guide • Training venue conducive to facilitation and knowledge transfer
<p>Range:</p>	<ul style="list-style-type: none"> • Condensed history of wrestling; the involvement of the sport from Greek to modern times. • Standing wrestling, mat wrestling, freestyle wrestling, Greco-roman wrestling, grappling or submission wrestling, local and international practicing of the sport, local and international wrestling sport structures 				
<p>SO 2 Explain the laws governing the sport of wrestling.</p>	<p>AC 1 The principles of safety are explained as they apply to the sport of wrestling and the laws governing the sport.</p> <p>AC 2 An overview is provided of the laws of wrestling as it applies to the main principles of the sport.</p> <p>AC 3 The official signals and control requirements is explained for the sport.</p> <p>AC 4 The role and general duties of different officials in the sport are explained.</p> <p>AC 5 The provincial constitution and standing orders of the wrestling coaches council are</p>	<ul style="list-style-type: none"> • Explanation of the principles of safety including clothing, wrestling mat, general safety precautions and safety of equipment. • Overview of the different signals and controls as used in wrestling including protocol, correct terminology, scoring approach, values, points and illegal moves, disqualification, weight classes and tournament structures. 	<ul style="list-style-type: none"> • Not applicable 	<ul style="list-style-type: none"> • Knowledge questionnaire • Knowledge questionnaire • Knowledge questionnaire • Knowledge questionnaire • Knowledge questionnaire 	<ul style="list-style-type: none"> • LMat – re-aligned as per analysis • Facilitators Guide • Assessor Guide • Poe Guide • Model Answer Guide • Training venue conducive to facilitation and knowledge transfer

	explained.				
Range:	<ul style="list-style-type: none"> • Correct clothing, layout of the wrestling mat, interventions and equipment, importance of correct instruction of techniques, safety precautions. • Etiquette and protocol, Correct terminology, Laws pertaining to elements of wrestling as a contact sport, Scoring; value or points of specific action or hold; takedown, reversal, penalty, out of bounds, victory conditions, illegal moves, disqualification, weight classes, Structures of tournaments. • Referee, judge, mat-chairman, coach. 	<ul style="list-style-type: none"> • Summary of general roles and duties of different officials (TO, Coach, Administrator etc) • Orientation to the constitution and orders of coaching council for wrestling 			
SO 3 Demonstrate wrestling principles and techniques.	AC 1 The target areas of the human body are identified as it applies to the principles and techniques of wrestling.	<ul style="list-style-type: none"> • Overview of target areas of the human body • Listing of the 7 basic skills of wrestling and explanation of each skill. 	<ul style="list-style-type: none"> • Principles and techniques of wrestling demonstrated in relation to bodily target areas. • Demonstration of the 7 basic skills of wrestling including: <ul style="list-style-type: none"> • Stance and movement • Penetration step / Duck walk • Base • Hip Heist • Lifting • Bridging • Back Stance • Demonstration of 2 basic holds and counter holds for standing and mat wrestling. 	<ul style="list-style-type: none"> • Knowledge questionnaire • Practical demonstration with observation (workplace) • Reflective in integrated assessment 	<ul style="list-style-type: none"> • LMat – re-aligned as per analysis • Facilitators Guide • Assessor Guide • Poe Guide • Model Answer Guide • Training venue conducive to facilitation and knowledge transfer • Practical environment including athletes and wrestling mats with relevant material and equipment
	AC 2 The seven basic skills of wrestling are explained and demonstrated.			<ul style="list-style-type: none"> • Knowledge questionnaire • Practical demonstration with observation (workplace) • Reflective in integrated assessment 	
	AC 3 A minimum of two basic holds, techniques and counter-holds are demonstrated as it applies to standing wrestling and mat wrestling.			<ul style="list-style-type: none"> • Knowledge questionnaire • Practical demonstration with observation (workplace) • Reflective in 	
Range:	<ul style="list-style-type: none"> • Stance and movement, penetration step or duck walk, getting to your base, hip heist, lifting, bridging, back stance. 				

				integrated assessment	
SO 4 Plan and write up lesson plans.	AC 1 The objectives of wrestling coaching sessions are listed as they apply to coaching individuals or a team.	<ul style="list-style-type: none"> • Overview of the aims and objectives of coaching sessions in terms of individuals and team • Requirements of resources planning in terms of coaching activities • Identification of relevant activities to be incorporated into a coaching session: <ul style="list-style-type: none"> • Warming up • Cooling down • Seven basic skills (Technical skills) • Overview of the requirements of a basic lesson plan 	<ul style="list-style-type: none"> • Development of basic lesson plans Must include: <ul style="list-style-type: none"> • Aims and objectives • Resources planning • Activity planning (Warming up, Cooling down, effective instruction, technical skills transfer – 7 wrestling specific skills) • Time allocation 	<ul style="list-style-type: none"> • Application of theoretical foundation = Product evidence – Lesson Plans 	<ul style="list-style-type: none"> • LMat – re-aligned as per analysis • Facilitators Guide • Assessor Guide • Poe Guide • Model Answer Guide • Training venue conducive to facilitation and knowledge transfer
	AC 2 Resources are planned in relation to the requirements of the coaching sessions.			<ul style="list-style-type: none"> • Application of theoretical foundation = Product evidence – Lesson Plans 	
	AC 3 The scheduling of activities within the coaching session is listed to ensure time management of the session.			<ul style="list-style-type: none"> • Application of theoretical foundation = Product evidence – Lesson Plans 	
	AC 4 A basic lesson plan is written to conduct a coaching session.			<ul style="list-style-type: none"> • Application of theoretical foundation = Product evidence – Lesson Plans 	
Range:	<ul style="list-style-type: none"> • Activities should include warming up and cool down requirements, technical transfer of elements associated with the seven basic skills of wrestling as is applicable to the level of participant coached. 			<ul style="list-style-type: none"> • Application of theoretical foundation = Product evidence – Lesson Plans 	
SO 5 Conduct basic wrestling coaching activities.	AC 1 The core skills of wrestling are demonstrated and taught to participants in the sport of wrestling.	<ul style="list-style-type: none"> • Overview of role of the coach • Explanation of effective techniques for the transfer of skills and conditioning. • Discussion of different coaching methods / 	<ul style="list-style-type: none"> • Demonstration of basic level coaching skills: <ul style="list-style-type: none"> • Conditioning • Activities • Coaching methods and techniques • Listening • Communication • Feedback 	<ul style="list-style-type: none"> • Demonstration with observation of the correct application of coaching techniques 	<ul style="list-style-type: none"> • LMat – re-aligned as per analysis • Facilitators Guide • Assessor Guide • Poe Guide • Model Answer Guide • Practical
	AC 2 Conditioning techniques are applied to either correct or confirm wrestling techniques.			<ul style="list-style-type: none"> • Demonstration with observation 	

		instructional styles.	<ul style="list-style-type: none"> • Instruction • Maintain logbook of coaching activities 	of the correct application of coaching techniques	environment including athletes and wrestling mats with relevant material and equipment
	AC 3 Appropriate teaching and coaching methods are used to meet the needs of the athlete being coached.			<ul style="list-style-type: none"> • Demonstration with observation of the correct application of coaching techniques 	
	AC 4 A logbook is maintained so as to record conducted coaching sessions.			<ul style="list-style-type: none"> • Demonstration with observation of the correct application of coaching techniques 	
Range:	<ul style="list-style-type: none"> • Techniques should be applicable to the level of wrestler coached and includes all seven the basic skills of wrestling. • Listening skills, communication feedback, teaching styles, instructional styles. 				
EEKS	<ul style="list-style-type: none"> • History of wrestling. • Local and International practice of the sport. • Rules/Laws of the game including the syllabus of Wrestling South Africa. • Value and ethics. • Terminology, language and signals used in the sport. • Protocol of wrestling as a sport. • Weight classes. • Scoring structures. • Conditioning techniques. • Equipment and dress code. • Roles and responsibilities of officials. • Communication/leadership skills. • Safety and injury prevention. • Lesson planning. • Keeping of registers, a log-book and how to notate the evidence of coaching and self-reflection of coaching methods. 	Incorporated in theoretical components as indicated in the above. All covered in terms of knowledge and practical requirements.			