

KIN A125: SELF DEFENSE FOR WOMEN

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

Course Description

This course is designed for students as an introduction to basic self-defense skills. This includes basic principles of practical personal protection for women with an emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Will explore escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. The course will also examine community services available for both violence prevention and victim abuse services. Finally, fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills presented in class. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Perform safe and effective self-defense skills, falls, throws and sparring techniques.
2. Be conversant with the widespread of violence against women and identify local organizations that support violence prevention and crisis management.

Course Objectives

- 1. Recognize the widespread occurrence of violence against women
- 2. Identify her personal strengths and physical limitations regarding safety and self-defense.
- 3. Identify local organizations that deal in violence prevention and crisis management
- 4. Demonstrate and perform the following defensive techniques: block, parry, strike, hammer fist strike, knee strike, straight kick, sweep kick, snap kick, hammer fist (to forearm), finger rolls, heel stomp, breaking wrist grabs, escaping bear hugs, high elbow strikes, escaping chokeholds (front and back), and ground defenses.

Lecture Content

LECTURE CONTENT: Self-defense and martial arts history California laws of self defense Importance of physical conditioning Use of body and mind within self-defense realm Knowledge of defensive skills and its importance Proper stance Situational awareness Understanding different self-defense technique

Lab Content

Execute proper stance Execution of different self-defense techniques Ground fighting with emphasis on escape Practice practical situations to improve chances of survival

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture Demonstration Discussions Videos

Reading Assignments

Students will read handouts and self directed reading related to topic

Writing Assignments

Written assignments, reports and/or projects based on research from valid sources

Out-of-class Assignments

Students will spend approximately 2-3 hours completing conditioning program outside of class meetings

Demonstration of Critical Thinking

Students will assess and critique their self-defense skills. Students will incorporate a fitness-wellness routine. Demonstration of personal self-defense techniques.

Required Writing, Problem Solving, Skills Demonstration

TBD

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

Other Resources

1. Reading Material and Articles as directed by the instructor