Course Outline

COURSE: KIN 71      DIVISION:   40      ALSO LISTED AS:   PE 71

TERM EFFECTIVE: Fall 2013      Inactive Course

SHORT TITLE: SELF-DEFENSE WOMEN

LONG TITLE: Self-Defense for Women

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>.5 OR 1</td>
<td>18</td>
<td>Lecture: 0</td>
<td>0</td>
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<tr>
<td></td>
<td></td>
<td>Lab: 1.5 OR 3</td>
<td>27 OR 54</td>
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<td>Other: 0</td>
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<td></td>
<td>Total: 1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

Instruction in techniques of self-defense which will help students avoid and respond to dangerous situations. Emphasis will be placed on how women can defend themselves when under attack. This course has the option of a letter grade or pass/no pass. Previously listed as PE 71.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate active defensive tactics including stances, yelling, kicking, striking, blocking, and escape methods.

Measure: demonstration
PLO: 4
2. Recognize options employed in various types of confrontational situations and determine how and why to make a decision to resist or not.

Measure: role playing, discussion, exam
PLO: 4
ILO: 7,2,1,4,6
GE-LO: A2,E1
Year Assessed:

3. Examine and formulate preventative measures in various environments (while at home, in a parking lot, on campus, while on a date, and traveling away from home).

Measure: role playing, discussion
PLO: 4
ILO: 7,2,1,4,6
GE-LO: A1,A2,E1
Year Assessed:

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 03/11/2013

4.5 - 9 Hours
Discussion of course syllabus and grading, as well as course expectations. Introduction to warm ups. Presentation on verbal and physical exercises, such as the heel palm strike, eye strike, and elbow and knee to groin strike.
SPO: Students will execute proper warm up techniques. They will demonstrate the strikes presented in class.

7.5 - 15 Hours
Information provided on setting boundaries. Different verbal tactics to dealing with unwanted boundary intrusion will be presented. Continue practicing strikes. A variety of situations and scenarios will be presented in which the student will determine a verbal response and method of action.
SPO: Students will discuss setting and communicating their boundary. Students will participate in various situations. They will select a method of action and perform the correct technique.

4.5 - 9 Hours
Proper kicking techniques, such as the sidekick, will be introduced and practiced. Continue drilling on strikes and kicks.
SPO: Students will demonstrate three types of kicks used for self-defense. They will incorporate strikes and kicks during a variety of practice situations.

9 - 18 Hours
A variety of practice opportunities will be provided for the students to utilize their striking and kicking techniques. Real life type situations will also be presented for practice purposes. Discussion on empowerment and what this means for each individual. Review of different situations and scenarios.

SPO: The student will select the correct course of action for each situation presented based on the boundaries they have set for themselves.

2 Hours
Final.

Note:
This is a skill building class. Students who repeat the class will have the opportunity to improve and/or strengthen their skill development.

**METHODS OF INSTRUCTION:**
Demonstration, paired and group practice.

**METHODS OF EVALUATION:**
CATEGORY 1 - The types of writing assignments required:
Percent range of total grade: 0 % to 0 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:
Course primarily involves skill demonstration or problem solving

CATEGORY 2 - The problem-solving assignments required:
Percent range of total grade: 0 % to 0 %

CATEGORY 3 - The types of skill demonstrations required:
Percent range of total grade: 35 % to 60 %
Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:
Percent range of total grade: 0 % to 10 %
Multiple Choice
True/False
Matching Items
Completion

Other: short answer

CATEGORY 5 - Any other methods of evaluation:
Percent range of total grade: 40 % to 60 %

Requires student participation.
REPRESENTATIVE TEXTBOOKS:
Recommended:
Miller, Rory, Facing Violence: Preparing for the Unexpected, YMAA, 2011, or other appropriate college level text.
Reading level of text, Grade: 12 Verified by: MS Word

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
   GAV E1, effective 201230
CSU GE:
   CSU E, effective 201230
   CSU E1, effective 201230
IGETC:

CSU TRANSFER:
   Transferable CSU, effective 201230
UC TRANSFER:
   Transferable UC, effective 201230

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: A
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: KIN
CSU Crosswalk Course Number: 71
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000528327
Sports/Physical Education Course: Y
Taxonomy of Program: 083500