Course Outline

COURSE: KIN 71B  DIVISION: 40  ALSO LISTED AS: KIN 71  PE 71
TERM EFFECTIVE: Spring 2018  CURRICULUM APPROVAL DATE: 11/13/2017

SHORT TITLE: SELF-DEFENSE - LEVEL 2
LONG TITLE: Self-Defense - Level 2

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

This course will focus on increasingly complex self-defense situations such as attacks on the ground, counter tactics to a variety of advance chokes, bear hugs, hair pulls, and headlocks. Emphasis will be placed on distraction and de-escalation techniques as well as clinch and close-range fighting and survival skills. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 71. Courses should be taken in sequential order.

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
04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Demonstrate close-range fighting, including three to five escapes from ground attacks, headlocks, bear hugs, and chokes against a simulated attack from a person dressed in a full-padded suit.

Measure of assessment: demonstration, role playing
2. Identify several de-escalation and distraction tactics.

Measure of assessment: role playing, exam, demonstration

Content:

4.5 - 9 Hours:

- Discussion of course syllabus and grading, as well as course expectations. Review of warm-ups and introduce additional strength conditioning activities. Review of self-defense techniques presented in level 1 course. Introduce and practice escapes from hair pulls. Discussion on tactics employed against sexual assault and abduction threats.

Student Performance Objectives:
- Perform a variety of self-defense techniques reviewed in class.
- Explain the importance of increasing one's strength to better combat ground attacks and close-range chokes and holds.
- Explain and demonstrate a variety of escapes from hair pulls.
- Identify tactics employed against sexual assault and abduction threats.

7.5 - 15 Hours:

- Warm-up and strength conditioning activities. Review escapes from hair pulls and tactics utilized against sexual assault and abductions. Presentation on a variety of escapes from ground attacks and bear hugs. Discussion on the importance of de-escalation and distraction techniques. Different situations and scenarios will be presented.

Student Performance Objectives:
- Explain and demonstrate a variety of escapes from ground attacks and bear hugs.
- Recognize the importance of de-escalation and distraction techniques.
- Participate in class role playing activities.

4.5 - 9 Hours:

- Warm-up and strength conditioning activities. Review escapes from ground attacks and bear hugs. Presentation on a variety of escapes from chokes. Discussion and presentation on basic defenses against commonly used weapons.

Student Performance Objectives:
- Explain and demonstrate a variety of escapes from chokes.
- Describe and demonstrate basic defenses against commonly used weapons.
- Participate in various role playing self-defense situations.

9 - 18 Hours:

- Warm-up and strength conditioning activities. Continue reviewing a variety of escapes. Presentation on how to employ certain psychological tools to manage fear, emotions, and adrenaline. Opportunities to practice close-range fighting survival skills against a simulated attacker will be provided.

Student Performance Objectives:
- Identify and apply psychological tools to manage fear, emotions, and adrenaline.
- Acquire, enhance, and/or apply close-range fighting survival skills against a simulated attacker dressed in a full-body padded suit.

2 Hours:

- Demonstration, paired and group practice.

Out of Class Assignments:

Required Outside Hours:
- Assignment Description: As this is a lab class no out of class assignments are required.

Methods of Evaluation:

Skill demonstrations
- Percent of total grade: 40.00 %
- Percent range of total grade: 30% to 60% Demonstration Exams
Objective examinations
Percent of total grade: 10.00 %
Percent range of total grade: 0% to 10% Multiple Choice; True/False; Matching Items; Completion; Other: short answer
Other methods of evaluation
Percent of total grade: 50.00 %
Percent range of total grade: 40% to 60% Requires student participation.

REPRESENTATIVE TEXTBOOKS:
Recommended Representative Textbooks

ARTICULATION and CERTIFICATE INFORMATION
  Associate Degree:
    GAV E1, effective 201570
  CSU GE:
    CSU E, effective 201570
    CSU E1, effective 201370
  IGETC:
  CSU TRANSFER:
    Transferable CSU, effective 201570
  UC TRANSFER:
    Transferable UC, effective 201570

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
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: 71B
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: CCC000542050
Sports/Physical Education Course: Y
Taxonomy of Program: 127000