

### 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

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|-------------|---------------------------|----------------------------|
| .5 OR 1      | 18                     | Lecture:    | 0                         | 0                          |
|              |                        | Lab:        | 1.5 OR 3                  | 27 OR 54                   |
|              |                        | Other:      | 0                         | 0                          |
|              |                        | Total:      | 1.5 OR 3                  | 27 OR 54                   |

**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

ILO: 7,2,4,1

GE-LO: E1

Year Assessed:

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 tacks 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