

Course Outline

COURSE: KIN 71A **DIVISION:** 40 **ALSO LISTED AS:** KIN 71 & PE 71

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 12/8/2020

SHORT TITLE: SELF DEFENSE - LEVEL 1

LONG TITLE: Self-Defense - Level 1

<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:

This course is an introduction and exploration of self-defense and personal safety. Emphasis on basic physical combative skills such as punches, strikes, blocks, and escape holds. It will also include basic non-combative skills such as risk reduction techniques, body language, positioning tactics, and verbal responses to threats. 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
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Demonstrate basic self-defense techniques such as strikes, punches, kicks, blocks, and grabs.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Identify body awareness and its impact on one's surroundings.

Measure of assessment: role playing, discussion

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 12/8/2020 - **DE MODIFICATION ONLY**

4.5 - 9 Hours:

Content: Discussion of course syllabus and grading, as well as course expectations. Introduction to warm-ups including a discussion on the importance of increasing one's physical conditioning in order to better defend one's self. Presentation on verbal and physical exercises, such as the heel palm strike, eye strike, elbow and knee to groin strike, and punches.

Student Performance Objectives: Execute proper warm-up techniques. Discuss the relationship between one's physical conditioning and their ability to defend one's self. Explain and demonstrate three different types of strikes.

7.5 - 15 Hours:

Content: Continue warm-ups and physical conditioning. Discussion on the importance of being aware at all times as well as body

mechanics and the effects of adrenaline. Continue practicing strikes and punches. Presentation on escape holds, blocks, and grabs. Information provided on setting boundaries. Different verbal tactics to dealing with unwanted boundary intrusion will be presented. A variety of situations and scenarios will be presented in which the student will determine a verbal response and method of action.

Student Performance Objectives: Recognize the importance of being aware at all times. Explain body mechanics and the effects of adrenaline. Demonstrate three different types of escape holds, blocks, and grabs. Describe and demonstrate what someone should do if under verbal threat or physical attack.

4.5 - 9 Hours:

Content: Continue warm-ups and physical conditioning as well as escape holds, blocks, and grabs. Discussion on the psychology of physical and sexual assault. Introduce kicking techniques.

Student Performance Objectives: Demonstrate three types of kicks used for self-defense. Incorporate strikes and kicks during a variety of practice situations. Explain the psychology of physical and sexual assault.

9 - 18 Hours:

Content: Continue warm-ups and physical conditioning. A variety of practice opportunities will be provided for the students to utilize all their self-defense skills. Presentation on the tactics of personal safety in the car, home, street, school, and dating. Discussion on empowerment and what this means for each individual.

Student Performance Objectives: Select the correct course of action for each situation based on the boundaries they have set for themselves. Identify the tactics they would utilize for personal safety in a variety of situations. Recognize the importance of practicing self-defense for self-discovery and personal power.

2 Hours:

METHODS OF INSTRUCTION:

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: 71A

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: CCC000542049

Sports/Physical Education Course: Y

Taxonomy of Program: 127000