

**Course Outline**

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

**TERM EFFECTIVE:** Spring 2021                      **CURRICULUM APPROVAL DATE:** 12/10/2020

**SHORT TITLE:** SELF-DEFENSE - LEVEL 2

**LONG TITLE:** Self-Defense - Level 2

<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 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
- 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 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

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Identify several de-escalation and distraction tactics.

Measure of assessment: role playing, exam, demonstration

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 12/10/2020 - **DE MODIFICATION ONLY**

4.5 - 9 Hours:

Content: 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:

Content: 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:

Content: 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:

Content: 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:

## **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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000542050

Sports/Physical Education Course: Y

Taxonomy of Program: 127000