

Course Outline

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

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

SHORT TITLE: SELF-DEFENSE - LEVEL 3

LONG TITLE: Self-Defense - Level 3

<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 cover more depth into defenses against a variety of advanced attacks including submission holds, throws, and a diverse range of weapons. Includes defensive falling techniques, use of personal weapons, tactics against multiple attackers, and third party protection. Increased focus on mind-body balance, awareness and avoidance capabilities, kicking and striking techniques, and adrenaline and trauma management. 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 three submission holds and throws and incorporate skill-sets to address real-world scenarios.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Explain defensive tactics used against multiple attackers.

Measure of assessment: discussion, exam

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. Introduce warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review of self-defense techniques presented in level 2. Presentation on defensive falling techniques.

Student Performance Objectives: Discuss the importance of and participate in warm-up exercises and activities that are designed to increase strength, balance, and posture awareness to better defend one's self against a physical attack. Demonstrate defensive falling techniques and participate in class activities.

7.5 - 15 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Presentation on a variety of escapes from submission holds and throws from the front, rear, and ground. Discussion of the laws and usage of personal weapons (guns, knives, pepper spray, tasers, stun gun).

Student Performance Objectives: Demonstrate a variety of escapes from submission holds and throws from the front, rear, and ground. Explain the laws and usage of personal weapons. Participate in class activities.

4.5 - 9 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review of self-defense submission holds and throws presented earlier. Presentation on strategies used to deal with multiple attackers. Discussion on the mental and emotional factors relevant to weapons-based confrontational situations.

Student Performance Objectives: Identify strategies employed in situations with multiple attackers. Describe the mental and emotional factors relevant to weapons-based confrontational situations. Participate in various situational scenarios by selecting a method of action and performing the correct techniques.

9 - 18 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review and practice learned skill-sets (strikes, kicks, blocks, punches, yelling, body leveraging) against simulated attack(s) by assailant(s). Real life situations will be presented and discussed for learning purposes.

Student Performance Objectives: Incorporate and practice learned skill-sets against simulated attack(s) by assailant(s) dressed in full-body padded suit. Select the correct course of action for each situation based on the boundaries they have set for themselves.

2 Hours Final:

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 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required. Handouts will be provided as needed.

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: CCC000542051

Sports/Physical Education Course: Y

Taxonomy of Program: 127000