

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **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. May be repeated three times for credit. This course is now listed as Kinesiology 71, effective Fall 2011.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 3 times

**SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Students will perform the basic strikes and kicks used for defending oneself.

Measure: demonstration

ILO: 7, 2, 4

GE-LO: E1

2. Students will establish and communicate clear boundaries.

Measure: role playing, discussion

ILO: 7, 2, 1, 4, 6

GE-LO: A2, E1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 71, effective Fall 2011.

Curriculum Approval Date: 11/23/2009

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 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

1 Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0 % to %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 35 % to 60 %

1 Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

Requires student participation.

**REPRESENTATIVE TEXTBOOKS:****ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200570

CSU GE:

CSU E1, effective 200570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200570

UC TRANSFER:

Transferable UC, effective 200570

**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: PE  
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:  
Minimum Hours:  
Course Control Number: CCC000282626  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500