**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: PHED 1213

Course Title: Self Defense

Credit Hours: 1

Prerequisites: None

Division/Discipline: Academics Division/Health, Physical Education and Recreation

Course Description: This course teaches self-defense for men and women. Since self-defense involves direct contact between two or more individuals, psychological factors play a major role in the teaching of self-defense. The basic art of knowing when a danger exists and how to avoid putting oneself in a position of potential danger will be stressed in this course.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at [disabilityservices@bartonccc.edu](mailto:disabilityservices@bartonccc.edu).

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

This will be a basic Self Defense course that will involve self-discipline and student concentration. Participants will profit by both feeling confident in dealing with self-defense situations and a new learned sense of wellbeing in handling stressful physical attacks. This course will give students the opportunity to improve on situational awareness techniques.

This course will fulfill Health, Physical Education, and Recreation activity course requirement or elective. It can be used for credit for BCC graduation, and transfer to institutions of higher education. It is the student responsibility to check transferability with their prospective school.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

1. Develop situational awareness
   1. Identify situational awareness
   2. Approach buildings/vehicles safely
2. Learn self-defense techniques
   1. Demonstrate defense against throat, waist/torso and wrist/hand grabs
   2. Demonstrate hand and foot strikes
   3. Identify soft targets on assailants
   4. Demonstrate use of non-lethal force (pepper spray, stun gun)
3. Learn basic defense against armed assailant
   1. Demonstrate defense against knife and gun threats
4. Learn about alcohol date rape drugs
   1. Identify risks of alcohol date rape drugs
   2. Identify possible psychological/physiological effects of date rape drugs
5. Learn how to report and assault
   1. Identify stapes in reporting an assaulting

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**