

KIN A225: SELF DEFENSE FOR WOMEN LEVEL 2

| Item | Value |
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| Curriculum Committee Approval Date | 12/08/2021 |
| Top Code | 083500 - Physical Education |
| Units | 1-2 Total Units |
| Hours | 36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Grading Policy | Standard Letter (S), • Pass/No Pass (B) |
| Associate Arts Local General Education (GE) | • OC Life Skills - Activity - AA (OE2) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2) |

Course Description

This course is designed for students as an advanced set of self-defense skills. This includes review of basic principles of practical personal protection for women with an emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Will explore advance escape and avoidance strategies, offensive and defensive postures, defensive techniques, and simulated attacks. This advanced class covers more prone defense strategies, multiple subject encounters and low and diffused light simulation exercises. The course will also examine community services available for both violence prevention and victim abuse services. Finally, fitness principles, such as strength, flexibility, and cardiovascular fitness, will be addressed, particularly in regard to the impact of personal fitness on one's ability to perform the self-defense skills presented in class. PREREQUISITE: KIN A125. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Determine and discuss the meaning of widespread violence against women and identify local organizations that support violence prevention and crisis management.
2. Perform safe and effective advance self-defense skills, falls, throws, sparring techniques and weapons knowledge.
3. Perform escape techniques from various types of attacks from multiple attackers.
4. Research and discuss knowledge in self-defense weapons and appropriate times to utilize.

Course Objectives

- 1. Recognize and ability to discuss the widespread occurrence of violence against women.

- 2. Identify personal strength and physical limitations regarding safety and self-defense.
- 3. Understand and explain the law as it pertains to the use of advance self-defense
- 4. Identify local organizations that deal in violence prevention and crisis management
- 5. Demonstrate and perform successful combination of the following defensive techniques: block, parry, strike, hammer fist strike, knee strike, straight kick, sweep kick, snap kick, hammer fist (to forearm), finger rolls, heel stomp, breaking wrist grabs, escaping bear hugs, high elbow strikes, escaping chokeholds (front and back), and ground defenses. Escape techniques from multiple attackers and real-life scenario escape training.
- 6. Knowledge of weapons and appropriate scenarios to utilization of those weapons

Lecture Content

LECTURE CONTENT: Advanced Self-defense theory California laws of self defense Importance of physical conditioning Use of body and mind within self-defense realm Knowledge of advanced defensive skills and its importance on survival Proper stance and defensive escape techniques Situational awareness General self-defense weapons knowledge

Lab Content

LABORATORY CONTENT: Execute proper stance Execution of different self-defense techniques Ground fighting with emphasis on escape from multiple attackers Practice practical situations to improve chances of survival Weapons defense

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture, Demonstration, Discussion, and Videos

Reading Assignments

Students will read handouts and self directed reading related to topic

Writing Assignments

Written assignments, reports and/or projects based on research from valid sources

Out-of-class Assignments

Students will spend approximately 2-3 hours completing conditioning program outside of class meetings

Demonstration of Critical Thinking

Students will assess and critique their self-defense skills. Students will incorporate a fitness-wellness routine. Demonstration of personal self-defense techniques.

Required Writing, Problem Solving, Skills Demonstration

Group work and demonstration of skills and practices used in self defense practice.

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Handouts and reading assignments as given in class