

KINE 006: WOMEN'S SELF DEFENSE, HEALTH & FITNESS

Originator

wansley

Justification / Rationale

This is a minor course modification adding in an OER, making the catalog and schedule description clearer and refining the course.

Effective Term

Fall 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

006

Full Course Title

Women's Self Defense, Health & Fitness

Short Title

WOMEN'S SELF DEFENSE

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course is designed for women focusing on developing the self defense skills and mindset required to make decisions to enhance one's personal safety and build upon empowerment. Students will learn how to assess and avoid dangerous situations as well as how to utilize their bodies and voices as weapons. They will be exposed to the civil and legal aspects of self defense along with effective crime reporting of physical assaults, sexual assaults and harassment. Students will have an understanding of the diverse roles of the (SART) sexual assault response team. There will be topics to promote optimal health and wellness such as; nutrition, weight management and positive body image. There will be a individualized personal fitness program design topics to include; cardio-respiratory conditioning, muscular strength, muscular endurance, flexibility and mobility movements.

Schedule Description

This course is designed for women to learn and apply the principles, theories and techniques of basic self defense strategies to build upon personal empowerment and safety. Students will discover through active learning how to utilize their bodies and voices as weapons, and how to assess and avoid dangerous situations. Students will gain knowledge of theory and design of the components of fitness, the power of healthy nutritional choices and areas of health and wellness that can benefit women.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Required Text and Other Instructional Materials**Resource Type**

Manual

Author

Lawrence N. Nadeau

Title

The R.A.D. Systems of Self Defense

Publisher

Rape Aggression Defense Systems, Inc.

Year

2014-01-11

Resource Type

Book

Open Educational Resource

Yes

Formatting Style

APA

Author

Scott Flynn, Lisa Jellum and Jonathon Howard et. al

Title

Concepts of Fitness and Wellness

Publisher

Libretexts

Year

2021

ISBN #[https://med.libretexts.org/Bookshelves/Health/Book%3A_Concepts_of_Fitness_and_Wellness_\(Flynn_et_al.\)](https://med.libretexts.org/Bookshelves/Health/Book%3A_Concepts_of_Fitness_and_Wellness_(Flynn_et_al.))

Resource Type

Book

Open Educational Resource

Yes

Formatting Style

APA

Author

Rienk and Lindin

Title

Health Education

Year

2021

Resource Type

Book

Open Educational Resource

Yes

Author

Markell

Title

Women's Health

Publisher

Libretexts

Year

2021

For Text greater than five years old, list rationale:

The 2014 self defense manual is the most available and up to date.

Class Size Maximum

36

Course Content

1. Personal protection skills- What is self defense?, Surviving is winning, Improving women's confidence
2. Don't be a victim: how you carry yourself with confidence, body language, voice, eyes and posture
3. Identifying and assessing a potential attacker- reading their body language that can lead to danger, eyes, hands, verbal interaction, and how they dress
4. Pre assault assessment- learning proper observation, scanning, alternative routes, mapping exit strategies
5. Psychological aspects of self defense- identifying your gut feeling, intuition, self worth, fear management, Fight or Flight, Ego management, Are you worth fighting for? Evaluating how you would respond to an assailant.
6. Anatomical targets for self defense- the forehead, side, back and top of head, hair, eyes, nose, ears, mouth, jaw, neck and throat, side and back of neck, spleen and liver, abdomen, lower back, groin, and knees.
7. Elements of power and reaction- alignment and technique, torque, target selection and speed.
8. The learning process of skill mastery of self defense- physical rehearsal, mental rehearsal, physical impression, mental impression
9. The four risks of personal safety, risk awareness, risk reduction, risk recognition, risk avoidance
10. Victimization triangle
11. Nearby community referral agencies to promote healing for sexual assault survivors
12. The various roles of the SART sexual assault response team and effective crime reporting
13. Empowering women through self defense, education, dependency on self, making their own decisions, and self realization of power, theory of upper body blocks, punches, and strikes
14. Your body as a weapon, the power of your voice
15. Stances and defensive stances
16. Upper body strikes
17. Lower body kicks, foot stomps and knee strikes and diverse applications
18. Analysis of common scenarios women are often attacked and building upon one's skill set
19. Strangulation, the severity and options to respond
20. Ground defense, the severity and options to respond
21. Historical case studies of sexual assault and physical abuse, and it's influence on our judicial system and laws

22. How to secure your home? the exterior of the home to discourage an assailant, how to create a "safe room", what to do in case someone breaks into your room, establishing emergency procedures at home.
23. Risk reduction strategies for home security- dead bolts, sliding glass doors, landscaping, windows, exterior lights, phone lines, a safe room, home alarms, and dogs
24. Risk reduction strategies for apartments- parking structures, exterior lighting, neighbors, stairwells and elevators
25. Risk reduction strategies for college campuses and other parking lots- how to get hold of security, safe parking, how to properly enter your car
26. Risk reduction strategies for concerts and festivals
27. Risk reduction strategies for social media
28. Substance abuse, controlling alcohol and drug use to not make you a victim, identify others that can be assailants promoted by substance abuse
29. Definition and importance of physical fitness components, cardio-respiratory endurance, muscular strength and endurance, body composition and flexibility
30. Creative exercise programming for building upon muscular strength and endurance and motivation
31. Creative exercise programming and benefits of cardio-respiratory exercises
32. Benefits of mind and body exercises such as flexibility and mobility training to enhance overall joint health, posture and building upon being well rounded in fitness
33. Benefits of core training and diverse core style of exercises building upon core stability and strength
34. Nutritional and weight management theories, the power of healthy choices to improve upon overall health and wellness
35. Positive Body Image and strategies to cultivate this
36. Sexually transmitted infections, definition of parasitic, bacterial and viral STI's prevention and diagnosis
37. Psychological health and the power of a growth mindset versus a fixed mindset to build upon overall health and wellness
38. The role of counseling, the stages of healing for survivors
39. Domestic violence, breaking the cycle, and historical cases
40. Healthy versus unhealthy relationships, building upon principles of healthy communication patterns and self worth

Course Objectives

	Objectives
Objective 1	Identify potentially harmful and dangerous situations
Objective 2	Demonstrate how to use their bodies, voices and environment as weapons
Objective 3	Identify proper technique and theory of upper body, palm strikes, finger jabs, punches, 360 degree block defenses and other upper body self defense skills
Objective 4	Identify proper technique and theory of lower body, kicks, blocks, foot stomps and other lower body self defense skills
Objective 5	Design effective cardio-respiratory workouts
Objective 6	Identify appropriate martial arts based flexibility exercises
Objective 7	Demonstrate personal empowerment by practicing, learning and applying basic self-defense principles
Objective 8	Identify what can be done in emergency situations and the role of bystander intervention
Objective 9	Describe the legal reporting process and the advised steps one may follow once an assault has taken place
Objective 10	Recognize the signs of unhealthy relationships and domestic violence
Objective 11	Recognize ways to decrease your chances of becoming a victim of vehicular crimes
Objective 12	Recognize how to avoid being a victim of cybercrimes and social media
Objective 13	Analyze diverse crime demographics of our college campus, other college campuses and nearby demographic areas
Objective 14	Verbally defuse a potentially violent situation
Objective 15	Identify and explain how the health-related components of physical fitness and how they contribute to general health and prevention of chronic diseases
Objective 16	Identify the diverse sexually transmitted infections and how to protect oneself
Objective 17	Give examples of healthy body types, positive and body image and healthy body composition ratios
Objective 18	Identify healthy nutritional choices, weight management principles, theories and strategies
Objective 19	Recognize diverse flexibility and mobility exercises to improve joint health, better posture, balance, reduce stress and promote relaxation
Objective 20	Analyze the components of the FITT principle for personal fitness program design for cardiorespiratory and muscular endurance training

Objective 21 Identify the severity of strangulations and self defense options of responding

Objective 22 Identify the severity of ground defense and self defense options of responding

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Examine how dangerous and harmful situations can be avoided.

Outcome 2 Demonstrate application of basic self defense techniques and tactical strategies so that for they can become viable considerations to the woman who is attacked.

Outcome 3 Create a basic personal fitness regime encompassing the diverse components of fitness.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Online discussion threads and interactive group discussions
Self-exploration	Personal reflection on health, fitness and self defense will be explored through discussions and discussion threads
Role Playing	Students will study diverse scenarios of self defense strategies and applications
Participation	Students will participate in self defense skill development
Observation	Students will observe and analyze diverse self defense scenarios and share learning and reflection
Collaborative/Team Activity	Students will participate in small group historical case study analysis
Lecture	The course is built upon active learning and skill development
Individualized Study	Lecture is broken up into 20 to 30 minutes segments with interactive activities embedded to create an active learning environment
	Individual fitness plans will be explored and created to build upon internal motivation within the students

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College Level Essays	Personal discussion thread essays involving the components of fitness along with other health related topics such as stress, personal safety and sexually transmitted infections will be assigned	Out of Class Only
Oral and practical examination	Self defense skills and personal testimony will be assessed	In and Out of Class
Self-paced testing	Students will prepare a personal training regime to encompass the components of fitness and build upon internal motivation	Out of Class Only
Student participation/contribution	Students will participate in discussion threads, feedback with classmates, and active learning assignments and quizzes	Out of Class Only
Mid-term and final evaluations	Interactive self defense skill application will be administered	In Class Only
Tests/Quizzes/Examinations	Examinations and on line quizzes will be administered	In and Out of Class
Group activity participation/observation	Students will present critical case studies that reflect self defense and analyze risk reduction strategies	In and Out of Class
Presentations/student demonstration observations	Students will demonstrate self defense tactical strategies for critical scenarios in which women are often attacked	In and Out of Class

Self-paced testing

Students will prepare discussion threads, essays, case studies and personal fitness program design

In and Out of Class

Assignments

Other In-class Assignments

1. Student presentations
2. Basic self defense theories, techniques and active learning practice and demonstrations
3. Reading assignments, evaluation and discussions
4. Counter attack analysis
5. Historical case studies
6. Creative fitness programming and analysis
7. Demonstrate your self defense skill set in various scenarios with oral and active presentation

Other Out-of-class Assignments

1. Utilizing textbooks, articles and studying videos as resources to promote out of class learning and assignments
2. Studying movement tutorials on diverse styles of fitness trends
3. Analyzing self defense strategies in diverse scenarios to promote out of class learning and application practice
4. The SART team assignment covering the various topics; analyze the diverse roles that comprise the sexual assault response team, steps to reporting a sexual assault, what a forensic SART exam consists of, identify a nearby referral agency to support survivors
5. Your Body as a Weapon assignment, after studying all the ways our body can be used as a weapon, the power of our voice, how our hand, elbow, foot, head and knee can be utilized as a weapon you will answer critical questions on self defense techniques and strategies
6. Historical case studies and analysis assignment and discussion threads covering the various topics such as; Title IV, Protection of Women from Domestic Violence, Me-Too movement, Chelsea's Law and the Clery Act
7. Discussion threads and various assignments on women's personal safety topics such as the four risks of personal safety, the victimization triangle and general sexual assault definitions
8. Discussion thread and assignments related to various topics of personal fitness to include flexibility, mobility, strength and endurance training and cardiorespiratory conditioning
9. Healthy and Unhealthy relationships assignment covering various topics; healthy communication strategies, negative communication strategies, warning signs of an unhealthy relationship, building upon one's self esteem and confidence
10. Discussion threads and assignments on various historical women leaders and role models
11. Mental rehearsal and positive visualization reflection assignments promoting mindset as a tool for self defense application
12. Video recording of personal skill development and movement tutorials assignments, submissions and reflections
13. Nutritional and weight management assignments and discussion threads on various topics such as; building upon healthy nutritional choices promoting overall health and wellness, body composition and body image

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

49

On-campus %

51

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

The other technologies are password-protected.

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

Phone on Zoom video conferences provide access to instructor to clarify student questions.

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

For hybrid courses:

Field trips
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussions on topics related to Women's Self Defense Health and Fitness, to enhance in depth thinking and application of principles from current readings. Use of video and audio will be used for interactive learning activities along with instructor feedback to improve outcomes and understanding.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

This course provides very important subject matter regarding personal safety and health and fitness for women. By adding a hybrid component we can reach even more students at College of the Desert in diverse locations in a more effective and flexible way.

COD GE

C5 - Personal Growth and Development

CSU GE

E - Lifelong Understanding and Self-Development

MIS Course Data

CIP Code

31.0505 - Exercise Science and Kinesiology.

TOP Code

127000 - Kinesiology

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

11/01/2022

Academic Senate Approval Date

11/10/2022

Board of Trustees Approval Date

12/16/2022

Course Control Number

CCC000523860