

KINE 011: MEN'S SELF DEFENSE, HEALTH & FITNESS

Originator

wansley

Justification / Rationale

This is a minor course modification also being able to offer this in a fully online modality due to many videos and online materials created to supplement the course.

Effective Term

Spring 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

011

Full Course Title

Men's Self Defense, Health & Fitness

Short Title

MEN'S SELF DEFENSE

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course provides knowledge of the basics of self defense principles for men. The course will cover risk reduction strategies to prevent violence to include the following; risk awareness, risk recognition, risk reduction and risk avoidance as well as aspects of the law and self defense. Students will learn how to use their body as a weapon and identification of vulnerable areas on your attacker. Psychological health parameters as related to men's health, such as anger management and stress reduction techniques will be addressed. The significance of responsible behavior and negative health consequences regarding alcohol, tobacco, illicit drug abuse and addiction will be discussed. The value of healthy relationships, birth control and sexually transmitted diseases will be instructed. Significant topics such as the importance of physical activity and the components of fitness, along with nutritional strategies for optimal health will also be imparted.

Schedule Description

This course is designed to study the principles and theories of basic self defense for men. It will also include psychological parameters as related to men's health, anger management, alcohol and drug abuse and potential for addiction. Healthy relationships, birth control and family planning will be discussed. The importance of physical activity and the components of fitness and optimal nutritional strategies will be explained.

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**

Book

Author

Marc Bouchner

Title

Realistic Self-Defense for Men and Women

Publisher

Create Space Independent Publishing Platform

Year

2014

College Level

Yes

ISBN #

978-146094380

Resource Type

Manual

Author

Bill Phillips

Title

The Better Man Project

Publisher

Rodale Press, Inc

Year

2015-06-02

Resource Type

Manual

Author

Lawrence N. Nadeau

Title

Basic Physical Defense for Men

Publisher

Rape, Aggression and Defense Systems, Inc.

Year

2015-01-11

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

College Level

Yes

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

Garrett Rieck and Justin Lundin

Title

Health Education

College Level

Yes

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

Class Size Maximum

35

Course Content

1. Risk reduction awareness strategies
2. Basic self defense principles
3. Strategies of reducing violence in your daily lives and the community
3. Your body's own personal weapons
4. Identifying vulnerable targets of an attacker
5. Self defense and the law
6. Crime reporting
7. Definitions and terminology of self defense and sexual assault
8. High profile case studies
9. Nutritional strategies for weight management and optimal health

10. Healthy interpersonal relationships, family planning and birth control
11. Psychological health, anger management techniques and stress reduction strategies
12. Identifying and assessing a potential attacker, reading their body language that can lead to danger, their eyes, voice and posture
13. Self defense against unarmed assailant-tactics, aggressive defense, offensive choices and disparity of force
14. College campuses, how to contact security, and how to report crimes
15. Substance abuse- controlling alcohol and drug use to not make you a victim, identify others that can be assailants promoted by substance abuse
16. Nutritional strategies for optimal health and weight management
17. Sexually transmitted diseases, definition of parasitic, bacterial and viral STD's prevention and diagnosis
18. Elements of power, and reaction- alignment and technique, torque, target selection and speed
19. The learning process of skill mastery of self defense to include physical rehearsal, mental rehearsal, physical impression and mental impression
20. Theory of upper body blocks, punches and strikes
21. Theory of lower body kicks, foot stomps and strikes
22. The components of physical fitness, muscular strength, endurance, body composition, cardio-respiratory endurance, and flexibility
23. Personal exercise prescription and creative program design
24. Nearby referral agencies to assist victims of violence, crime and sexual assaults

Course Objectives

	Objectives
Objective 1	Identify the basic self defense principles, theories and principles of self defense for men.
Objective 2	List basic definitions of self defense and the law and sexual assault terminology.
Objective 3	Apply knowledge of components of fitness to improve muscular endurance, strength, body composition, flexibility and cardio-respiratory endurance.
Objective 4	Identify and describe psychological parameters as related to men's health.
Objective 5	Identify anger management techniques and stress reduction strategies.
Objective 6	Analyze and diffuse a potentially violent situation.
Objective 7	Design effective cardio-respiratory, strength, and muscular endurance work outs.
Objective 8	Identify what to do in emergency situations and how to help others.
Objective 9	Describe the process one takes after an assault has taken place.
Objective 10	Identify various methods of assessing body composition.
Objective 11	Recognize the potential for alcohol, drug abuse and addiction.
Objective 12	Evaluate various options of birth control and prevention of sexually transmitted diseases.
Objective 13	Demonstrate personal empowerment by practicing and learning basic self-defense principles.
Objective 14	Identify what to do in emergency situations and help others.
Objective 15	Describe methods to protect oneself against identity theft.
Objective 16	Evaluate various weight management strategies for optimal health.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	The students will identify basic self-defense principles, tactics and strategies.
Outcome 2	The students will identify risk reduction strategies to prevent violence in their daily lives and the community.
Outcome 3	The students will recognize and explain the importance of fitness, components of fitness and optimal nutritional strategies.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Self-Defense Tactics and skills from different perspectives and situations
Collaborative/Team	Discussion with peers on; risk reductions strategies, concepts of health and fitness.
Activity	Demonstration of self defense principles in diverse counter analysis applications. Demonstration of diverse exercise styles and techniques.

Self-exploration	Fitness articles, self practice, and discovery of techniques applicable to class.
Role Playing	Practicing self-defense techniques.
Participation	Class Discussion and demonstration.
Observation	Lecture, guest speakers, and peers.
Lecture	Powerpoint, video, demonstration, and guided discussion.
Laboratory	Demonstration of skills and tactics.
Individualized Study	Relevant and current trends in fitness and health.
Discussion	Canvas and in-person (if applicable).

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 or pre-collegiate essays	Paper for an individualized fitness program.	In and Out of Class
Self-paced testing	Multiple choice, T/F, short answer and fill in the blank quizzes 5-10 quizzes	In and Out of Class
Student participation/contribution	Course discussion and technique demonstration. (7-10 discussion threads)	In and Out of Class
Self/peer assessment and portfolio evaluation	Sharing programs within discussion.	In and Out of Class
Group activity participation/observation	Demonstration of technique and discussion.	In and Out of Class
Presentations/student demonstration observations	Demonstration of exercise Technique and presentation of principles of nutrition.	In and Out of Class
Field/physical activity observations	Guest speaker when applicable. Self guided fitness and health articles.	In and Out of Class
Laboratory projects	Fitness program.	In and Out of Class
Term or research papers	Fitness program.	In and Out of Class
Critiques	Peer feedback on nutrition presentation and fitness program 3-4 article critiques.	In and Out of Class
Written homework	Based on lectures in class.	Out of Class Only

Assignments

Other In-class Assignments

1. Student presentations on current events and topics related to men's self defense
2. Tests, Quizzes and Assessments
3. In class short personal reflective essays to communicate personal health issues as related to men's health
4. Participation points to accompany lecture and include group discussion, research, and self defense skills and strategies
6. Individual self assessments on areas of psychology, physical fitness and healthy relationships
7. Various counter attack analysis with application of appropriate self defense principles for various case scenarios
8. Personal growth essays, projects and analysis of important community referral agencies and guest speakers to assist victims of violence and crimes

Other Out-of-class Assignments

1. Reading textbooks and handouts
2. Study and report on current events
3. Personal reflective essays
4. Theory and written analysis of various styles of martial arts
5. Important case study preparation and analysis of self defense and legal ramifications
6. Identification of proper biomechanics of various self defense techniques
6. Personal fitness design and application
7. Outside reading and book reports

8. Personal assessments identifying healthy psychological strategies, effective communication techniques and anger management principles

Grade Methods

Letter Grade Only

Distance Education Checklist

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

Online %

50

On-campus %

50

Lab Courses**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?

not applicable

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
Video or audio feedback
Weekly announcements

External to Course Management System:

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

For hybrid courses:

Field trips
Library workshops
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 participation assignments, video movement tutorials, discussion threads and quizzes to ensure student engagement and learning.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

n/a

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.

Allowing this course to have an online section will improve our access to students that currently are balancing jobs and families. There have been many online resources created to meet the needs of our students wanting to learn more self defense and health and fitness. Students also have the opportunity to practice the self defense movements, theories and techniques additionally outside of class to improve learning and retention.

COD GE

C5 - Personal Growth and Development

CSU GE

E - Lifelong Understanding and Self-Development

MIS Course Data

CIP Code

31.0505 - Kinesiology and Exercise Science.

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**

11/18/2021

Academic Senate Approval Date

12/09/2021

Board of Trustees Approval Date

01/21/2022

Chancellor's Office Approval Date

12/20/2016

Course Control Number

CCC000568548