

### Course Outline of Record

1. Course Code: KINE-006
2.
  - a. Long Course Title: Women's Self Defense, Health & Fitness
  - b. Short Course Title: WOMEN'S SELF DEFENSE
3.
  - a. Catalog Course Description:
 

This course focuses on developing the skills required to make decisions in the area of health, fitness and personal protection. The mental and psychological aspects of women's self defense are also explored. Students learn to assess a potentially dangerous situation: how to develop the awareness that may prevent them from becoming a target. They will be exposed to the civil and legal aspects of self defense along with effective crime reporting of physical, sexual assaults and harassment. The students will learn how to use their bodies and voices as weapons in self defense. Additional topics include individualized physical fitness program and design including cardio-respiratory, muscular strength and endurance and flexibility theory and application.
  - b. Class Schedule Course Description:
 

This course encompasses a wide spectrum of issues relating to developing skills for personal protection, health and fitness. Students learn how to assess potentially dangerous situations and how they can be avoided as well as learning how to use their bodies and voices as weapons. Students will learn theory and design of current fitness and health trends to improve their overall wellness.
  - c. Semester Cycle (*if applicable*): spring semester
  - d. Name of Approved Program(s):
    - COD GE Pattern
4. Total Units: 3.00      Total Semester Hrs: 54.00  
 Lecture Units: 3      Semester Lecture Hrs: 54.00  
 Lab Units: 0      Semester Lab Hrs: 0  
 Class Size Maximum: 36      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
 

*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)*  
 N/A
6. Textbooks, Required Reading or Software: (*List in APA or MLA format.*)
  - a. Kinesiology Faculty (2015). Women's Self-Defense Health and Fitness Mc Graw Hill. ISBN: 13:9781308637  
 College Level: Yes  
 Flesch-Kincaid reading level: *N/A*
  - b. Lawrence N. Nadeau. The R.A.D. Systems of Self Defense. Rape Aggression Defense Systems, Inc. , 01-11-2014.
7. Entrance Skills: *Before entering the course students must be able:*
  - a. none
8. Course Content and Scope:

Lecture:

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, 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, 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
12. 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
13. Theory of lower body kicks, foot stomps and knee strikes.
14. Historical case studies of sexual assault and physical abuse
15. 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.
16. Risk reduction strategies for home security- dead bolts, sliding glass doors, landscaping, windows, exterior lights, phone lines, a safe room, home alarms, and dogs.
17. Risk reduction strategies for apartments- parking structures, exterior lighting, neighbors, stairwells and elevators
18. Risk reduction strategies for college campuses and other parking lots- how to get hold of security, safe parking, how to properly enter your car.
19. Substance abuse- controlling alcohol and drug use to not make you a victim, identify others that can be assailants promoted by substance abuse.
20. Definition and importance of physical fitness components, cardio-respiratory endurance and choice of exercise and program design, muscular strength and endurance physiology and program design, flexibility theory, physiology and exercise design, body composition analysis and goal setting.
21. Creative exercise programming for muscular strength and endurance
22. Creative exercise programming and benefits of cardio-respiratory exercises
23. Benefits of flexibility training to enhance fitness, posture and psychological well being
24. Benefits of core training
25. Nutritional analysis and weight management theory.
26. Sexually transmitted diseases, definition of parasitic, bacterial and viral STDs prevention and diagnosis.
27. Psychological health
28. The role of counseling in being a survivor
29. The role of the SART team for rape and sexual assault survivors
30. Domestic violence

Lab: (if the "Lab Hours" is greater than zero this is required)

9. Course Student Learning Outcomes:

1.

Identify and use your body's basic self defense weapons and how dangerous and harmful situations can be avoided.

2.

Demonstrate knowledge of tactical strategies, techniques and viable options for the following, wrist grabs, front and rear bear

hugs, strangulations and ground defense.

3.

Build a personal training regime utilizing the FITT principles for the components of fitness such as cardiorespiratory and muscular endurance, strength and flexibility.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify potentially harmful and dangerous situations.
- b. Demonstrate how to use their bodies, voices and environment as weapons.
- c. Identify proper technique and theory of upper body, palm strikes, finger jabs, punches, 360 degree block defensives and other upper body self defense skills.
- d. Identify proper technique and theory of lower body, kicks, blocks, foot stomps and other lower body self defense skills.
- e. Design effective cardio-respiratory workouts.
- f. Select appropriate martial arts based flexibility exercises.
- g. Demonstrate personal empowerment by practicing and learning basic self-defense principles.
- h. Identify what to do in emergency situations and how to help others.
- i. Describe the process one follows once an assault has taken place.
- j. Recognize the signs of relationship and domestic violence.
- k. Decrease your chances of becoming a victim of vehicular crimes.
- l. Recognize how to avoid being a victim of cybercrimes.
- m. Protect oneself against identity theft.
- n. Checking crime demographics when choosing a place to live.
- o. Verbally diffuse a potentially violent situation.
- p. Identify and explain how the health-related components of physical fitness contribute to general health.
- q. Identify personal health problems associated with sexually transmitted diseases.
- r. List different ways of assessing body composition.
- s. Identify healthy, personal weight management principles and strategies.
- t. Relate principles of flexibility to improved joint health, good posture and balance as well as stress reduction and relaxation.
- u. Analyze the FITT principle for personal fitness program design for cardiorespiratory and muscular endurance training.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Discussion
- d. Experiential
- e. Individualized Study
- f. Journal
- g. Laboratory
- h. Lecture
- i. Observation
- j. Participation
- k. Role Playing
- l. Self-exploration
- m. Technology-based instruction

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 54.00

Outside Class Hours: 108.00

a. In-class Assignments

1. Student presentations 2. Counter attack analysis 3. Tests 4. Essays 5. Reports 6. Personal reflection

7. Historical case studies 8. Creative fitness programming

b. Out-of-class Assignments

1. Reading textbooks, and handouts 2. Study and report on current events 3. Personal reflective essays  
 4. Important case studies and analysis of self defense and legal ramifications 6. Research paper on various topics "recognizing domestic abuse, protecting your children and your home, risk reduction strategies, how to build self esteem, psychological analysis of sexual assault victims 7. Studying women leaders and role models 8. Proper Identification and biomechanical analysis of self defense techniques.  
 9. Mental rehearsal 10. Outside reading and book reports 11. Personal Fitness Design and Application including cardio-respiratory, muscular endurance, strength and flexibility theories. 12. Nutritional analysis  
 13. End of chapter discussion questions 14. Flip Assignments presenting research and current events

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Portfolios
- Reading reports
- Self-paced testing
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
- Mid-term and final evaluations
- Student participation/contribution
- Student preparation
- Oral and practical examination
- Behavior assessment

14. Methods of Evaluating: Additional Assessment Information:  
 skill assessment fitness evaluations

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

CSU GE Area E: Lifelong Understanding and Self-Development

E - Lifelong Understanding and Self-Development

PO-GE C5 – Personal Growth and Development

Value learning as a lifelong endeavor designed to enrich one's life.

Exhibit habits of intellectual exploration, personal responsibility, and well being.

Interact with individuals and within groups with integrity and awareness of others' opinions, feelings, and values.

Participate in teams to make decisions and seek consensus.

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

Make informed decisions with self-awareness in practical matters including college and career choices.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

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18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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19. Provide Reasons for the Substantial Modifications or New Course:

update and improve the student learning outcomes

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*  
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000523860
- b. T.O.P. Code [CB03]: 127000.00 - Kinesiology
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): COD

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 36  
 Third Year: 36

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

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28. Originator Wendy Ansley Origination Date 02/09/18