

**Course Outline of Record**

1. Course Code: KINE-011
2.
  - a. Long Course Title: Men's Self Defense, Health and Fitness
  - b. Short Course Title: MEN'S SELF DEFENSE
3.
  - a. Catalog Course 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.
  - b. Class Schedule Course 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.
  - c. Semester Cycle (if applicable): Fall 2015
  - d. Name of Approved Program(s):
    - COD General Education
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: 35      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 (CCForm I-A)*  
 N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
  - a. Werner W.K. Hoeger, Sharon A. Hoeger (2014). Principles and Labs for Physical Fitness (9th/e). Belmont, Ca Wadsworth. ISBN: 13:9781-133-5  
 College Level: Yes  
 Flesch-Kincaid reading level: *N/A*
  - b. Marc Bouchner (2014). Realistic Self-Defense for Men and Women Create Space Independent Publishing Platform. ISBN: 978-146094380  
 College Level: Yes  
 Flesch-Kincaid reading level: *N/A*
  - c. Kinesiology Faculty (2015). Men's Self-Defense Health and Fitness Mc Graw Hill. ISBN: 10:1308637500  
 College Level: Yes  
 Flesch-Kincaid reading level: *N/A*
  - d. Bill Phillips. The Better Man Project. Rodale Press, Inc , 06-02-2015.
  - e. Lawrence N. Nadeau. Basic Physical Defense for Men. Rape, Aggression and Defense Systems, Inc. ,

01-11-2015.

7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

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

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

9. Course Student Learning Outcomes:

1.

The students will identify basic self-defense principles, tactics and strategies.

2.

The students will identify risk reduction strategies to prevent violence in their daily lives and the community.

3.

The students will recognize and explain the importance of fitness, components of fitness and optimal nutritional strategies.

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

- a. Identify the basic self defense principles, theories and principles of self defense for men.
- b. List basic definitions of self defense and the law and sexual assault terminology.
- c. Apply knowledge of components of fitness to improve muscular endurance, strength, body composition, flexibility and cardio-respiratory endurance.
- d. Identify and describe psychological parameters as related to men's health.

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- e. Identify anger management techniques and stress reduction strategies.
- f. Analyze and diffuse a potentially violent situation.
- g. Design effective cardio-respiratory, strength, and muscular endurance work outs.
- h. Identify what to do in emergency situations and how to help others.
- i. Describe the process one takes after an assault has taken place.
- j. Identify various methods of assessing body composition.
- k. Recognize the potential for alcohol, drug abuse and addiction.
- l. Evaluate various options of birth control and prevention of sexually transmitted diseases.
- m. Demonstrate personal empowerment by practicing and learning basic self-defense principles.
- n. Identify what to do in emergency situations and help others.
- o. Describe methods to protect oneself against identity theft.
- p. Evaluate various weight management strategies for optimal health.

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

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Laboratory
- g. Lecture
- h. Observation
- i. Participation
- j. Role Playing
- k. Self-exploration

## 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 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

### b. 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

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

- College level or pre-collegiate essays
- Written homework
- Critiques
- Guided/unguided journals
- Term or research papers
- Reading reports
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assesment Information:

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

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.

IO - Personal and Professional Development

Display habits of intellectual exploration, personal responsibility, and physical well being.

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

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?

**Material or Item**

**Cost Per Unit**

**Total Cost**

19. Provide Reasons for the Substantial Modifications or New Course:

The course represents an area of interest in our field of study. It will be propped to be a 3 unit general education course in CSU.

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]: CCC000568548
- b. T.O.P. Code [CB03]: 127000.00 - Kinesiology
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer 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 General Education

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

23. Enrollment - Estimate Enrollment

First Year: 35

Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: No
- 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

28. Originator Wendy Ansley Origination Date 09/17/15