

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

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**Originator**

wansley

**Justification / Rationale**

This is a minor course modification allowing the course to also be taught fully online.

**Effective Term**

Spring 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 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 assaults, sexual assaults and harassment. Students learn how to assess and avoid dangerous situations as well as learning how to use their bodies and voices as weapons. Additional topics include individualized physical fitness program and design including cardio-respiratory, muscular strength and endurance and flexibility theory and application.

**Schedule 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.

**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

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**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**

2019

**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.))

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**Resource Type**

Book

**Open Educational Resource**

Yes

**Formatting Style**

APA

**Author**

Rienk and Lindin

**Title**

Health Education

**Year**

2020

**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, 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

**Course Objectives**

	<b>Objectives</b>
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 defensives 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	Select appropriate martial arts based flexibility exercises.
Objective 7	Demonstrate personal empowerment by practicing and learning basic self-defense principles.
Objective 8	Identify what to do in emergency situations and how to help others.
Objective 9	Describe the process one follows once an assault has taken place.
Objective 10	Recognize the signs of relationship 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.
Objective 13	Protect oneself against identity theft.
Objective 14	Analyze diverse crime demographics of our college campus, other college campuses and nearby demographic areas.
Objective 15	Verbally defuse a potentially violent situation.
Objective 16	Identify and explain how the health-related components of physical fitness contribute to general health.
Objective 17	Identify personal health problems associated with sexually transmitted diseases.
Objective 18	List different ways of assessing body composition.
Objective 19	Identify healthy, personal weight management principles and strategies.
Objective 20	Relate principles of flexibility to improved joint health, good posture and balance as well as stress reduction and relaxation
Objective 21	Analyze the FITT principle for personal fitness program design for cardiorespiratory and muscular endurance training.

### Student Learning Outcomes

<b>Upon satisfactory completion of this course, students will be able to:</b>	
Outcome 1	Examine how dangerous and harmful situations can be avoided.
Outcome 2	Demonstrate knowledge and application of basic self defense techniques, tactical strategies, techniques and viable options for the following, wrist grabs, front and rear bear hugs, strangulations and ground defense.
Outcome 3	Create a basic personal fitness regime encompassing the diverse components of fitness.

### Methods of Instruction

<b>Method</b>	<b>Please provide a description or examples of how each instructional method will be used in this course.</b>
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 the end of class aggressor simulation and give reflection.
Collaborative/Team Activity	Students will participate in group case study analysis.
Lecture	The course is built upon active participation and skill development. Lecture is broken up into 20 to 30 minutes segments with interactive activities embedded to create an active learning environment.
Individualized Study	Individual fitness plans will be created to meet the needs of each student.

**Methods of Evaluation**

<b>Method</b>	<b>Please provide a description or examples of how each evaluation method will be used in this course.</b>	<b>Type of Assignment</b>
College level or pre-collegiate essays	Personal 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.	Out of Class Only
Student participation/contribution	Students will participate in discussion threads and quizzes.	Out of Class Only
Mid-term and final evaluations	Interactive self defense with aggressor final exam 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 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. Counter attack analysis
3. Tests
4. Essays
5. Reports
6. Personal reflection
7. Historical case studies
8. Creative fitness programming

**Other 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
5. 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
6. Studying women leaders and role models
7. Proper Identification and biomechanical analysis of self defense techniques.
8. Mental rehearsal
9. Outside reading and book reports
10. Personal Fitness Design and Application including cardio-respiratory, muscular endurance, strength and flexibility theories.
11. Nutritional analysis
12. End of chapter discussion questions
13. Flip Assignments presenting research and current events

**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 - 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**

01/24/2012

**Course Control Number**

CCC000523860