

Course Outline of Record

1. Course Code: KINE-077
2.
 - a. Long Course Title: Self-Defense/Fitness
 - b. Short Course Title: SELF-DEFENSE/FITNESS
3.
 - a. Catalog Course Description:

This course provides an introduction to practical self-defense. Various aspects of the combined arts that are emphasized include history and philosophy of Asian fighting arts, nature of self-defense (origin-development-function), common sense self-defense, precautionary measures, psychology, physical conditioning, women and special problems, and aesthetic appreciation of form and motion.
 - b. Class Schedule Course Description:

Emphasis will be on fitness, basic self defense strategies and techniques.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 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 (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)* N/A
7. Entrance Skills: *Before entering the course students must be able:*
 - a. Be eligible to take college level credit courses.

8. Course Content and Scope:

Lecture:

- a. The Need for Personal Defense?
 - i. History
 - ii. Aggression and Alternatives to It
 - iii. Legal Implications of Defense
 - iv. Popular Personal Defense Techniques
- b. Developing a Defense Consciousness
- c. Protecting Property and Travel Precautions
 - i. Home Protection
 - ii. Other Property Protection
 - iii. Personal Precautions
 - iv. Travel Precautions
- d. Rape
 - i. The Victim's Options
 - ii. What to Do after Being Raped
 - iii. Risk Reduction Strategies to Avoid Being Raped

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

a. Defensive Combinations i. Subtle Defenses Against Harassment ii. Forceful Defenses Against Physical Attack iii. Defenses Against More than One Assailant iv. Life-and-Death Defenses d. Initial Defensive Measures i. Basic Defensive Stance ii. Use of Obstructions iii. Avoiding Grasps iv. Pushing v. Running vi. Rising from a Prone Position vii. The Down Defensive Stances viii. Getting Up from the Crab Position ix. Defense from a Sitting Position e. Defensive Strikes i. Basic Elements of Defensive Strikes ii. Types of Defensive Strikes f. Releases i. Releases from Wrist Grasps ii. Releases from Arm Locks iii. Releases from Body Grasps iv. Releases from Chokes v. Releases from Down Positions g. Physical Fitness for Personal Defense i. Diet ii. Cardio respiratory conditioning iii. Flexibility iv. Core conditioning

9. Course Student Learning Outcomes:

1. Exhibit the techniques used to defend themselves.
2. Develop physical fitness.
3. Cite and apply safety techniques to prevent injury.

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

- a. Identify and eliminate dangerous situations.
- b. React appropriately when in serious danger.
- c. Demonstrate the ability to properly defend themselves.
- d. Demonstrate a gain in confidence.
- e. Demonstrate an understanding of safety and injury prevention.
- f. Demonstrate a higher physical fitness level.

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. Journal
- g. Lecture
- h. Participation
- i. Role Playing
- j. Self-exploration

Other Methods:

Guest speakers. Student reports. Audio/visual presentations

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

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

a. Fitness and skill testing b. Current events c. Partner and group tactical strategy and evaluation

b. Out-of-class Assignments

a. Reading assignments with written report. b. Skill practice. c. View and analyze self-defense films/videos. d. Collect articles that reflect self-defense situations.

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

- Written homework
- Field/physical activity observations
- Presentations/student demonstration observations

KINE 077-Self-Defense/Fitness

- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
 Successfully completing a multiple choice exam concerning history and fitness aspects of the course.
- 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

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

IO - Personal and Professional Development

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
-------------------	--------	---------------	--------------	--------------

17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
------------------	---------------	------------

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

periodic review and minor course modification

20. a. Cross-Listed Course (*Enter Course Code*): N/A
b. Replacement Course (*Enter original Course Code*): PE-077

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

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000461847
b. T.O.P. Code [CB03]: 83500.00 - Physical Education
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*): KINESIOLOGY

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

23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

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

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