

## DEPARTMENTAL COURSE SYLLABUS

Department: Kinesiology/Dance

Revision Date: April 2009

San Antonio College \* 1300 San Pedro \* San Antonio, TX \* 78212-4299

Course Number and Title: KINE 1132, Self Defense

Credit Hours: 1

Office: 131G

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I. Catalog Description: This course is a basic self-defense class. In this class students will learn to apply basic self-defense through practical hands on training. Evasive measures, personal security, and the ability to deal with the consequences of reporting a crime will be discussed.

II. Pre-requisites, co-requisites and other requirements: None

III. Text: None

IV. Instruction will consist of:

- Lecture
- Demonstration
- Class Discussion
- Handouts and Written Assignments

V. Course Content:

- Avoiding situations which may leave one vulnerable to attack
- Avoiding becoming a victim through prevention techniques
- Soft style methods of unarmed self defense
- Hard style methods of unarmed self defense

VI. Learning Outcomes and Performances Objectives with their methods of measurements as used to determine the students' mastery of those outcomes.

**Learning Outcome 1:** Students will increase their awareness of their surroundings and define their space.

**Performance Objective/Method(s) of measurement for each objective.**

1. The students will demonstrate the ability to assess their environment. This will be measured by visually seeing the student check their surrounds and being prepared for possible attacks.
2. The students will demonstrate the ability to define their space. This will be measured by verbally standing their ground.

**Learning Outcome 2:** Students will learn to strike, kick and break holds.

**Performance Objective/Method(s) of measurement for each objective.**

1. The students will demonstrate the ability to execute strikes with hands and arms. This will be measured by performance.
2. The students will demonstrate the ability to execute kicks with feet and legs. This will be measured by performance.
3. The students will demonstrate the ability to break holds. This will be measured by performance.

**Learning Outcome 3:** Students will learn to get to the ground safely, fight while on the ground and escape pins.

**Performance Objective/Method(s) of measurement for each objective.**

1. The students will demonstrate the ability to get to the ground safely. This will be measured by performance.
2. The students will demonstrate the ability to fight from the ground. This will be measured by performance.
3. The students will demonstrate the ability to escape from pins. This will be measured by performance.

**Learning Outcome 4:** Students will learn to avoid blows and deliver knock out blows.

**Performance Objective/Method(s) of measurement for each objective.**

1. The students will demonstrate the ability to avoid blows. This will be measured by performance.
2. The students will demonstrate the ability to deliver knockout blows. This will be measured by performance.

**Learning Outcome 5:** Students will learn to deal with weapon attacks and defend against multiple assailants.

**Performance Objective/Method(s) of measurement for each objective.**

1. The students will demonstrate the ability to deal with weapon attacks. This will be measured by performance.
2. The students will demonstrate the ability to defend against multiple assailants. This will be measured by

performance.

VII. Course requirements and grade computation.

A. College Requirements:

A written, comprehensive final examination, not to exceed three hours in length, shall be given at the end of each semester for each course at the regular scheduled time. Any exceptions to these requirements must be approved by the appropriate dean. Other examinations are given at the discretion of the instructor. A student who must be absent from the final examination should petition that instructor for permission to postpone the examination. **A student absent without permission from a final examination is graded "F."** Postponed examinations result in a grade of "I." The final exam must be taken within 120 calendar days from the end of the semester or the grade automatically becomes an "F." (San Antonio College Bulletin, Faculty Handbook – January 1995)

B. Department Requirements: Health Questionnaire completed and furnish your own lock. The 1-hour Kinesiology and Dance activity classes typically are dismissed 10 minutes prior to the scheduled time for student's personal hygiene purposes.

C. Instructor Requirements: This syllabus is subject to change at the instructor's discretion.

For weekly schedule and to see a copy of this syllabus login to: <http://sacpipeline.accd.edu/cp/home/loginf>

1. Grade Breakdown

a. Participation & Attendance.....60%

c. Mid-Term .....20%

d. Final Exam .....20%

2. Computation of Grades: A 90-100, B 80-89, C 70-79, D 60-69, F Below 60

3. Make-up opportunities

a. Make-up for written and skill test will be allowed **ONLY** for medical excuses. Test **MUST** be take the **FIRST** class period the student returns to class. It is the student's responsibility to make arrangements to take exams.

b. The student is **NOT** allowed to make up absences. There are no other self defense classes.

c. If you are ill or injured and would like to attend class you may sit out and take notes for your participation grade. Please give notice to instructor prior to the class.

4. Attire

Wear clothing that is comfortable and provides ease of movement.

5. Security

a. Do not leave books or valuables in the dressing rooms. Bring and store your belongings while in class.

b. Be aware of your surroundings when you leave a night class. Consider parking in a common lot with class mates.

VIII. College Policies:

A. San Antonio College does not discriminate on the basis of race, religion, color, national origin, sex, age, or disability with respect to access, employment programs or services.

B. Students are urged not to bring children to either a class or lab. Minors under the age of twelve (12) must not be left unattended on campus. College Academic Council – April, 1998

C. ADA Statement: "As per section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, if accommodations is needed contact the Office of DisABILITY Support Services, CAC 124C, Phone: (210) 486-0020.

D. A Rapid Response Team exists for the purpose of responding to emergencies. If you have a disability that will require assistance in the event of a building evacuation, notify Disability Support Services, Chance Academic Center 124C, Phone: (210) 486-0020.

E. Academic Dishonesty: Students may be subject to disciplinary proceedings resulting in an academic penalty or disciplinary penalty for academic dishonesty. Academic Dishonesty includes, but is not limited to, cheating on a test, plagiarism and collusion. For additional information refer to the "Student Code of Conduct" in the San Antonio College Bulletin.

F. Students are required to silence all electronic devices (e.g., pagers, cellular phones, etc.) when in classrooms, laboratories and library. College Academic Council, 01/2000.

G. San Antonio College Attendance Policy: Regular and punctual attendance is required. A student absent for any reason is responsible for all work missed. Absences are recorded from the first day of class. A student absent the equivalent of two weeks of instruction, may be dropped by the instructor with a grade of "W." Both tardiness and early departure

from class are forms of absenteeism. The instructor establishes the policy with regards for each.

H. San Antonio College is a smoke free campus.

I. Alamo Colleges Department of Public Safety Emergency Number (210)222-0911

AC DPS 24 hour Dispatch (210)485-0099

AC DPS Weather Line (210)485-0189

J. Students must also abide by the policies, procedures, and rules set forth in the “Student Code of Conduct” and all other policies set forth in the San Antonio College Bulletin.

<http://mysaccatalog.alamo.edu/>