

CASPER COLLEGE COURSE SYLLABUS
PEAC 1041 01 Basic Self Defense I

Semester/Year: Fall 2015

Lecture Hours: 0

Lab Hours: 2

Credit Hours: 1

Class Time:
5:00-6:50pm

Days:
Wednesdays

Room:
LH GYM

Instructor's Name:

Instructor's Contact Information:

Office Phone:
268-2631 (PEAC Academic Assistant)

Email:
PlatteRiverJudoka@gmail.com

Office Hours: By appointment

Course Description: A basic course in self-defense covering some home self-defense breakaway techniques and how to handle general distress situations.

Statement of Prerequisites: None

Goal:

Students will learn self-defense techniques that can be applied to a variety of situations.

- This is a basic course in self-defense, awareness and avoidance, prevention, reaction (verbal and physical), strikes, break away techniques and overall personal safety — including security/prevention options for home, work, vehicle and self.
- You will have the opportunity to develop proper striking skills that could be useful in self-defense situations.
- To allow students to learn and develop skills of being mentally alert and aware; and develop physical skills to draw upon if physical force/escape becomes necessary.

Outcomes: This course's objectives link to outcomes # 1, 3, and 6.

- _____ 1. Demonstrate effective oral and written communication
- _____ 2. Use the scientific method
- _____ 3. Solve problems using critical thinking and creativity
- _____ 4. Demonstrate knowledge of diverse cultures and historical perspectives
- _____ 5. Appreciate aesthetic and creative activities
- _____ 6. Use appropriate technology and information to conduct research
- X 7. Describe the value of personal, civic, and social responsibilities
- _____ 8. Use quantitative analytical skills to evaluate and process numerical data

Course Objectives: As a course designed to increase self-defense skills, which is considered a personal responsibility, this course partially meets Casper College **General Education Outcome # 7:** Describe the value of personal, civic, and social responsibilities through:

- Improve global awareness (i.e., prevention and increased reaction to crisis or stressful situations)
- Develop skills to escape aggressor(s)
- Implement prevention for a safer personal environment

Methodology: Course material will be delivered through hands on learning and technique training.

Evaluation Criteria: Two physical and skill examinations will be administered during the course.

- Midterm examination of student progress in self-defense skills.
- Final examination of student progress in self-defense skills.

Midterm and final grades are determined by earned points from a possible total of 100 points.

- Midterm examination -- 50 possible points (50%) (March 11)
- Final examination -- 50 possible points (50%) (May 13)

Letter grades are distributed as follows:

A = 100-90% B = 89-80% C = 79-70% D = 69-60% F = 59-0%

Evaluation of Course Learning Outcomes: Student success will be measured through student improvement of self-defense skills and physical conditioning.

Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

Required Text, Readings, and Materials: CLEAN gym shoes and loose fitting clothing are required. Martial art pants and T-Shirts are encouraged but not mandatory. No jewelry is allowed. Water bottles with spill proof lids are recommended. Gloves or hand protection are recommended.

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade:

1. Missed examinations: If you miss a scheduled examination contact me as soon as possible to make up the examination. As this is a skills based course, missed examinations have to be completed within one week of the date the examination was scheduled.

2. Attendance: Attendance and participation is required for all students on all class days. For each four unexcused absences grades will be reduced one letter grade. Students are responsible for signing the class attendance sheets. Signatures on this sheet shall constitute the official record of attendance. Students falsifying attendance records may also have their course letter grade lowered.

3. Withdrawing from class: The last day to withdraw from this class is November 12, 2015. If you need to withdraw from class following this date your request will have to be approved by the Registrar. The instructor will not initiate withdrawals.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with Dan Dalen, Physical Education Department Head; Dr. Tammy Frankland, the Dean, and lastly Dr. Shawn Powell, Interim Vice President for Academic Affairs.

Academic Dishonesty: (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

Calendar or schedule indicating course content: (be as complete here as possible, at least a grid showing week by week topics to be covered, assignments, due dates, readings etc. This can always be modified with a new handout later in the semester – better to send out a revised schedule than to trust verbal announcements by themselves)

Fall 2015 Tentative Schedule

- Classes are held Wednesdays from 5:00 to 6:50 pm in the LH Gym.
- The midterm is scheduled for October 15.
- The final is scheduled for during the week of December 14, 2015
- Specific class content will be discussed at the start of each class.

Week 1	Introduction to Self Defense
Week 2	Self Defense Responses/Techniques
Week 3	Self Defense Responses/Techniques
Week 4	Self Defense Responses/Techniques
Week 5	Self Defense Responses/Techniques
Week 6	Self Defense Responses/Techniques
Week 7	Self Defense Responses/Techniques
Week 8	Mid Term Examination – March 11
Week 9	Spring Break – no classes
Week 10	Self Defense Responses/Techniques
Week 11	Self Defense Responses/Techniques
Week 12	Self Defense Responses/Techniques
Week 13	Self Defense Responses/Techniques
Week 14	Self Defense Responses/Techniques
Week 15	Self Defense Responses/Techniques

Week 16	Self Defense Responses/Techniques
Week 17	Final Examination