**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 276 – Self-Defense**

**Course Outline**

**Course Number & Name:**  PHE 276 Self-Defense

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: This course is designed to help students develop self-defense skills. Students receive instruction on a variety of basic self defense movements from various martial arts sources (e.g., karate, wrestling, judo, street fighting, and Kapap Krav). Physical, verbal, and conditioning aspects of self-defense will be examined.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate defense against a frontal attack;

2.    demonstrate defense against a rear attack; and

3. complete a five-minute run.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate defense against a frontal attack:

* 1. *defend against a leg attack;*
  2. *defend against a hand-on-chest attack;*
  3. *defend against a hand-on-shoulder attack;* and
  4. *defend against a head attack*

2. Demonstrate defense against a rear attack:

2.1 *defend against a leg attack;*

2.2 *defend against a hand-on-shoulder attack;*

2.3 *defend against a bear-hug attack;* and

2.4 *defend against a head attack*

3. Complete a five-minute run:

3.1 *complete a timed five-minute run at midterm;* and

3.2 *complete a timed five-minute run at the end of the course*

**Methods of Instruction**: Instruction will consist of a combination of demonstration, skill work, practice sessions, strategy applications, and simulated attacks.

**Outcomes Assessment:** Checklist rubrics are used to evaluate skill and strategy performance for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate in class.

2. Take the midterm and final skill tests as scheduled.

3. Demonstrate skills as requested by the instructor.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance & Class Participation 50%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice self-defense skills.

* **Midterm Skill Tests** (date specified by the instructor) 25%

The Midterm Skill Tests will provide evidence of the level of student mastery of the movements and strategies involved in self-defense that are covered during the first half of the semester.

* **Final Skill Tests** (date specified by the instructor) 25%

The Final Skill Tests will provide evidence of the level of student mastery and synthesis of the movements and strategies involved in self-defense covered throughout the semester.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** There is no text for this course.

**Week Topics**

1 Introduction to Self-Defense

2 – 3 Hand Locks and Holds

4 Wrist Locks and Defense

5 – 6 Various Frontal Attack Moves

7 – 8 Various Rear Attack Moves

9 **Midterm Skill Tests**

10 Various Leg Moves

11 Defense and Application of Various Blows and Pressure Points

12 Stick and Club Defenses

13 – 14 Knife Defenses

15 **Final Skill Tests**