

# KIN 0024 - SELF-DEFENSE FOR PERSONAL SAFETY

## Catalog Description

Formerly known as PHED 63

Hours: 54 (18 lecture, 36 laboratory)

Description: Provides individuals with information about personal safety and develops skills to avoid harm. Covers awareness in a variety of locations, such as home, workplace, school, online environment, car and parking lot. Topics include avoidance and awareness of potential dangers, appropriate responses, self-defense strategies (physical and non-physical), legal aspects of self-defense, physical fitness, sensitivity to violent crime victims, and the psychological factors involved in victimization. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Explain self defense techniques to avoid harm.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

36

## Total Student Learning Hours

90

## Course Objectives

Lecture Objectives:

1. Explain how to integrate the principles of avoidance and awareness in one's daily life.
2. Analyze the potential for danger and determine the appropriate response.
3. Explain legal aspects of personal defense.
4. Summarize the sensitivity and empathy needed to deal with people who have been raped or a victim of another violent crime.
5. Explain the physiological factors involved in victimization including: the victim/offender relationship; post traumatic stress disorder; the cycle of violence; and victimology principles related to methods of approach, method of attack, and victim personality typology.

Laboratory Objectives:

1. Apply appropriate self-defense techniques (physical and non-physical).
2. Develop and demonstrate overall physical fitness including: strength, endurance, flexibility, and coordination.
3. Determine personal limitations involved in self-defense.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E1 Lifelong Learning and Self-Development
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Essay Examinations
  - Example: 1. List and describe the O.O.D.A. loop tactical decision-making process. 2. List and discuss the early warning signs of a stalker situation. 3. List and discuss 3 strategies for creating a safer parking lot environment. 4. List and discuss the cycle of violence.
- Skill Demonstrations
  - Example: 1. Student will demonstrate the ability to physically respond correctly to various common attack situations utilizing upper and lower body strikes, proper stance and footwork, release techniques utilizing leverage principles, body mechanics, and blocking maneuvers. Tactically, student will demonstrate the ability to compare and contrast scenario-based self-defense situations and apply the O.O.D.A. loop tactical decision-making process in order to demonstrate proficiency in distinguishing between practical and impractical strategies for self-defense.

## Repeatable

No

## Methods of Instruction

- Activity
- Lecture/Discussion

Activity:

1. Instructor will facilitate a small group project using several case studies on safety in the areas of the home, workplace, school, online environment, street, car, travel and recreational activities. Each group will draw conclusions and compare with the other group's results.
2. Instructor will demonstrate and then test students on their skills using the proper mechanics of the following skills: Block; Hand and Elbow strikes; Foot and Knee strikes.

Lecture:

1. Instructor will facilitate a discussion about strategies and tactics to identify situational factors that either improved or worsened the situation for the survivor of a violent attack.

## Typical Out of Class Assignments Reading Assignments

1. Students will read an assigned chapter on intimate partner violence in the victimology textbook and be prepared to discuss in class the cycle of violence and the precursors to domestic violence based on the offender typology.
2. Students will read and assigned chapter on stalking in the

victimology text book and be prepared to discuss the warning signs of a potential stalking situation. Exit strategies and whether or not police intervention is needed will be discussed.

## **Writing, Problem Solving or Performance**

1. Student will outline, in writing, the basic steps for dealing with a potentially violent situation as demonstrated by the O.O.D.A. loop (observe, orientation, decide, act). 2. Students will watch a video recounting the events of physical assault and summarize the main points on how to properly respond to a similar situation. They will use the strategies and tactics taught in the course to identify situational factors that either improved or worsened the situation for the survivor.

## **Other (Term projects, research papers, portfolios, etc.)**

1. Students will submit a safety plan for improving their personal safety in the areas of their home, workplace, school, online environment, street, car, travel and recreational activities.

## **Required Materials**

- Hanshi Kaufman's Guide To Ultimate Self-Defense
  - Author: Stephen F. Kaufman Hanshi
  - Publisher: Create Space Publishing
  - Publication Date: 2016
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:

## **Other materials and-or supplies required of students that contribute to the cost of the course.**