

Course Syllabus

Department: Physical Education & Integrated Health Care

Date: February 2012

I. Course Prefix and Number: PE 210

Course Name: Defensive Tactics

Credit and Contact Hours: 2 credit hours and 2 contact hours

Catalog Description Including Pre- and Co-Requisites:

This course is designed to provide training in the many aspects of self-defense. Course includes both aggressive and non-aggressive techniques. Course is geared to both Criminal Justice and general student population. There is no prerequisite.

II. Course Outcomes and Objectives:

Student Learning Outcomes:

The student will:

1. Analyze potentially dangerous situations and implement techniques in order to defuse the situation.
2. Execute escape techniques, joint locks, throws, come alongs, take downs, and chokes.
3. Demonstrate the proper use of feet and hands as self-defense tools while recognizing proper joint alignment.
4. Implement correct fall techniques as a result of being thrown, pushed or slipping.
5. Apply life skill techniques to recognized challenges presented.
6. Critique a martial arts class and give an oral presentation on such visit.

Relationship To Academic Programs and Curriculum:

This course has physical demands that enhance the student's abilities to cross train in other martial arts programs offered at FLCC. The coordination of the student will greatly improve to allow them to consider other sport activities offered at FLCC. The mental discipline in this course will prepare the student to face academic challenges with perseverance. The life skills acquired during this course will offer the student character development that will enhance their well being and success for a lifetime.

College Learning Outcomes Addressed by the Course:

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|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods:

Lecture, demonstration and hands-on involvement and interaction with classmates.

Types of Course Materials:

Handouts given by instructor – no textbook

Students are responsible for coming to class with the following:

Long –sleeve shirt (or sweatshirt), or martial arts uniform top for grabbing and pulling, long sweat pants, work out pants, or martial arts pants (no shorts, jeans, dresses, or skirts, or any profanity type shirts or sweatshirts), and a water bottle.

Methods of Instruction (e.g. Lecture, Labs, Seminars ...):

Lecture

Lab consisting of student participation, demonstration and observation

IV. Assessment Measures (Summarize how the student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, written essays, group activities, demonstration of skills and teaching performance. Such assessments and related assignments will develop critical thinking techniques, reading and communication skills, along with developing ethics and values regarding an appreciation of lifetime physical activity.

V. General Outline of Topics Covered:

1. Warm up/body conditioning exercises including push-ups, sit-ups and head to toe flexibility and conditioning.
2. Break falls and stances.
3. Basic blocking, striking, and kicking.
4. Time permitting, knife defense and PR-24 defense techniques
5. Life skill lectures on the topics of integrity, respect, courage, attitude, focus, dedication, choice, goal setting, and commitment.
6. Outside class project that consist of visiting an outside martial arts school or FLCC martial arts class, and giving an oral presentation on such visit.