

Course Outline

COURSE: KIN 71B **DIVISION:** 40 **ALSO LISTED AS:** KIN 71 & PE 71

TERM EFFECTIVE: Spring 2023 **CURRICULUM APPROVAL DATE:** 05/09/2023

SHORT TITLE: SELF-DEFENSE - LEVEL 2

LONG TITLE: Self-Defense - Level 2

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	27 OR 54	

COURSE DESCRIPTION:

This course will focus on increasingly complex self-defense situations such as attacks on the ground, counter tactics to a variety of advance chokes, bear hugs, hair pulls, and headlocks. Emphasis will be placed on distraction and de-escalation techniques as well as clinch and close-range fighting and survival skills. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 71. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate close-range fighting, including three to five escapes from ground attacks, headlocks, bear hugs, and chokes against a simulated attack from a person dressed in a full-padded suit.
2. Identify several de-escalation and distraction tactics.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Explain and demonstrate a variety of escapes from hair pulls both front and rear.
2. Acquire, enhance, and/or apply close-range fighting survival skills against a simulated attacker dressed in a full-body padded suit.
3. Describe and demonstrate basic defenses against commonly used weapons.
4. Participate in class roles simulating self-defense confrontations
5. Recognize the importance of de-escalation and distraction techniques.
6. Explain and demonstrate a variety of escapes from ground attacks, chokes and bear hugs.
7. Identify tactics employed against sexual assault and abduction threats.
8. Explain the importance of increasing one's strength to better combat ground attacks and close-range chokes and holds.
9. Perform a variety of self-defense techniques reviewed in class.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 05/09/2023

4 - 9 Hours:

Content: Discussion of course syllabus and grading, as well as course expectations. Review of warm-ups and introduce additional strength conditioning activities. Review of self-defense techniques presented in level 1 course. Introduce and practice escapes from hair pulls. Discussion on tactics employed against sexual assault and abduction treats.

7 - 15 Hours:

Content: Warm-up and strength conditioning activities. Review escapes from hair pulls and tactics utilized against sexual assault and abductions. Presentation on a variety of escapes from ground attacks and bear hugs. Discussion on the importance of de-escalation and distraction techniques. Different situations and scenarios will be presented.

5 - 10 Hours:

Content: Warm-up and strength conditioning activities. Review escapes from ground attacks and bear hugs. Presentation on a variety of escapes from chokes. Discussion and presentation on basic defenses against commonly used weapons.

9 - 18 Hours:

Content: Warm-up and strength conditioning activities. Continue reviewing a variety of escapes. Presentation on how to employ

certain psychological tools to manage fear, emotions, and adrenaline. Opportunities to practice close-range fighting survival skills against a simulated attacker will be provided.

2 Hours:

Final

METHODS OF INSTRUCTION:

Demonstration, paired and group practice.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 30% to 60%

Demonstration Exams

Objective examinations

Evaluation Percent 10

Evaluation Description

Percent range of total grade: 0% to 10%

Multiple Choice;

True/False;

Matching Items;

Completion;

Other: short answer

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60%

Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000542050

Sports/Physical Education Course: Y

Taxonomy of Program: 127000