



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

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

SHORT TITLE: SELF-DEFENSE - LEVEL 3

LONG TITLE: Self-Defense - Level 3

<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 cover more depth into defenses against a variety of advanced attacks including submission holds, throws, and a diverse range of weapons. Includes defensive falling techniques, use of personal weapons, tactics against multiple attackers, and third party protection. Increased focus on mind-body balance, awareness and avoidance capabilities, kicking and striking techniques, and adrenaline and trauma management. 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 three submission holds and throws and incorporate skill-sets to address real-world scenarios.
2. Explain defensive tactics used against multiple attackers.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Select the correct course of action for each situation based on the boundaries they have set for themselves.
2. Incorporate and practice learned skill-sets against simulated attack(s) by assailant(s) dressed in full-body padded suit.
3. Participate in various situational scenarios by selecting a method of action and performing the correct techniques.
4. Describe the mental and emotional factors relevant to weapons-based confrontational situations.
5. Explain the laws and usage of personal weapons.
6. Identify strategies employed in situations with multiple attackers.
7. Demonstrate defensive falling techniques and participate in class activities.
8. Demonstrate a variety of escapes from submission holds and throws from the front, rear, and ground.
9. Discuss the importance of and participate in warm-up exercises and activities that are designed to increase strength, balance, and posture awareness to better defend one's self against a physical attack.

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. Introduce warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review of self-defense techniques presented in level 2. Presentation on defensive falling techniques.

7 - 15 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Presentation on a variety of escapes from submission holds and throws from the front, rear, and ground. Discussion of the laws and usage of personal weapons (guns, knives, pepper spray, tasers, stun gun).

5 - 10 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review of self-defense submission holds and throws presented earlier. Presentation on strategies used to deal with multiple attackers. Discussion on the mental and emotional factors relevant to weapons-based confrontational situations.

9 - 18 Hours:

Content: Warm-up exercises and activities designed to increase strength, balance, and posture awareness. Review and practice learned skill-sets (strikes, kicks, blocks, punches, yelling, body leveraging) against simulated attack(s) by assailant(s). Real life situations will be presented and discussed for learning purposes.

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: CCC000542051

Sports/Physical Education Course: Y

Taxonomy of Program: 127000