



**COURSE OUTLINE : PE 215**  
**D Credit – Degree Applicable**  
**COURSE ID 003068**  
**Cyclical Review: November 2018**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 215  
**COURSE TITLE (FULL) :** Self Defense for Women I  
**COURSE TITLE (SHORT) :** Self Defense For Women I

**CATALOG DESCRIPTION**

PE 215 is designed to help women focus on principles and practical aspects of personal safety. The course covers methods and tactics of practical self defense, including alternatives for situational defense strategies. It provides rigorous conditioning exercises and develops skills in perception, analysis, escape, compromise, avoidance, blocking, throwing, and striking.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

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Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 54.00**

**Total Out-of-Class Hours: 0.00**

Prerequisite: None.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				demonstrate and maintain a positive attitude in a group environment.	Yes

**EXIT STANDARDS**

- 1 Recognize the language of defense training as it pertains to the history, skills, and strategies taught;
- 2 evaluate and analyze concepts and methods of defense training;
- 3 differentiate between the different styles and tactics of self defense;
- 4 communicate effectively in writing, speaking, or signing related to defense training information;
- 5 demonstrate understanding of the relationship of personal physical and mental health in applying defensive options or responses;
- 6 create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
- 7 demonstrate understanding of the relationship between the philosophical principles and the physical or combative strategies of the Martial Arts.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 demonstrate knowledge of physical techniques for defending when under attack;
- 3 demonstrate basic fundamental skills using take downs and sweeps.

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Introduction and Overview of Self-Defense Systems • Judo • Boxing • Kick-boxing • Jiu-jitsu	0	4	4



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2	Introduction to Basic Fundamentals and Techniques • Wrist grab • Choke technique • Front grab, arms free • Forming a proper fist • Punching • Front hair grab • Rear hair grab • Use of yell • Stance and balance fundamentals • Front side arm grab self defense • Front side neck grab self defense • Back neck grab self defense	0	20	20
3	Warm Up, Conditioning, and Strength Exercise Routines • Stretching exercises • Flexibility exercises • Cardio-respiratory exercises	0	10	10
4	Practice and Performance of Selected Self-Defense Techniques • Application of non-violent principles • Application of defensive moves and techniques • Application of offensive attacks and counter-attacks	0	20	20
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 self-evaluation (e.g. written evaluation of personal knowledge related to self-defense);
- 2 written analysis (e.g. written analysis of the physical and emotional benefits of selfdefense techniques)

**METHODS OF EVALUATION**

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 critique (e.g. peer-peer or instructor-student critique of forms).

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia



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- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

<b>Title</b>	<b>Type</b>	<b>Publisher</b>	<b>Edition</b>	<b>Medium</b>	<b>Author</b>	<b>ISBN</b>	<b>Date</b>
Instructor-generated reading materials.							