



COURSE OUTLINE : PE 216
D Credit – Degree Applicable
COURSE ID 010357
Cyclical Review: October 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 216
COURSE TITLE (FULL) : Self Defense for Women II
COURSE TITLE (SHORT) : Self Defense for Women II

CATALOG DESCRIPTION

PE 216 is designed to help women develop and master principles and practical aspects of personal safety. The course covers methods and tactics of practical self-defense, and builds on fundamental techniques taught in PE 215. It provides rigorous conditioning exercises and develops proficiency in skills in perception, analysis, escape, compromise, avoidance, blocking, throwing, and striking.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

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: PE 215.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	215	Self Defense Techniques for Women	Recognize the language of defense training as it pertains to the history, skills, and strategies taught;	Yes
2	PE	215	Self Defense Techniques for Women	evaluate and analyze concepts and methods of defense training;	Yes
3	PE	215	Self Defense Techniques for Women	differentiate between the different styles and tactics of self defense;	Yes
4	PE	215	Self Defense Techniques for Women	communicate effectively in writing, speaking, or signing related defense training information;	Yes
5	PE	215	Self Defense Techniques for Women	demonstrate understanding of the relationship of personal physical and mental health in applying defensive options or responses;	Yes
6	PE	215	Self Defense Techniques for Women	create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;	Yes
7	PE	215	Self Defense Techniques for Women	demonstrate understanding of the relationship between the philosophical principles and the physical or combative strategies of the Martial Arts.	Yes

EXIT STANDARDS

- 1 apply terminology of self-defense training as it pertains to the history, skills and strategies taught;
- 2 evaluate concepts and methods of defense training for specific situations;
- 3 apply different styles and tactics of self-defense
- 4 communicate effectively in writing, speaking or signing related defense training information;
- 5 evaluate relationships between personal physical and mental health in applying defensive options or responses;
- 6 create and effectively implement a defensive plan of action based on personal skill and physical conditioning as well as situational factors;
- 7 utilize strategies involving leverage to practice self-defense against a larger or stronger attacker.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 demonstrate ability to apply physical techniques for defending when under attack;
- 3 demonstrate ability to analyze a situation, create and implement a self-defense strategy.



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Review of Self-Defense Systems <ul style="list-style-type: none"> • Judo • Boxing • Kick-boxing • Jiu-Jitsu (Japanese and Brazilian) 	0	2	2
2	Review of Fundamental Techniques of Self-Defense <ul style="list-style-type: none"> • Grip breaks • Grab defenses • Forming a proper fist • Punching • Kicking • Use of yell 	0	10	10
3	Intermediate Techniques of Self-Defense <ul style="list-style-type: none"> • Blocking and ducking punches and kicks • Choke defense • Countering • Utilizing leverage • Judo throws • Wrestling take-downs • Take-down defense • Strategies for larger attackers 	0	16	16
4	Physical Conditioning Exercises <ul style="list-style-type: none"> • Flexibility exercises • Static and dynamic balance exercises • Cardiorespiratory conditioning • Speed and agility • Muscular strength and power • Reaction time 	0	8	8



5	Practice and Performance of Selected Self-Defense Techniques <ul style="list-style-type: none"> • Application of fundamental principles of self-defense • Application of defensive moves and techniques • Application of offensive attacks and counter-attacks • Analysis of situational factors and creation of defensive plan of action 	0	18	18
				54

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



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Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Instructor will provide reading materials.							