I. OVERVIEW
The following information will appear in the 2010-2011 catalog

PEC 164  Self Defense  1 Unit

A practical course in self defense. Practice of various basic techniques and principles of balance, leverage, and momentum. Discussion of how to avoid threatening situations in the home or on the street.

Four Maximum completions.
Field trips are not required. (A-F or P/NP - Student choice) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities)

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:

   a. Identification of various techniques of defensive and offensive moves in basic self defense.
   b. Identification of rules of self protection.
   c. Identification of self protection devices.
   d. Demonstration of basic defensive skills.
   e. Demonstration of basic offensive skills.
   f. Demonstration of combination moves and skills.
   g. Identification of pressure points.
   h. Selection and demonstration of hand-to-hand fighting.
   i. Choice of program of self-defense skills best suited to one's ability.
   j. Demonstration of various self-defense techniques to minimize an assault attempt.
   k. Utilization of self-confidence and skills for self protection.

B. HOURS AND UNITS

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C. METHODS OF INSTRUCTION (TYPICAL)
Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills.
2. Group interaction within class among students/instructor.
3. Utilization of in-class peer critiques.
4. Discussion of most beneficial personal lifelong program.

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   Lab only - no outside-of-class hours required.

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Keep a weekly journal of various self defense techniques you may use.
   b. Final exam question: What are the four ethics of self defense?

E. TEXTS AND OTHER READINGS (TYPICAL)

1. Other: No texts required.

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:
   defend themselves in various environments and situations using methods and skills learned in class.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. Required Learning Goals
   Upon satisfactory completion of this course, the student will be able to:

2. Lab Learning Goals
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   a. demonstrate skills of self defense on their fellow students and/or instructor.
   b. successfully defend themselves in standing, sitting or lying situations.
   c. successfully defend themselves in a one-on-one contact.
   d. identify basic self-protection techniques and develop self-confidence in case of assault.
   e. employ techniques during in-class simulations of real life situations.
   f. utilize self-confidence and skill ability to protect themselves in case of assault.
IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Evaluation of demonstration of skills.
   3. Assessment of skill competency.
   4. Participation in class demonstrations.

B. SUMMATIVE ASSESSMENT
   1. Final exam.