

**North Central  
Michigan College**  
NCMC MASTER COURSE SYLLABUS

Last Date Revised 10/8/2010

**INSTRUCTIONAL AREA: Occupational**                      **DEPARTMENT: Physical Education**  
**ASSOCIATE DEAN: Robert J. Marsh, Ph.D.**                      **ORIGINATOR: Timothy Reeves**  
**DEAN OF INSTRUCTION: Christine Hammond, Ph.D.**

**COURSE ALPHA/NUMBER: PE 145**

**COURSE TITLE: Streetwise Self-Defense**

**HOURS OF INSTRUCTION:**

Credit hours: 1  
Lecture: 0  
Lab: 2  
Clinical: 0  
Variable Hours: 0  
Total Hours of Instruction: 2  
Total Contact Hours: 35.2  
*(Total Contact Hours Formula: (lecture hours + lab hours) x 17.6*

**CATALOG DESCRIPTION:** The primary goal of this beginning self-defense class is to increase your mental and physical skills to reduce your potential for being a victim. Through mental preparation and simple defensive techniques you will learn how to defend yourself during any aggressive or life threatening attack. These simple proven skills will work for you on the street, at work or at home without losing your mental focus during an attack.

**PREREQUISITE(S): None**

**COREQUISITE(S):**

**GENERAL EDUCATION DISTRIBUTION AREA:**

<input type="checkbox"/> Communications, Writing	<input type="checkbox"/> Natural Science Group A
<input type="checkbox"/> Communications, Communications	<input type="checkbox"/> Natural Science Group B
<input type="checkbox"/> Humanities Group A	<input type="checkbox"/> Social Science Group A
<input type="checkbox"/> Humanities Group B	<input type="checkbox"/> Social Science Group B
<input type="checkbox"/> Mathematics	<input checked="" type="checkbox"/> Non Applicable

**GENERAL EDUCATION OUTCOMES:**

Write and Speak Effectively  
 Think Critically & Analytically  
 Write & Speak Effectively and Think Critically & Analytically  
 Non Applicable

**COURSE OBJECTIVES AND OUTCOMES:**

- Understand the importance and usefulness of intuition signals to avoid an aggressive situation.
- Recognize the key warning signals of a potential attacker.
- Demonstrate effective simple defensive techniques during attack.

**METHODS OF INSTRUCTION:** Discussion, demonstration, in-class exercise and activities

**METHODS OF EVALUATION:** Attendance, class participation, book report, demonstrative final

**REQUIRED TEXT AT TIME OF COURSE ADOPTION/REVISION:**

TEXTS: *The Gift of Fear*, by Gaven DeBecker

OPTIONAL SUPPLEMENTARY MATERIALS:

**Reasonable accommodations can be provided for students with documented disabilities. Please contact Learning Support Services for assistance: (231)348-6817.**

**SUGGESTED TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:**

*(List general content description of what is being covered each week)*

*(If you need more than one line for a week, hit enter at the end of row; second line will begin)*

WEEK 1	Short discussion: Trusting your Instincts review 1 <sup>st</sup> incident in book “The Gift Of Fear” All students; Basic stretches , Basic Defensive Stance;2 kicks –front kick, knee kick; 2 strikes –Palm heel, back fist; 3 –5 escape techniques.
WEEK 2	Short discussion on: Practicing Target Denial. Review chapter 1 & 2, group discussion: identify key elements found in Appendix One (that apply to chapters). Basic stretches; Basic Defensive Stance; Review kicks, strikes and escape techniques from previous class. 2 new kicks –forward angle kick, heel thrust kick;2 new strikes –straight punch, hammer strike;3 –5 techniques.
WEEK 3	Short discussion on: How to present yourself with confidence. Review chapter 3 & 4, group discussion: identify key elements found in Appendix One (that apply to chapters). Basic stretches; Basic Defensive Stance; Review kicks and strikes and escape techniques from previous classes. 2 new kicks – cross over kick, back kick;2 new strikes – front elbow strike, rear elbow strike;3 – 5 techniques.

WEEK 4	<p>Short discussion on: Setting Strong Verbal Boundaries.</p> <p>Review chapter 5 &amp; 6, group discussion: identify key elements found in Appendix One (that apply to chapters).</p> <p>Basic stretches; Basic Defensive Stance; Review kicks and strikes and escape techniques from previous classes.</p> <p>2 new kicks –Side kick blade, side kick ball; 2 new strikes –open hand strike, eye gouge strike.3 –5 techniques.</p>
WEEK 5	<p>Short discussion on: Practicing Target Denial.</p> <p>Review chapter 7 &amp; 8, group discussion: what tools can be used.</p> <p>Basic stretches; Basic Defensive Stance; Review kicks, strikes and escape techniques from previous class;</p> <p>3 – 5 techniques.</p>
WEEK 6	<p>Short discussion on: Maintain Non-Confrontational Stance.</p> <p>Review chapter 9 &amp; 10, group discussion: what tools can be used.</p> <p>Basic stretches; Basic Defensive Stance; Review kicks, strikes and escape techniques from previous class;</p> <p>3 – 5 techniques.</p>
WEEK 7	<p>Short discussion on: Element of Surprise.</p> <p>Review chapter 10 &amp; 11, group discussion: what tools can be used.</p> <p>Basic stretches; Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class;</p> <p>3 – 5 techniques</p>
WEEK 8	<p>Short discussion on: Keep It Simple ( KISS).</p> <p>Review chapter 12 &amp; 13, group discussion: what tools can be used.</p> <p>Basic stretches; Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class;</p> <p>3 – 5 techniques</p>
WEEK 9	<p>Short discussion on: Don't Panic When Knocked to the Ground.</p> <p>Review chapter 14 &amp; 15, group discussion: what tools can be used.</p> <p>All students: Basic stretches. We will work on ground fighting skills, adding it to what we have.</p> <p>Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.</p>
WEEK 10	<p>Short discussion on: Follow Through.</p> <p>All students: Basic stretches. We will work on ground fighting skills, adding it to what we have.</p> <p>Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.</p>
WEEK 11	<p>Short discussion on: Work Related.</p> <p>All students: Basic stretches. We will work on ground fighting skills, adding it to what we have.</p> <p>Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.</p>
WEEK 12	<p>Short discussion on: Home Invasion.</p> <p>All students: Basic stretches. We will work on ground fighting skills, adding it to what we have.</p> <p>Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.</p>
WEEK 13	<p>Short General discussion: Practice</p> <p>All students: Basic stretches. We will work on ground fighting skills, adding it to what we have.</p> <p>Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.</p>

WEEK 14	Short General discussion: Practice All students: Basic stretches. We will work on ground fighting skills, adding it to what we have. Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.
WEEK 15	Short General discussion: Practice All students: Basic stretches. We will work on ground fighting skills, adding it to what we have. Basic Defensive Stance; Review kicks and strikes and escape techniques from previous class; 3 – 5 techniques.
WEEK 16	Students will be accompanied by the class coach during the final Students will be presented with an aggressive situation, and must demonstrate tactics and techniques learned from class to thwart the attack and escape the situation. Students will be graded based on their use of techniques and their successful evasion of the aggressive situation.

APPROVED FOR ADOPTION/REVISION BY THE CRD/AP COMMITTEE ON \_\_11/16/10\_\_\_\_\_