

Common Course Outline

PEIA 120

Self Defense

1 Semester Credit

The Community College of Baltimore County

Description

Self Defense

Focuses on physical self-defense techniques including blocks, strikes, kicks, throws, as well as common sense safety precautions. Develops the awareness and self-confidence to diffuse potentially violent situations without resorting to physical techniques; however, should physical self-defense be required, students will be taught how, as well as the implications for both parties.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Discuss the principles of self-defense.
2. List bodily target areas..
3. Show pressure points.
4. Discuss self-defense.
5. Explain the use of natural weapons
6. Discuss automatic responses to stress.
7. Explain the concept of optimal arousal.
8. Discuss the biomechanics of self-defense.
9. List critical factors in balance.
10. Understand how to deliver power.
11. Explain common sense precautions.

Major Topics

1. Self Defense Techniques
2. Weapons
3. Safety Precautions

Course Requirements

Students will be required to complete the following minimums:

1. Attendance and Participation
2. A Written Examination
3. Skills Test