

# **Common Course Outline**

**PEIA 123**

**Self Defense for women**

**2 Credits**

## **The Community College of Baltimore County**

### **Description**

Self Defense for women

Offers a practical guide to personal defense, covering defense techniques, practical information and specific topics related to violence and women.

### **Overall Course Objectives**

Upon successful completion of the course, the student will be able to:

1. Recognize potentially dangerous situations and describe methods to avoid or reduce danger.
2. Perform the basic defensive stance, ground defense, strikes, kicks, blocks and parries.
3. Demonstrate the ability to release from front and rear holds including chokeholds, wrist grabs, hugs, hairpulls, and hammerlocks.
4. Demonstrate knowledge of domestic violence including Maryland law, ex parte orders, and statistics for the state and nation.
5. Define sexual harassment, stalking, and sexual assault.
6. Analyze personal habits and behaviors to determine vulnerability to assault.
7. Analyze the home and neighborhood, identifying weaknesses, strengths, and develop a plan for improvement.
8. Demonstrate the ability to combine distractions, releases, and retaliations accurately and effectively.

### **Major Topics**

1. Safety at home and work.
2. Transportation safety
3. Domestic violence
4. Sexual assault, harassment, and stalking.
5. Violence against women (state, nation, other countries)
6. Defenses, releases, strikes, kicks.
7. Battered Spouse Syndrome
8. Red flags for spousal abusers and date rapist.

## **Course Requirements**

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written exams
2. Practical exams on releases, strikes & kicks
3. Fitness testing, pre and post
4. Project relating to home and community

## **Other Course Information:**

1. PEIA is an elective course.
2. Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.