

Common Course Outline

PEIA 124

Self Defense I

2 Semester Hours

The Community College of Baltimore County

Description:

Self Defense I

Focuses on principles and practical aspects of personal safety; covers methods and tactics of practical self defense including alternatives for situational defense strategies; provides rigorous conditioning exercises; develops skills in perception, analysis, escape, compromise, avoidance, blocking, throwing, and striking. A college level course.

Overall Course Objectives:

Upon successful completion of this course the students will be able to:

1. recognize the language of defense training as it pertains to the history, skills, and strategies taught;
2. evaluate and analyze concepts and methods of defense training;
3. differentiate between the different styles and tactics of self defense;
4. establish realistic goals based on personal levels of fitness, and individual abilities;
5. communicate effectively in writing, speaking, or signing related defense training information;
6. understand the relationship of personal physical and mental health in applying defensive options or responses;
7. create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
8. understand the relationship between the philosophical principles and the physical or combative strategies of the Martial Arts.

Major Topics:

1. History of Major Self-Defense Systems and Styles
2. Analysis of Self-Defense Tactics/Methods
3. Examination of Individual Abilities and Preferences for Self-Defense
4. Development of Skills Pertaining to Personal Self-Defense
5. Evaluation of Personal Self-Defense Skills and Preferences
6. Conditioning Exercises to Compliment Self Defense Training
7. Examination of the Combative, Sport, and Artistic Systems of Various Martial Styles
8. Study of the Philosophical Origins and Principles of the Asian Martial Arts

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. All students will be required to participate regularly in classroom activities.
2. Every student will write at least one paper (a minimum of 1,000 words).
3. Students will be required to take a minimum of two written tests on the major topics for the course.
4. All students of PEIA 124 must take pre and post profile assessments.
5. Students will have both in-class and out-of-class reading and writing assignments.

Other Course Requirements:

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.