

Common Course Outline

PEIA 125

Self Defense II

2 Semester Hours

The Community College of Baltimore County

Description:

Self Defense II

Focuses on principles and practical aspects of personal safety. Covers methods and tactics of practical self defense, including alternatives for situational defense strategies; gives 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 complex relationship between the philosophical and social principles or issues, and the physical or combative strategies of the Martial Arts.

Major Topics:

1. Advanced In-Depth History of Major Self-Defense Systems and Styles
2. Examination of Prominent People/Personalities in the Martial Arts
3. Analysis of Advanced Self Defense Tactics and Methods
4. Examination of Individual Abilities and Preferences for Advanced Self Defense
5. Development of the Advanced Skills and Tactics for Personal Self Defense
6. Evaluation of Personal Advanced Self Defense Skills and Preferences
7. Conditioning Exercises to Compliment Advanced Self Defense Training
8. Examination of the Advanced Combative, Sport, and Artistic Systems of the Various Martial Arts

9. In-Depth Study of the Philosophical Origins and Principles of the Advanced Asian Martial Arts
10. Relevance of Martial Arts Training and Protocol to Today's Society

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 125 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.