

Health Enhancement, Exercise Science and Physical Education
MONTGOMERY COLLEGE
Rockville Campus

PHED156: Self-Defense for Women

"Woman must not depend upon the protection of man, but must be taught to protect herself."

Susan B. Anthony

"The abuse of women and girls is the most pervasive and unaddressed human rights violation on earth." Jimmy Carter

I. Instructor Information

I. Contact Information

Office:

Class Time:

Office Hours:

Email:

PHED156: Self-Defense for Women: An introduction to basic self-defense skills, escape and avoidance strategies, offensive and defensive postures, defensive techniques and simulated attacks. The course includes an exploration of violence prevention and victim abuse community services. The course will address basic fitness principles, including strength, flexibility and cardiovascular fitness. Fitness principles will be addressed specifically in terms of the student's ability to practice and perform self-defense skills. *Assessment level:* EL 104/EN 002, RD 120. Two hours each week.

III. Specific Outcomes

- Students will recognize the widespread occurrence of violence against women, and how race, age or socioeconomic status does not limit such violence.
- Students will identify local organizations that deal in violence prevention and crisis management.
- Students will recognize common myths and misconceptions regarding rape and violence against women, and explain how such myths may interfere with violence prevention.
- Students will differentiate between self-confidence, assertiveness and aggressiveness.
- Students will examine their own habits and how such habits interact with safety issues.
- Students will identify their personal strengths and physical limitations regarding safety and self-defense.
- Students will identify methods to increase their personal safety by reducing risks at home and away from home.
- Students will describe each of the phases in self-defense, including awareness, avoidance, resistance, and compliance.
- Students will identify and describe the ten basic principles of defense.
- Students will practice and demonstrate the defensive stance.

- Students will identify their personal weapons, and demonstrate defensive skills using these weapons.
- Students will identify vulnerable locations on an assailant, and suggest defensive skills to attack these locations.
- Students will demonstrate and perform the following defensive skills: block, parry, strike, hammer fist strike, knee strike, straight kick, sweep kick, snap kick, hammer fist (to forearm), finger rolls, heel stomp, breaking wrist grabs, escaping bear hugs, high elbow strikes, escaping choke holds (front and back), and ground defenses.
- Students will utilize all of their skills to fight off and escape from an attacker in a simulated situation.

IV. Text and Supplies

DeBecker, G. (1998). The Gift of Fear. Bantam Doubleday Dell.

RAD Systems Manual: This manual is intended only for students registered in a RAD approved course. As such, access to the manual is limited. Students must request their copy of the manual at MC Copies (located across from the bookstore and the Cafeteria). Students must provide their course schedule, listing PHED156, and their student ID.

V. Grading

A. Requirements

B. Course Grade

● 3 Reaction Papers: 3@15 points each	45 points
● Academic Integrity & Avoiding Plagiarism	5 points
● Poster presentation project	30 points
● Skills Practice participation	30 points
● In-class activity participation	20 points
● Skills Testing	15 points
● Final Exam:	40 points
● <u>Replicating Adverse Dynamics :</u>	<u>15 points</u>
Total:	200 points

Reaction Papers (15 points each): Each paper should be 2 pages in length. This does not include title page. Papers should be typed in 12-pitch, and be double spaced with 1-inch margins. Papers will be graded on quality of content as well as grammar and spelling.

- **Reaction Paper #1**: Please respond/react to what you are learning in PHED156. You may write about any issues that have come up for you, how confident you feel, thoughts that have surfaced, how you are looking at your surroundings differently, any problems you are having, techniques that you do not like or cannot master, questions you have about the class, etc.

- **Reaction Paper #2:** Reflect upon the Bring in the Bystander training. Discuss techniques or strategies that you have learned. What challenges do you see in the implementation of these techniques? How can you plan to implement these strategies in the future? What group(s) of people do you believe should be targeted for this training?
- **Reaction Paper #3:** Complete a critique of The Gift of Fear. Include your reaction to the book, important points made by the author, opinions or ideas with which you do or do not agree, things you may have changed in your life after reading the book, who you might recommend this book to and why, etc. You must include THREE questions at the bottom of this reaction paper which might spark a discussion about the book in a college classroom.

Poster Presentation Project Students will develop a poster based upon research they have completed on a current event topic relevant to global women's issues. Students will be assigned a continent to narrow their research focus. The topic can address issues such as human rights, violence, social inequity or health disparities. Other possible women's issues may be explored with instructor approval. Students may earn up to 24 points for the poster and an additional six points for a reflection they complete on what they learned from other presenters.

Skills Practice Participation (30 points): The participation grade is based upon effort/intensity, the students' willingness to diligently practice skills and concepts discussed in class, and oral contribution. The maximum score a student can earn for the participation grade is also directly influenced by attendance in class. The following table lists the **maximum** number of participation points one may earn when factoring in missed classes:

0 absences: 30 points
 1 absence: 15 points
 2 absences: 0 points No participation points may be earned.

- Two late arrivals (between 5 to 25 minutes after the scheduled start of class) are equivalent to one absence. Any student arriving more than 40 minutes after the scheduled start of class will be considered absent for that class.

Skills Testing (15 points) Students will be graded on their ability to correctly identify and perform skills. Students missing these classes will not be allowed to make-up the skills test.

Plagiarism Tutorial (5 points total): You will complete the plagiarism tutorial from the library's website. Each question answered correctly is worth 1/2 point. You may complete the tutorial as many times as necessary to score a 10/10. To complete the tutorial:

1. Go to the Montgomery College Website home Page
2. Click on Libraries
3. Click on Tutorials and Quizzes (under For Students)
4. Click on the **Academic Integrity & Avoiding Plagiarism**
5. Watch the entire tutorial before you complete the Academic Integrity quiz. Wait until the video pauses, then click on the Continue or **Back** arrows to navigate through the tutorial.
5. Complete tutorial, and print off the results with you score.
6. If you have previously completed the tutorial for another class, you may print out those results and submit them.
7. Submit the paper with score before or on the due date.

Final Exam (40 points): The final exam will test material covered in class, during discussions, from the Gift of Fear, and from the RAD manual. The exam will be a combination of multiple choice, true/false, short answer, and essay questions.

Attack Replicating Adverse Dynamics Participation (20 points): Students will receive 20 points for participating in the Replicating Adverse Dynamics. This participation may be in the form of participating in each scenario, assisting classmates/aggressors with equipment or videoing the simulation event. The Replicating Adverse Dynamics is an excellent way to practice your skills and strengthen your readiness to face psychological and physical challenges. Students must stay for the entire Replicating Adverse Dynamics to receive points for this assignment.

C. Standards

All submitted outside assignments must be typed. All work will be graded based on content, as well as grammar. All assignments must be turned in at the beginning of the class in which they are due. NO excuses or exceptions. If a student forgets an assignment at home, or shows up more than 15 minutes late to class, the assignment will be accepted up until midnight on the day it is due WITH 50% of the points automatically deducted. Late assignments (after the day they are due) will not be accepted.

Grading Scale:		
180 - 200 points	=	A
160 - 179 points	=	B
140 - 159 points	=	C
120 - 139 points	=	D
Less than 120 points	=	F

D. Make-up Policy

Students are responsible for obtaining the information they may miss due to absences from a classmate. If you know that you will be missing the exam ahead of time, you must speak with me at least two weeks before the exam. If you do not speak with me, no

make-up will be given. If an emergency occurs, you **must** contact me within 24 hours of the exam. You must have documentation for your absence (car repair bill, traffic ticket, emergency room visit). No make-up will be given without the proper documentation.

E. Late Policy

All assignments are due at the beginning of class on the due date indicated. Assignments submitted after the beginning of class but before 11:59 pm of the due date may receive up to half credit.

F. Audit Policy/ LLI Policy

Students auditing the course will be held to the same attendance, skills analysis, class work/homework and Replicating Adverse Dynamics standards as credit students. Auditing students will NOT be required to take the final exam. Auditing students who do not complete required items in the class will be dropped. If an audit student misses more than 1 class, she will be dropped. LLI students will be treated as auditing students in this regard.

VI. Classroom Policies

A. Attendance

Attendance and participation in an activity class count toward your final grade. See section V. for an outline of the attendance requirements. As our class progresses each week with new skills and information, attendance is very important.

B. Academic Honesty

All students are expected to achieve their goals with academic honesty. Cheating, plagiarism, and/or others forms of academic dishonesty, examples of which are found in the Student Code of Conduct, will not be tolerated. Academic dishonesty will be prosecuted to the highest extent allowed under college policy.

C. Classroom Conduct

In addition to the requirements listed in the Student Code of Conduct found in the student handbook, the following behaviors *will not be tolerated in class*:

- Eating or drinking in class (other than water)
- Threatening speech behavior or tone directed at professor or fellow students
- Profanity or name calling directed at professor or fellow students
- Getting out of your seat during class discussion unless otherwise directed
- Interrupting professor or fellow students during lecture or class discussion
- Refusal to relinquish the floor when directed by professor
- Leaving and re-entering the room while class is in session

- Extraneous conversation during lecture or other class activities
- Use of cell phones, pagers, or other electronic devices during class. Please turn off your cell phone before entering class.
- Refusal to leave class if directed by the professor

All inappropriate behaviors will be reported to the department chair and the dean of students so that an appropriate response can be made. It is each student's responsibility to express opinions and act respectfully without infringing on the safety or rights of others.

D. Support Services

Any student who may need an accommodation due to a disability, please make an appointment to see me during my office hour. In order to receive accommodations, a letter from Disability Support Services(R-CB122; G-SA175; or TP-ST120) will be needed. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at: www.montgomerycollege.edu/dss/evacprocedures.htm.

E. Cancellation of Classes

On occasion, Montgomery College will announce a late opening or early closing of a specific campus or the entire college because of weather conditions or other emergencies. Since classes begin at various times throughout the day, a late opening or early closing will occur during a scheduled class period.

- If the College opens or closes at a time when more than 50% of a class period will be missed, that class will be cancelled for the day. For example, if the College is closing at 5:00 p.m., a class that begins at 4:45 p.m. would not meet.
- If less than 50% of a class will be missed, that class will meet for the remaining portion of its regularly scheduled time. For example, if the College opens at 11:00 a.m., a class that begins at 10:55 a.m. will meet, starting at 11:00 a.m.

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via the Montgomery County MC ALERT at <https://alert.montgomerycountymd.gov/index.php?CCheck=1>

In this event, any assignment or exam scheduled for that class would be postponed to the next class meeting. Check the announcements on MY MC to determine if there are any other additional changes you need to be aware of.

VII. Additional Information

1. There are no excused vs. unexcused absences; missing a class for ANY reason is an absence. This is the College policy. For the College policy regarding attendance, please go to:
<http://cms.montgomerycollege.edu/EDU/Plain.aspx?id=2074#student code of conduct> and click on “Academic Regulations.”
2. Students are required to change into physical activity clothing for this class. Shorts and t-shirts or sweat pants/sweat shirts are acceptable. Athletic footwear must be worn at all times. Sneakers must have closed toes, backs and laces.
3. Jewelry (including piercing of any kind) and watches are not acceptable.
4. Hats or head coverings (accept for religious purposes) are not acceptable.
5. Students are to keep their fingernails trimmed short for this course. If, in the opinion of the instructor, a student’s fingernails pose a danger to others, the student will not be allowed to participate.

There are locker rooms available for students to change from their street clothing to workout attire. Students should change in the locker room, and not in the classroom. Students may not leave any personal items in the lockers overnight. Students may bring a lock for use during class. However, students are encouraged to bring all valuables with them to class rather than leave them in the locker rooms. Thefts occur each semester from the locker room lockers

Assignments must be either submitted in person the day they are due, or through Blackboard. Assignments MAY NOT be faxed or emailed to the professor. Assignments that are submitted via Blackboard will be graded on-line and students will not receive back a graded hard copy.

Student Email

Your email account will be an official means of communication between you and Montgomery College. It is recommended that you check this account weekly for official communication from the course. In addition, if you need to send an email to the professor, you must send it through this email address. Any communication sent from a personal email (i.e. yahoo, hotmail or Cox account) will be automatically deleted from the instructor’s inbox.

For more information or questions regarding the Montgomery College email system, call the Student Response Center at 240-567-5000 and choose option #2. Or follow the “help” links in My MC for more detailed instructions on using email.

You can auto forward e-mail to an external account. Click on the “help” link in your email window for more information on account forwarding. Just make sure that you log back into the MC email system when replying to any emails.

For school–related correspondence, all e-mails should be written with proper grammar,

spelling and punctuation.

The Remind App will be used to communicate emergency information to students and/or to remind students of upcoming exams or assignments. This is a one-way communication from the professor to the students. I will not be given your cell phone number. Registration is optional, but encouraged. **To register for this app: Text @lwasilk to 81010**

VIII. Course Schedule

The below schedule is a tentative schedule. Outdoor activities, like the fitness assessment and the scavenger hunt, may be moved to due to weather conditions. Simulation and Final Exam days may change pending scheduling. Techniques will be taught as close to the above dates as skill progression allows. Items in the “Work Due” column will remain the same unless otherwise announced. If the basic skills are covered, and time remains, some advanced self-defense techniques may be introduced.

Topic	Work Due
Discuss syllabus, course objectives, survival continuum, terms/definitions, self-confidence worksheet, awareness worksheet, campus safety strategies	
Risk reduction strategies, personal weapons, 3 stances, vulnerable locations, basic strikes	Read: Important Topics of Discussion, Abduction, Risk Reduction/Strategies, Victimization Triangle, Date Rape Mentality, , RAD Continuum of Survival, Decision to Resist, Basic Principles of Defense
Review 3 types of stances and basic Strikes (Block, Parry, Strike), Hammer fist Knee strike, straight, sweep and snap kicks	Academic Integrity & Avoiding Plagiarism due
Kicks, finger rolls, heel stomp, wrist grabs Walkport- outside for walking (weather permitting)	Reaction Paper #1 Due, RAD Continuum of Survival, Decision to Resist, Basic Principles of Defense
Bring in the Bystander	
Bear hug escape (front & back), high elbow strike, choking escapes	Reaction Paper #2:BITB
Ground Defense	
Skills practice and fitness assessment	
Gift of Fear discussion and skills	Reaction Paper #32 Due: <u>The</u>

	<u>Gift of Fear</u>
Skills practice and exam review	
Skills testing and/or practice	
Skills testing and/or practice	
final exam	
Poster Session Presentations	
Simulation	