

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Self-Defense: Coed

Course Abbreviation and Number: PHE 1770

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: Students will demonstrate the use of effective physical actions when no other alternative is available. Students will also demonstrate the ability to minimize the possibilities of assault and physical confrontation. The elements of karate, aikido, judo, and other fighting martial arts will be introduced. Learning how not to be a victim is the main course objective.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Recognize the basic components of preventative tactics and techniques.
2. Demonstrate the basic skills of Karate, Judo, Jujutsu, and Aikido Arts to repel an attacker.
3. Explain common law as it relates to defensive techniques.

Topics Covered:

Hands-on Tactics

- Escaping holds
- Escaping chokes
- Ground defenses
- Striking options
- Reacting to weapons
- Non-conventional weapons
- Reacting to multiple assailants
- Your body, your weapon

Thought Processes

- Predator thinking
- Victim thinking
- Victim selection
- Date rape
- Acquaintance rape
- Body language
- Safety thinking
- Safety tips
- Verbal strategies
- Controlling fear

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.

- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021