Bemidji State University

PHED 1380: Skills for Life: Self Defense

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: *.*
   Lab Hours/Week: *.*
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   An activity course that examines and applies preventative and precautionary measures, assault awareness
   information, and most commonly needed personal self-defense skills and techniques. Liberal Education
   Goal Area 11.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Assault awareness
   2. Most common self-defense skills and techniques
   3. Preventative and precautionary measures
   4. Sweeps, arm locks, kicks and strikes

D. LEARNING OUTCOMES (General)
   1. understand common sense measures and simple safeguards, which could be employed to avoid
      dangerous situations at home, in the car, on the street, or in public places.
   2. demonstrate an ability to assess risk and vulnerability and respond rapidly and realistically in
      different circumstances.
   3. develop self-confidence through competency in skill development which leads to improved self-
      esteem.
   4. Execute evasive tactics and basic defense skills.
   5. demonstrate oral and written communication
   6. identify ¿striking points¿ (vulnerable areas) and the many body parts as striking implements.
   7. respond properly to a variety of frontal and rear attacks

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted