

Minnesota State University Moorhead

PE 107: Personal Defense

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in recognizing, avoiding, and responding to threats to personal safety. Personal defense terminology and multiple personal defense techniques involving physical contact and falling are emphasized.

B. COURSE EFFECTIVE DATES: 03/13/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Recognize threats to personal safety.
2. Techniques to defend self.

D. LEARNING OUTCOMES (General)

1. Learn defense terminology.
2. Learn appropriate defense techniques.
3. Learn how to fall safely.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted