

North Hennepin Community College

EXSC 1400: Women's Self Defense

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course consists of the introduction of basic physical and psychological skills to help the student act in crisis and pre-crisis situations to avoid or stop physical assault, harassment, dangerous situations, and encounters. Physical skills, basic recognition skills, avoidance skills, and basic personal safety are covered in this course. Classroom sessions provide information on personal safety, child safety, sexual harassment, domestic abuse, sexual violence, and violence against women.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content may include, but is not limited to, an introduction of basic physical and psychological skills to help the student act in crisis and pre-crisis situations to avoid or stop physical assault, harassment, dangerous situations, and encounters.

D. LEARNING OUTCOMES (General)

1. Demonstrate basic physical and verbal skills through simulations. (NHCC ELO 2; PE Dept Goal Area 2a) (Psychomotor Domain)
2. Learn to analyze situations and apply physical and psychological skills to a variety of assault situations through participation in classroom activities and gym sessions. (NHCC ELO 3; PE Dept Goal Area 3 b,d) (Cognitive, Affective, and Psychomotor Domain)
3. Develop skills in recognition, resistance, and avoidance of situations which would subject one to physical or psychological danger through participation in classroom and gym sessions. (NHCC ELO 3; PE Dept Goal Area 3 b,d) (Cognitive and Affective Domain)
4. Be able to critique current information available on the WEB in the areas of sexual violence, domestic violence, workplace violence, and violence against women on a global scale. (NHCC ELO 1; PE Dept goal 1) (Cognitive and Affective Domain)
5. Develop an understanding of de-escalation, womens safety issues, and the dangers facing the female gender, and its impact on society. (NHCC ELO 3; PE Dept Goal 3b, d) (Cognitive and Affective Domain)

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.