

Inver Hills Community College

PHED 1150: Self Defense

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 1

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Presents conditioning and fundamentals of self-defense for home or street situations and instruction in self-control in some self-defense situations.

B. COURSE EFFECTIVE DATES: 01/01/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Moves and techniques: 25%
2. Precautions and Safety Concerns: 20%
3. Scenarios and self defense responses: 50%
4. Warm-up drills: 5%

D. LEARNING OUTCOMES (General)

1. Articulate confidence in self safety
2. Demonstrate self defense techniques
3. Discuss safety strategies for home and street situations
4. Improve fitness necessary for self defense

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted