

# 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