

Syllabus for: Empowerment Self Defense (PE 15)	
Semester & Year:	Spring 2022
Course ID and Section Number:	PE 15
Number of Credits/Units:	1
Day/Time:	Friday, February 11 th 9:00 a.m.–5:00 p.m., and Saturday, February 12 th , 9:00 a.m.–5:00 p.m. and Sunday, February 13 th 9:00-4:00
Location:	Ask at front desk
Instructor's Name:	Carrie Slack
Contact Information:	Email: carrie-slack@redwoods.edu
<p>Course Description (catalog description as described in course outline): Introduction to self defense course in which violence prevention education, assertiveness skills, and physical self defense techniques are taught and practiced.</p> <p>Self-defense is anything that a person does to survive an abusive or dangerous situation. It is choosing for oneself, according to one's values and abilities how one will react. Through the textbook, and class discussion/lecture, awareness and prevention ideas will be explored. Through physical demonstration, practice and instructor feedback, physical self-defense techniques will be taught.</p>	
<p>Student Learning Outcomes (as described in course outline):</p> <ol style="list-style-type: none"> 1. Prove in chapter summaries sufficient understanding of the societal problem of interpersonal violence and sexual assault. Show in chapter summaries ability to identify common misconceptions related to violence. 2. Show in chapter summaries the ability to differentiate between aggressive, passive and assertive communication. 3. Demonstrate effective avoidance, deterrence and escape maneuvers in final assessment segment of class. 4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques in final assessment segment of class. 	

Required Textbook:

The Womanly Art of Self-Care, Intuition and Choice by Debbie Leung

It is for sale via the CR Bookstore. It is usually easy to find on-line.

Assessment tools:**1. Chapter summaries****2. Avoidance, deterrence and escape maneuvers demonstration lab.****3. Verbal, psychological, and physical self-defense techniques demonstration lab.****Grading:**

Attendance/Participation/Skill demonstration	60 points
<u>Chapter summary/reflection</u>	<u>40 points</u>
Total points possible	100

EXPECTATIONS/REQUIREMENTS:

Attendance and respectful participation are a part of your learning experience and your ultimate grade. Students who miss more than two hours will not receive credit.

Students will choose four of the seven chapters in the text in which to focus. For each of the four chosen chapters, the student will provide a written content summary and personal reflection. A minimum of one type written page per chapter is required. **The Chapter Summaries are due Sunday, February 27th at 11 pm.** Submit your Chapter Summaries on Canvas. I cannot accept late work.

Special accommodations: College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services. Students may make requests for alternative media by contacting DSPS.

Academic Misconduct: Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an "F" in the course.

The student code of conduct is available on the College of the Redwoods website at:
<http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf>

College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.

