



Syllabus for Empowerment Self Defense

Course Information

Semester & Year: Fall 2026

Course ID & Section #: PE 15-E1429, CRN 061429

Instructor's name: Carrie Slack

Location: PE 100K

Course units: 1

Instructor Contact Information

Office hours: by appointment

Phone number: 707-296-0111

Email address: carrie-slack@redwoods.edu

Required Text: Get Empowered: A Practical Guide to Thrive, Heal, and Embrace Your Confidence in a Sexist World by Nadia Telsey & Lauren R. Taylor

This book is for sale through the CR Bookstore/Marketplace, through local bookstores and online.

Catalog Description

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.

Course Student Learning Outcomes

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.
4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques.

Evaluation & Grading Policy

1. Chapter Summary & Reflection

2. Avoidance, deterrence and escape maneuvers demonstration in class

3. Verbal, psychological, and physical self-defense techniques demonstration in class

Grading:

Attendance/Participation/Skill demonstration	60 points
Chapter summary/reflections	40 points
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.**

To earn full credit, students will write about **4 chapters** from the book. Everyone is required to write about the

“Welcome” and chapter 1 (counts as 1 chapter). Students choose the remaining 3 chapters on which to focus. For each of the chapters, the student will provide a written content summary and personal reflection. A minimum of one typewritten double-spaced page/approximately 250 words per chapter is required. **The first 2 Chapter Summaries are due Friday, October 23rd, at 11 pm on Canvas. The last 2 Chapter Summaries are due Friday, October 30th, at 11 pm on Canvas.**

AI POLICY: Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, overuse of these tools in this class can undermine your learning and curtail the development of your critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, the policy of this class is that AI cannot be used at any point in the completion of class assignments. Any or all of your assignment submissions and discussion posts may be screened by AI detection software, but the real penalty for AI misuse is that you will miss out on an opportunity to learn.

Fall Semester 2026

Convocation/Flex	Aug 20 & 21
Classes Begin.....	Aug 22
All-college Holiday (Labor Day)	Sept 7
Census Day	Sep 8
Census Roster Due Date.....	Sep 15
Flex forms for FT & Associate Faculty Due	Sep 25
All-College Holiday (Veteran's Day)	Nov 11
No classes (Fall Break)	Nov 23 & 24
All-College Holidays (Thanksgiving)	Nov 25-27
Flex activities for Associate Faculty Due	Dec 9
Final Exams	Dec 12 -18
Classes End	Dec 18
Grades Due	Dec 25
All-college Holidays	Dec 21 - 25

Prerequisites/corequisites/ recommended preparation: None

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions
- Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

Eureka campus

- Phone: 707-476-4280

SASS office locations and phone numbers

- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280