



Syllabus for Empowerment Self Defense

Course Information

Semester & Year: Summer 2026
Course ID & Section #: PE 15-E2966, CRN 062966
Instructor's name: Carrie Slack
Location: PE 100K & PE 116D
Course units: 1

Instructor Contact Information

Office hours: by appointment
Phone number: 707-296-0111
Email address: carrie-slack@redwoods.edu

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 in final assessment segment of class.
4. Demonstrate proficiency in verbal, psychological, and physical self-defense techniques in final assessment segment of class.

Evaluation & Grading Policy

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

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

Assessment tool/Assignments:

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
<u>Chapter summary/reflections</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.***

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. **All Chapter Summaries are due Sunday, June 21st, at 11 pm on Canvas.**

Prerequisites/corequisites/ recommended preparation: None

SUMMER SEMESTER 2026

Summer Session Begins TBD
All-College Holiday (Juneteenth) June 18
All-College Holiday (Independence Day Observed) July 2
Summer Session Ends (Final Exams) TBD

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students \(DSPS\)](#). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.