

**SOUTHEAST MISSOURI STATE UNIVERSITY
COURSE SYLLABUS**

Department of: Health, Human Performance and Recreation
Title of Course: Self Defense

Course No: AT 196
Revised: Spring 2005

Department Approved: September 13, 2004
College Council Approved: October 6, 2004

- I. Catalog Description and Credit Hours:** Basic and advanced self defense movements and techniques. (1)
- II. Prerequisites:** None
- III. Course Objectives:** Upon completion of the course the student will:
- A. Develop proficiency in psychomotor domain through arts of self-defense training
 - B. Demonstrate skill in basic and/or advanced self-defense techniques
 - C. Develop an attitude of proper respect toward arts of self-defense
 - D. Practice professional ethics in dealing with other people
 - D. Understand and appreciate the importance of participation in physical activity
 - E. Create an atmosphere of respect, collaboration, obedience of rules, and a sense of fair play.
- IV. Expectations of Students:** Students will:
- A. actively participate during each class period
 - B. perform the self-defense skills correctly
 - C. complete all assignments and examinations
 - D. demonstrate good sportsmanship
- V. Course Content:**
- | | <u>Hours</u> |
|--|--------------|
| A. Basic movement | 3 |
| 1. warm-up and conditioning exercises | |
| 2. purpose and methods of breakfalls | |
| 3. basic posture | |
| 4. balance | |
| 5. form exercises | |
| B. Fundamental blocks, punches, and kicks | 4 |
| C. Application of fundamental blocks, punches, and kicks | 4 |
| D. Basic self-defense techniques | 3 |
| E. Counter attack and combination of attack | 12 |
| 1. against punches | |
| 2. against kicks | |
| 3. against holdings | |
| 4. against knife | |
| F. Throwing techniques | 4 |
| Total | <u>30</u> |
- VI. Textbook:** None
- VII. Basis for Student Evaluation:**
- | | |
|--------------------------------------|------------|
| A. Skill tests | 70% |
| B. Written tests | 20% |
| C. Participation in class activities | <u>10%</u> |
| | 100% |