BERGEN COMMUNITY COLLEGE
Division of Arts Humanities & Wellness
Wellness Exercise Science Department
Departmental Policy Syllabus

COURSE TITLE: Self-Defense (WEX-167)

COURSE CREDITS/HOURS   2 labs; 1 credit

PREREQUISITE: None

SEMESTER & YEAR: Fall / Spring

COURSE NUMBER: WEX-167

MEETING TIMES & LOCATIONS: To be announced

COURSE DESCRIPTION
Self Defense is a course that provides the opportunity to learn basic techniques in judo, karate, and jujitsu. (Yellow belt promotion is optional).

STUDENT LEARNING OBJECTIVES
As a result of meeting the requirements in this course, the students will be able to:
1. Explore and experience various forms of martial arts and their history.
2. Practice physical skills basic to personal self-defense.
3. Create necessary fitness levels which support self-defense techniques.
4. Investigate ways in which self-defense affects all aspects of living.

ASSESSMENT CRITERIA
1. To successfully complete a written martial arts examination at the conclusion of the course.
2. To demonstrate correct form and skill in strikes, blocks, throws and kata as prescribed by Jujitsu.
3. To demonstrate adequate levels of flexibility and strength that support participation in self-defense.
4. To have students demonstrate orally, the ability to correctly analyze self-defense situations.

COURSE OUTLINE:
A. Orientation and class procedure.
B. Non-combative personal safety situations.
C. Vulnerable body areas and use of weapons.
D. Karate skills:
    1. Stances
    2. Blocks
    3. Kicks
    4. Punches – form, getting of line, fading, stiffling
    5.
    8. The importance of moving your core – body, muscles
E. Judo skills:
    1. Breakfalls

2. Leg trip
3. O soto gari (major outer leaping throw)
4. O goshi (major hip throw)
5. Choking techniques
F. Wrist techniques and joint locks (wrist releases)
G. Use of self defense techniques in specific personal safety situations:
1. Attack from front
2. Attack from rear
3. Two or more attackers
4. Grabbing, pulling from side position
5. Defense against weapons
6. Ground defense
7. Finger locks
8. Knee strikes
9. Elbow strikes
10. Different hand strikes

WRITING REQUIREMENTS
Students will be assigned out-of-class writing projects during the course of the semester (journals, self-assessments, research papers, book reviews, etc.). The number of assignments and their content will be exclusive of writing essay (required on examinations).

GRADING POLICY
A final grade for the course is based on the student's performance on the required work for the course (writing assignments, examinations, quizzes, class presentations, attendance, computer projects, etc.) and on his mastery of the material covered in the course. A student's participation may also be evaluated and used in the determination of a final grade.

ATTENDANCE POLICY
Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS
At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

ACADEMIC & STUDENT FACILITIES
Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

<u>TEXTBOOK</u>: <u>Self Defense for the 21st Century</u>, B. Fuersich, K. Flynn.

Course sequence and content are subject to change without notice as emphasis on course content may vary.