COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1143: Self Defense

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 2
   3. Prerequisites (Course discipline/number): ENGL 0840
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course is designed to provide the student with a variety of practical skills necessary to escape a physical attack. Special tactics such as throws, kicks, falls, submission holds and counter moves are taught. Students are taught how to get away from potentially dangerous situations safely.

B. DATE LAST REVISED (Month, year): April, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Psychology of Attacks
   2. Prevention and Its Limitations
   3. Middle Ground Self Defense
   4. Physical Resistance
   5. Use of Weapons and Self-Defense Devices
   6. Everyday Awareness

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Identify potentially dangerous situations.
   2. Explain psychology of attacks.
   3. Demonstrate effective self-defense maneuvers.
   4. Understand the limitations of acquired skills.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Participation
   2. Written test
   3. Skills test

G. SPECIAL INFORMATION (if any):
   Student should be able to tolerate physical contact.