

Course discipline/number/title: PHED 1143: Self Defense

- A. CATALOG DESCRIPTION
1. Credits: 1
 2. Hours/Week: 2
 3. Prerequisites (Course discipline/number): None
 4. Other requirements: None
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: 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 avoid potentially threatening situations, evaluate surroundings and develop preventative routines for personal safety, while acquiring skills to extricate themselves from dangerous physical altercations.
- C. DATE LAST REVISED (Month, year): February, 2022
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Psychology of Attacks
 2. Prevention and Personal Safety Awareness
 3. De-escalation Skills
 4. Self Defense Skills
 5. Physical Resistance Practice
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Identify potentially dangerous situations.
 2. Explain the psychology of attacks.
 3. Apply de-escalation skills for personal safety.
 4. Demonstrate effective self-defense maneuvers.
 5. Understand the limitations of acquired skills.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Daily Assignments
 2. Participation
 3. Written test
 4. Skills test
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None