

KIN 104: SELF-DEFENSE AND PERSONAL SAFETY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

The theory and techniques of self-defense and personal safety. Content focuses on methods of recognizing and avoiding dangers plus skills and strategies of employing physical defense when necessary. 18 lecture hours, 18 lab hours.

Course Objectives

- Identify and describe strategies for elimination, recognition and avoidance of dangerous situations
- demonstrate the skills and techniques for defending themselves when dangerous situations cannot be avoided
- identify five parts of a person's body that could be used as a weapon
- identify five parts of a person's body that are vulnerable to attack

Major Course Content

1. Mental Preparation
 - a. Attitude and awareness
2. Identify dangerous situations.
3. Describe strategies for elimination, recognition and avoidance of dangerous situations.
4. Demonstrate skills and techniques for :
 - a. Preventing sexual assault/ stalking
 - b. Preventing domestic violence
5. Preventing child and elder abuse
6. Personal Safety in travel
7. Preventing Identity theft
8. Self defense

Lab Content

1. Defenses in Dangerous Situations
 - a. Over-zealous date
 - b. Vicious dog
 - c. Violent individuals
 - d. Forceful intruder

- e. Robber
 - f. Two or more assailants
 - g. Murderer
 - h. Rapist
2. Non-Physical Strategies
 - a. Running
 - b. Screaming
 - c. Talking
 - d. Reporting confrontations to authorities
 3. Rules for Personal Safety
 - a. Home Safety
 - b. Phone Precautions
 - c. Elevator Safety
 - d. Car Cautions
 - e. Public Transportation Cautions
 - f. Public area precautions to take against muggers, purse snatchers, exhibitionists, etc.
 - g. Bank and ATM
 - h. Business/Office
 - i. Relationships
 4. Tactics for Defense
 - a. Mental Preparedness
 - b. Defensive Stance
 - c. Screams
 - d. Kicks
 - e. Knee Lift, Break, Drop
 - f. Blows, Jabs, Pulls
 - g. Releases
 - h. Falls, Stands, Leaps
 - i. Weapons for defense
 - j. Defense against weapons
 5. Study of the Male, Female Anatomy - Vulnerable Areas

Suggested Reading Other Than Required Textbook

Instructor handouts

Examples of Required Writing Assignments

Personal Home Safety Plan Research Paper on Personal Safety and Awareness

Examples of Outside Assignments

Practice skill tactics for self defense a. Knee lifts b. Kicks c. Falls d. Jabs e. Releases Identify vulnerable areas of the male/female anatomy for counter attacks. Describe strategies for elimination, recognition and avoidance of dangerous situations.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab