

PHED 1710 Sec. 502 CRN 73047 PERSONAL DEFENSE SYLLABUS

Fall Semester 2019 – August 22 – December 16

Friday 2:00 to 4:00 am, FWEC, GF Room 140

Instructor: Dug Corpolongo (505-306-0118 or sifudug@gmail.com)

Fitness Center 925-8830

Office Hours: Tuesday and Thursday 11:45 am to 12:45 pm (Please make an appointment)

Required Text: Instructor will distribute handouts to all students during the first week of class. Please bring it with you to all sessions.

Official Course Description:

Introduces the student to the basic concepts and principles of personal safety, such as situational awareness and personal preparedness as well as the three levels of self-defense, mental, verbal and physical, and their related techniques. This course will help you to build self-confidence, improve your awareness of yourself and your surroundings, teach you how to avoid dangerous areas and situations as well as impart physical self-defense techniques necessary to stop an attacker and get away.

Additional Explanation:

Everyone, individuals, families, neighborhoods and communities are all affected by violent crime. Victims of violent crimes often experience physical injuries, disability, depression, anxiety, post-traumatic stress disorder and even premature death. Additionally, there is the social and emotional stress caused to their families and communities by violent crime. Therefore, learning self-defense is not only vital to our own health, safety and well-being, it is important for the overall health of our families and community as well. Taking a self-defense class can help you to build self-confidence, improve your awareness of yourself and your surroundings, teach you how to avoid dangerous areas and situations, improve your physical and mental health and is a great way to get exercise. Taking a self-defense class can also be an important part of the healing process for someone has been the victim of a violent crime. As a person's knowledge and skill increases, and they feel more in control of themselves and their body, self-defense training can support their recovery from the psychological trauma caused by the incident.

About Self Defense:

Basic self-defense training utilizes techniques from a variety of traditional martial arts and is designed to help you escape and flee from an attacker. Self-Defense is not fighting; a fight is an agreement between two or more people to try to harm each other. Self-defense occurs when a person(s) is attacked by another individual(s) and therefore finds him or herself attempting to avoid, survive and escape from a violent incident with minimal injuries. From this point of view all self-defense techniques that we use should be executed with the intention of stopping the attack and giving us an opportunity to escape to safety.

Student Learning Outcomes:

Upon completion of this course, the student will be able to do the following:

1. Describe techniques used to maintain awareness of your surrounding area.
2. Discuss safety techniques used around your home and in public places.
3. Describe the basics of reporting an incident to the police.
4. Demonstrate the physical skills you need to stop an attack and get away.

Please practice at home at least 30 minutes a day

Student evaluation is determined in accordance with the following criteria:

1. Attendance and Participation- - Please notify the wellness center or the teacher if you can't come to class or will be late. A good sense of responsibility and respect is required for this level of study. Continued absenteeism and tardiness are disruptive to the class, hampers your learning and progress and as a result lowers

your grade. Each new concept and technique is demonstrated and explained thoroughly when it is first presented in class.

In order to understand and integrate each self-defense strategy and technique it is necessary to be present and practice with the group. The percentage of classes attended directly relates to the grade- 70%-79% attendance is a C grade for the attendance portion. Arriving later than 15 minutes after class startup time is considered an absence

2. Enthusiasm and Improvement - A positive attitude, a respect for others, a sense of play, please leave your ego at the door, safety in practice be open, willing and ready to listen, watch, practice and learn. Asking and answering questions, practicing before, after and between classes is vital, bringing in info and materials, leading exercises are all considered as a percentage grade. Students should be able to demonstrate progress toward achieving the Student Learning Objectives at a proficiency appropriate to their experience level. However, because each person is an individual who brings their own strengths and challenges to class, each student's improvement is judged as compared to his/her past performances and is not compared to the other students. Additionally, a student's effort to incorporate the guidance and corrections toward the basic self-defense principles, as described in the Student Learning Objectives that are offered by the instructor is also noted and given credit toward his/her grade.

3. Pop Quizzes -Oral and performance pop quizzes are presented randomly during classes as one way ascertain your progress and understanding. These will either be oral questions about the material covered in class or requested group demonstrations of our self-defense techniques up to the level you have studied. Points will be accumulated according to correct responses and performances. Missed pop quizzes will result in zero points being awarded. Correct performances will also be evidence of personal practice (at least 30 minutes per day).

4. Final: Demonstrate the basic strategies and techniques of Self-defense at a level appropriate to your experience- Students will demonstrate their understanding during group practice class, pop quizzes and on the final day of testing. My evaluations will be based on improvement as compared to your past performances as opposed to comparing you to your classmates.

Course Evaluation is based as follows:

1. 25%-Attendance and Participation
- 2, 25% Enthusiasm and Improvement
3. 25%- Pop Quizzes (Oral questions and/or performance of movements as requested during class by teacher)
4. 25%-Final Performing Tai Chi forms observed by teacher

90% to 100%=A, 80% to 89 %=B, 70% to 79%=C, 60% to 69%=D, 0% to 59%=F

Take responsibility for self during practice: Inform the teacher at the beginning of the course and during of any special needs, limitations or conditions that might affect your practice. Learn how far to go by becoming more sensitive about when to push and when to let up. If you have a documented disability notify your academic advisor at Student Services for a referral at 925-8560 and please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided for you in a timely manner.

Extra Credit: 5% Extra credit will be given for attending another martial arts class or special event, participating in UNM Valencia Wellness Center special events and classes (a written report and proof of participation will be necessary), writing a report on a self-defense video or book. Reports and reviews should be turned on the second to last day of class. here. Reports and reviews that are turned in late will not be considered when calculating your grade.

Notebook up to 10% Extra Credit

You can also earn extra credit by purchasing a dedicated notebook and bringing it to each self-defense class.. Notes should be taken during each class to help you remember your self-defense techniques and sequences. Record any questions that may arise during practice at home in your journal any ask them during the question

and answer period the next class. Notebooks that are turned in late will be considered when calculating your grade.

Important Dates:

- **Senior Citizen Registration Opens August 22**
- ***Last day to register: Friday, September 2***
- ***Last day to change grading option: Friday, September 2***
- ***Last day to drop without a grade: Friday, September 2***
- ***Fall Break Thursday October 13***
- ***Last day to drop without Dean's approval WP/WF: Friday, November 11***
- ***Thanksgiving Thursday November 24 - 27***
- ***Last day to drop with Dean's approval WP/WF: Friday, December 9***
- ***Extra Credit Projects due Friday, December 9***
- ***Last day of class and Final testing Friday, December 16***

Dress: Comfortable loose clothing-Soft, flat athletic shoes with support- No sandals or flip flops- No sharp or loose jewelry and please don't bring your cell phones to class.

Tardiness: If you come more than 15 minutes late for class you will be counted as absent. However, you should come anyway because you will receive credit for participating and possibly avoid missing a pop-quiz

Bring to Class: Water- Possible change of shirt or blouse- Empty stomach (please avoid food for at least one hour before class) A readiness to enjoy and learn and open to increased potential. Please don't bring food to class and be considerate of your fellow students and refrain from loud or disruptive speech and behavior.

I look forward to having fun while learning Self-Defense together.

PHED 1710 is a 15 Week Course - Classes begins Friday August 26th and last day is December 16th.