

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE COURSE OUTLINE OF RECORD

Exercise Science 180 – Self Defense for Women

1 hour lecture, 1 unit
1 hour laboratory, units
Total units: 1 unit

Catalog Description

Basic principles of practical personal protection for women, with emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Physical, mental and verbal responses will be taught and practiced so students may develop the confidence to stand up and defend themselves if needed. Students will learn the fundamental principles of physical fitness and its impact on lifelong health and wellness.

Prerequisite

None

Course Content

- 1) Safety rules for practicing defensive tactics
- 2) Warm up and conditioning exercises
- 3) Specific techniques and skills for self defense
- 4) Awareness and prevention methods
- 5) Assertiveness training
- 6) Lecture/discussion on the parameters of physical fitness as well as healthy lifestyle choices and their implications on lifelong health and well-being

Course Objectives

Students will be able to:

- 1) Demonstrate and or describe mental and physical preparation needed for self-defense.
- 2) Evaluate flexibility, endurance, balance and coordination to determine potential areas of improvement needed for self-defense.
- 3) Describe potential situation to avoid and if need be, use self-defense techniques.
- 4) Analyze mock-up threatening situations and respond with appropriate defensive behaviors.
- 5) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout one's life.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to appraise, identify, explain, describe and/or provide examples of exercises and other activities that are appropriate for their physical conditions and limitations.
- 2) Objective skills testing that measures students' proficiency and improvement in performing appropriate exercises and activities given their physical abilities.

- 3) Written research project analyzing the potential benefits of self-defense training in the context of current news events, etc., citing training techniques and physical fitness benefits of training.

Special Materials Required of Student

Appropriate exercise attire

Minimum Instructional Facilities

Large room or gym with mats, chalkboard

Method of Instruction

- 1) Lecture and demonstration
- 2) Class discussion
- 3) Videotape analysis and films
- 4) Individual, partner and group practice
- 5) Drills to enhance specific skill development

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** goals paper, research project, and more.
- 3) **Other:** N/A.

Texts and References

- 1) Required (representative example): Orchowski, L. M., & Hollander, J. (2026). Empowerment self-defense: Theory, research and practice. Academic Press.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Define self-defense terms.
- 2) Describe methods of monitoring personal progress in the mastery of self-defense methods and strategies.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs.
- 4) Demonstrate knowledge of strategies appropriate for personal protection, or actual self-defense skills in the event of a personal attack.