

**PHED 104a: Self-Defense**

**Units: 1**

**TUESDAY-THURSDAY 10-11:20**

**PED 201**

**Instructor:** Carl Collins

**Office:** PED 201

**Office Hours:** 11:30-12:00

**Contact Info:** ccollins@USC.edu

**Course Description**

Basic instruction of self-defense for beginners; strategies for standing and ground fighting situations with and without weapons. This course is primarily designed for beginners interested in being exposed to differnt philosophies in self-defense.

**Course Objectives**

This course’s primary goals are: 1) to expose students to the basics of self-defense; 2) to bring students to a higher proficiency of self-defense ability; 3) foster an encouraging environment that develops and/or strengthens one’s self-esteem; 4) to encourage students to evaluate themselves and their particular morals with regard to using self-defense techniques; and 5) to increase the physical fitness levels of the students.

**Physical Education Program Objectives**

You can find our program’s general learning objectives at <http://dornsife.usc.edu/phed/learning-objectives>.

**Etiquette**

Please bow when you enter and leave PED 201. Being on time is important so that you can warm up, review and practice techniques, all of which should reduce or eliminate injuries. To reduce or eliminate the risk of spreading any skin virus or bacteria, make sure you bathe regularly.

**Attire**

Dress comfortably and appropriately: long- or short-sleeved shirts plus shorts or sweat pants over appropriate undergarments. All clothes should be freshly laundered. No shoes are allowed on the mats, except for wrestling or mat-friendly shoes that you carry to class and are worn only in the self-defense room. No jewelry is to be worn during class, fingernails are to be kept short, hair tied back, etc.

**Health Conditions**

You are strongly advised to make known to your instructor any health conditions that could be exacerbated by exercising. For example, heart conditions, diabetes, joint or spinal injuries and pregnancy should always be discussed with your instructor. Additionally, if you are currently under a doctor’s care you should apprise the doctor of your participation in this class and find out if you are limited in any ways.

**Academic Conduct**

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences.  Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>.  Other forms of academic dishonesty are equally unacceptable.  See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university.  You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>.  This is important for the safety whole USC community.  Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person.  *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

## **Support Systems**

A number of USC’s schools provide support for students who need help with scholarly writing.  Check with your advisor or program staff to find out more.  Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students.

The Office of Disability Services and Programs <http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html> provides certification for students with disabilities and helps arrange the relevant accommodations.

If an officially  declared emergency makes travel to campus infeasible, USC Emergency Information <http://emergency.usc.edu> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

SUMMER CLASS 104a

***WEEK ONE-Orientation;*** basic awareness of standing and ground fighting along with areas to protect.

***WEEK TWO***

Learning red zone defense with elbows and knee techinques.

***WEEK THREE***

Punching, kicking with ground control techinques; judo hold and side control.

***WEEK FOUR***

Review for MIDTERM; performance test.

***WEEK FIVE***

Learn chokes and light grappling.

***WEEK SIX***

Putting it all together; FINAL SKILLS test; FINAL PAPER due.

**Grading breakdown**

Assignment points % of Grade

Midterm 30 25

Final test 30 25

Final paper 30 30

Participation 20 20

**Grading Scale**

100-96=A

95-90=A-

89-85=B+

84-80=B

BELOW=C

**Participation**

Classroom participation, not mere attendance, will constitute 20% of a student’s final grade. Arriving late, leaving early, and overall effort will affect the participation portion of the grade. A class such as this continuously builds on techniques taught in previous classes, and absences will put students behind very quickly. This not only can hurt you, but it can hurt your classmates. In cases of absence, you will be held accountable for all work missed.