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| **University of Southern California**  **Department of Physical Education** |

***PHED 104a: Self Defense***

**Instructor: Carl Collins**

**Office: PED 108**

**Office Hours: By appointment**

**Phone: (213) 740-2488**

**Email:** [**ccollins@usc.edu**](mailto:ccollins@usc.edu)

**Course Description:**

This course is structured to expose students to the basics of self-defense. Strategies and tactics will be offered to address the issues of the pre-contact phase of an altercation and the realities of a criminal assault. The course covers techniques for both standing and ground fighting. The standing techniques are drawn primarily from boxing and muay thai. The ground techniques are drawn from sambo, judo, and wrestling. Knife and gun defenses are covered but are not strongly emphasized. Academically, the course covers topics of assault, battery, and rape.

**Course Objectives:**

The primary goals of the course are to expose students to the basics of self-defense and to help students develop an interest in self-defense and/or martial arts. Students will examine the legal, moral, and ethical issues associated with self-defense. Additionally, it is hoped that the course will help students to attain a greater proficiency and comfort in self-defense. Our final goal is to increase the physical fitness levels of the students.

**Textbook:**

**Students are not required to buy a textbook for the class. Reading material may be handed out from time to time.**

**Blackboard:** [**http://blackboard.usc.edu**](http://blackboard.usc.edu)

Class information *may* be posted.

**Participation/Performance:**

Classroom participation, not mere attendance will constitute 30% of students’ final grades. Timely and consistent attendance is imperative in order to build on techniques taught in previous classes, improve overall physical fitness and obtain supplemental information. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will only receive partial credit for attending class. *Participation absences may be ameliorated in any of the following ways:*

1) Add one page per absence to the final paper.

2) Donate blood to the USC Blood Donor Center. It’s located at the Health Sciences Campus, and each pint saves approximately six lives, which is why we will only accept blood donated to this particular center. Call the center to schedule an appointment before you go (323) 442-5432, and bring the instructors back a T- shirt or some other proof that you were there.

3) Organize a seminar for the instructors to come and teach a group of students for 1½ hours. We donate our time free of charge. In the past, we have taught for all types of campus groups, including fraternities and sororities, religious organizations, dormitory floors, etc. Seminars must have 12 to 15 voluntary interested attendees.

**Skills test:** The skills test counts for 30% of the final grade. Techniques covered on the test will be taught and drilled in class, students who attend and practice should have little to worry about.

**Written Paper:** The final portion of the grade (40%) will come from a final paper. All physical education classes require some written component. This paper is three pages long for all students; those who have absences may add one page per absence in order to make up for those absences. Topics will be handed out in class, but the papers generally ask students to write about their personal feelings toward self-defense and violence.

**Attire:**

Dress comfortably for class (e.g. sweats, t-shirts, etc.). Dress appropriately: women should wear t-shirts or tank tops over sports bras; men should wear underwear under their shorts. All clothes should be freshly laundered. No shoes are allowed on the mats, except for wrestling shoes that you carry to class, or a second pair of tennis shoes that you put on in the PHED room. Socks are fine but bare feet are not acceptable. No jewelry should be worn during class, fingernails should 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 him of your participation in this class and find out if you are limited in any ways.

Our program is committed to working with students with disabilities. All students, faculty and staff are welcome to this class.

**Locker Room**

USC Physical Education IS NOT responsible or any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center.

If you are interested in renting a locker for the semester, go to PED 108.

**Grading Policy and Evaluation Criteria:**

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| 100 Total Points | | | | | | |
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| **Cognitive** | **70%** | **70 Pts.** | **Psychomotor** | **30%** | **30 Pts.** |
| Final Exam | 40% | 40 Pts. | Class Performance | 30% | 30 Pts. |
| Skills Test | 30% | 30 Pts. |  |  |  |
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**Academic Accommodations:**

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.

**USC Self Defense**

**COURSE OUTLINE\***

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| Week 1 | |  | | --- | | Introduction basic fighting stand with closing distance to attacker | |
| Week 2 | Learn to aggressively strike someone with jabs crosses, and take them down |
| Week 3 | Striking with elbows knees to take down and video day |
|  | **Last Day To Register & Add/Drop Classes**  **Drop Class Without Mark Of “W” Or Change enrollment option to P/NP Or Audit &purchase/waituition** |
| Week 4 | Learn to block punches and kicks |
| Week 5 | Putting together your footwork and combination strikes |
| Week 6 | Review of everything so far learned |
| Week 7 | Practice getting ready for mid-term |
| Week 8 | MID-TERM |
| Week 9 | Defense against gun and knife attacks |
| Week 10 | Learn how to get someone off of you while on the ground |
| Week 11 | Escapes from ground attacks |
| Week 12 | Apply and escape from chokes |
|  | **Last Day To Drop Class With Mark Of “W”** |
| Week 13 | Circuit Training Week |

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| Week 14 | Light sparring | |
| Week 15 | FINAL SKILL TEST | TURN IN FINAL PAPER |

**\*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.**