|  |
| --- |
| **University of Southern California****Department of Physical Education**[www.usc.edu/dept/LAS/phed](http://www.usc.edu/dept/LAS/phed%22%20%5Ct%20%22_blank) |

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

**Instructor: Arthur Chivichyan**

**Office: PED 107**

**Classroom: PED 201**

**Office Hours: 8:50 am (M/W/F) PED 201**

**Email:** **chivichy@usc.edu**

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

**Course Description:**

An introductory course designed to help each student: learn offensive and defensive self-defense techniques; understanding combative, sports based, hand to hand, verbal and nonverbal forms of self –defense; improve overall physical fitness; develop a good understanding of practical self-defense; enhance self esteem and confidence.

**Course Objectives:**

1. To understand basic positioning and bring students to a higher proficiency of self-defense
2. To foster an environment that develops and strengthens ones self-esteem, leadership, confidence, and physical/mental abilities.
3. To increase physical fitness, particularly for self-defense
4. To apply specific strategies during violent/nonviolent circumstances

.

**Physical Education Program Objectives**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

* Determine factors involved with development, fitness levels and training strategies applied to self-defense.

**Students will be exposed to a variety of activities providing them the opportunity to:**

* Apply learned fundamental skills
* Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
* Participate in active learning to stimulate continued inquiry about physical education, health, fitness and self-defense

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

* Understand and utilize various training methods.
* Assess individual levels of fitness components.

Health Conditions

You are strongly advised to make known to your instructor any health conditions that could be exacerbated by exercising, e.g heart conditions, diabetes, joint, head or spinal injuries, pregnancy and if you are currently under a doctor’s care.

Etiquette

Punctuation is extremely important during tthe course. Warming up, stretching, reviewing and practicing techniques will help to reduce or eliminate injuries. To reduce or eliminate the risk of spreading any skin virus or bacteria, make sure you bathe regularly; It is important to remain respectful of other students participating in this course;Please be aware that this course does involve contact with other participants.

**Attire:**

Dress comfortably and appropriately for class (e.g. fitness attire, t-shirts): No shoes are allowed on the mats. No jewelry should be worn.

**Course Materials**

Provided for each student on Blackboard

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, (www.usc.edu/scampus or http://scampus.usc.edu) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

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 the instructor as early in the semester as possible. DSP is open Monday-Friday, 8:30-5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776

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 Lyon Center.

**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 not receive any credit for that day. Excused absences are to accommodate for illness, injury or University business.

**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 regularly attend and practice will be prepared for the test.

**Written Paper:** The final portion of the grade (30%) will come from a final paper. Rubric and topics will be discussed during class.

Discrimination, Sexual Assault, Harrassment

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* or to the *Department of Public Safety*. This is important for the safety whole USC community. Another member of the universiy ommunity – 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* provides 24/7 confidential support, and the sexual resource center webpage describes reporting options and other resources.

**Statement on Academic Conduct and Support Systems**

**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 Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](https://policy.usc.edu/scampus-part-b/). 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>.

**Support Systems:**

***Student Counseling Services (SCS) – (213) 740-7711*** *– 24/7 on call*

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. [engemannshc.usc.edu/counseling](https://engemannshc.usc.edu/counseling)

***National Suicide Prevention Lifeline – 1 (800) 273-8255***

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)

***Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900*** *– 24/7 on call*

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](https://engemannshc.usc.edu/rsvp/)

***Sexual Assault Resource Center***

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: [sarc.usc.edu](http://sarc.usc.edu/)

***Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086***

Works with faculty, staff, visitors, applicants, and students around issues of protected class. [equity.usc.edu](http://equity.usc.edu/)

***Bias Assessment Response and Support***

Incidents of bias, hate crimes and micro aggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](https://studentaffairs.usc.edu/bias-assessment-response-support/)

***The Office of Disability Services and Programs***

Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu/)

***Student Support and Advocacy – (213) 821-4710***

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. [studentaffairs.usc.edu/ssa](https://studentaffairs.usc.edu/ssa/)

***Diversity at USC***

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. [diversity.usc.edu](https://diversity.usc.edu/)

***USC Emergency Information***

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. [emergency.usc.edu](http://emergency.usc.edu)

***USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000*** *– 24-hour emergency or to report a crime.* Provides overall safety to USC community. dps.usc.edu

**Grading Policy and Evaluation Criteria:**

Cognitive:  70% Skills tests (Midterm/Final) – 30 %

 Introduction paper (week 3) – 10 %

 Final Paper (week 15) – 30%

Psychomotor:  30% Participation – 30% - Attend, arrive on time, and participate

**COURSE OUTLINE\***

|  |  |  |
| --- | --- | --- |
| Week 1 |

|  |
| --- |
|  Introduction to self-defense (All concepts) /SWOT Analysis and PFT (Fitness Test) |

 |
| Week 2 | Injury prevention, basic positioning, combative martial arts |
| Week 3 | Stand up fighting basics/ground fighting basics **(1-2 page paper introduction to self defense paper)** |
|  | **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 | Sport based system (Judo, Sambo, Wrestling, Muay Thai, Boxing) |
| Week 5 |  Continuation of SBS system martial arts/Other forms of self-defense |
| Week 6 | Defensive/Offensive self-defense (punching, kicking, ground, fall prevention, stand-up)  |
| Week 7 | Review for the Midterm/Circuit training  |
| Week 8 | MID-TERM/SKILL TEST  |
| Week 9 | Understanding SPEAR, RBSD, RAD/Self defense movement, footwork, secondary positioning |
| Week 10 | Defense against chokes, wrestling, ground control, cornering |
| Week 11 | Throwing, submission arts (chokes, arm bar)/Circuit training |
| Week 12 | Knife and Gun attacks/ rubric and essay topic discussion |
|  | **Last Day To Drop Class With Mark Of “W”** |
| Week 13 | Movement/Mit work (punch, kick, throw, submission) |

|  |  |
| --- | --- |
| Week 14 | Light sparring/Model “Mugging”/Overview |
| Week 15 | FINAL SKILL TEST/PFT TEST 2 |  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.**