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| **University of Southern California**  **Department of Physical Education**  [www.usc.edu/dept/LAS/phed](http://www.usc.edu/dept/LAS/phed) |

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

**Instructor: Arthur Chivichyan**

**Office: PED 107**

**Classroom: PED 201**

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

**Course Description:**

This course provides beginning technical and tactical training in self-defense. It is a course for those who have no formal training and wish to learn basic self-defense strategies including standing and ground defenses, verbal and non-verbal defenses along with situational/scenario-based instructions.

**Face to Face Course:**

PHED 104A Self Defense will be held on campus.

**Course Objectives:**

By the end of the semester, you will be able to:

  1. Demonstrate basic proficiency in standing and ground defenses

  2. Develop an interest in self-defense

3. Recognize the basic physical, psychological, and legal aspects of self-defense.

4. Implement specific practical strategies and techniques during violent/nonviolent circumstances

  5. Use physical fitness when practicing self-defense

**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

Punctuality is extremely important during the course. Warming up, stretching, reviewing and practicing techniques will help to reduce or eliminate injuries. 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.

**Textbook:**

Students are not required to buy a textbook for the class. Reading material will be handed out in class.

**Participation/Performance:**

Classroom participation, not mere attendance, will constitute 30% of students’ final grades. Timely and consistent participation is imperative in order to build on techniques taught in previous classes, improve overall physical fitness and obtain supplemental information.

**Presentations:** Students will present on two separate researched topics related to self-defense.

**Weekly Assignments**: Students will have to complete weekly assignments as homework.

**Grading Policy and Evaluation Criteria:**

Midterm Presentation – 20%

Final Presentation- 25%

Final Exam –25%

Participation – 30%

**COURSE OUTLINE\***

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| Week 1-2 | |  | | --- | | Introduction to self-defense, Basic stances and ground postures, Situational Awareness | |
| Week 3-4 | Direct/Lethal Strikes, Verbal Judo, Non-Verbal Self Defense |
| Week 5-6 | Basic falls and rolls. Psychology and Self-defense, Blocking |
|  | **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 6 | Choke escapes, wrist control, Intuition and Instincts |
| Week 7 | Case studies, real life scenarios |
| Week 8 | Midterm topic review and MID TERM PRESENTATION |
| Week 9-10 | Distance and Time concept, Reading Emotions, Body Language |
| Week 11-12 | Active shooter and crowd defense, Travel Security |
| Week 13 | Understanding SPEAR, RBSD, RAD (incorporate Gun and Knife Defense) |
| Week 14 | Getting off of the ground/ ground control and defensive principles, Fight, Flight and Freeze |
| Week 15 | Non-lethal weapons review/ FINAL PRESENTATION |
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**\*Please note this is a tentative outline and may be subject to change. Any changes will be announced in class and/or via email.**

Discrimination, Sexual Assault, Harassment

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 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* 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