

**PHED 104a: Self Defense  
WINTER 2022 CLASS SCHEDULE**

M-W 10-10:50am 49718

T-TH 10-10:50am 49719

M-W 11-11:50am 49720

T-TH 11-11:50am 49721

M-W 12-12:50pm 49722

Instructor: Carl Collins

Office: PED 106A

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>

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:

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

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 for 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:

#### 100 Total Points

<b>Cognitive</b>	<b>70 Pts.</b>	<b>Psychomotor</b>	<b>30%</b>	<b>30 Pts.</b>
Final Exam	40 pts.	Class Performance		30 Pts.
Skills Test	30 Pts.			

### 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\*

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	
	<b>LAST DAY TO REGISTER &amp; ADD/DROP CLASSES</b>	
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	<b>MID-TERM</b>	
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	
	<b>LAST DAY TO DROP CLASS WITH MARK OF W</b>	
Week 13	Circuit Training Week	
Week 14	Light sparring	
Week 15	<b>FINAL SKILL TEST</b>	<b>TURN IN FINAL PAPER</b>

\*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 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 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](http://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](http://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](http://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](http://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](http://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](http://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 - 24470ur emergency or to report a crime. Provides overall safety to USC community. [dps.usc.edu](http://dps.usc.edu)