San Diego State University  
Department of Exercise and Nutritional Sciences  
ENS – 138 Women’s Self-Defense  
1.0 Unit  
Spring 2017  
RACQ-101  
Tuesday - Thursday 1 PM to 1:50 PM

Instructor: John Ramos  
Contact: jonshere@cox.net  619-865-4249  
Office Hours: M-W 3pm-5pm

Course Prerequisites
It is extremely important to remember that this is a very physical course and will include grabs, pushing, pulling, explosive body movements and falling. Make sure you are healthy enough to participate in this course. See instructor with any questions.

Course Registration Process and Registration Fee Payment:

- Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
- Courses located in Aztec Recreation Center (ARC), ARC Express and Aquaplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ensclasses or your instructor to confirm membership requirement.
- The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
- Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website. It is NOT included with university billing for tuition and lab fees and it is NOT processed through financial aid payments.
- Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
- A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.

Important Dates to Remember:
<table>
<thead>
<tr>
<th>Assignment</th>
<th>Details</th>
<th>Learning Outcomes Assessed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situational Awareness</td>
<td>Observing discussed high risk behaviors outside of class and sharing with class.</td>
<td>Course: 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Department: 2, 3</td>
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<tr>
<td>Non-lethal self-defense tools</td>
<td>Demonstrate the use of improvised defensive tools and pepper spray</td>
<td>Course: 3</td>
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<tr>
<td>Final</td>
<td>Demonstrate defensive skills in simulated assault scenarios</td>
<td>Course: 1, 3</td>
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1/31/17       Student Add/Drop Deadline
2/7/17        Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu
3/15-16       Pepper Spray Class
3/20-23       Mid Term Testing
3/27-31       Spring Break – No Class
5/1-4         Final Test

**Course Materials**

Suggested readings: Verbal Judo George J. Thompson, Ph.D.; Conflict Communication Rory Miller; Facing Violence Rory Miller; Letters to Survivors: Words of Comfort for Women Recovering from Rape Matt Atkinson.

**Purpose**

This course examines the theory and techniques of women's self-defense. Content focuses on methods of recognizing and avoiding dangers, as well as the acquisition of skills and strategies of an effective physical defense.

**Course Description**

A good self-defense program should be to offer options, reactive techniques and a way of analyzing situations. A program may point out what USUALLY works best in MOST situations, but each situation is unique and the final decision rests with the person actually confronted by the situation. Empowerment is the goal of a good self-defense program. It is taught in 10 sessions with the last class being a simulated attack from a padded assailant. By the end of this course you will know more than 95% of American women about personal safety. You are encouraged to share the concepts you have learned with others; this will improve your understanding of the skills taught in this course.

**Learning Outcomes**

By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate the acquisition and application of motor skills for general self-defense.
2) Demonstrate understanding of the applicable skills in perceiving, avoiding and defending oneself in possible violent situations.
3) Identify appropriate conditioning methods and equipment needs for general self-defense.

School of ENS/Aztec Recreation Learning Goals and Objectives

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.

Assessment & Grading

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Grading Criteria:

Students will be evaluated in the following areas: skill development and active daily participation.

<table>
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<tr>
<th>Evaluation Areas</th>
<th>Points</th>
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<tbody>
<tr>
<td>Daily Participation</td>
<td>75 points</td>
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<td>(3.3 points per class)</td>
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<tr>
<td>Final Project/Practical</td>
<td>25 points</td>
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<tr>
<td>Total</td>
<td>100 points</td>
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Grading Scale:

90-100%    A  
80-89%     B  
70-79%     C or Credit  
60-69%     D or No Credit  
<60%       F or No Credit  

Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student is unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments will typically make up the in the following semester but no later than one calendar year immediately following the end of the term in which the incomplete grade is assigned.
Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

Expectations and Class Policies

Daily Participation:

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience the movements. Your participation is critical.

Participation points may be deducted if the following are not adhered to:

- Wear proper attire (Loose, modest, comfortable workout clothes, no street clothes or jeans. Do not wear jewelry or watches during class as they could be broken or possibly injure you or your workout partner.)
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- No food or beverages other than water in closed container
- Students may practice only when instructor is present.
- Your personal hygiene should be conductive to physical training with other students. Fingernails should be trimmed short.
- It is important to respect yourself, your fellow students, and your instructors. This respect involves maintaining a certain level of etiquette during class. Judo is a full contact sport, but is one of the safest because of its rules.
- No shoes are to be worn on the mat at any time.

Absence Policy:

- Attendance is required every class period.
- Students will be given two unexcused absences for class that meets 2 times/week without being penalized and that do not need to be made up.
- If a student misses more than maximum unexcused absence(s), they will need to complete a make-up or bonus assignment, if available, from the instructor to make up points.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
- Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.
• If you know you have a demanding schedule and are likely to have a spotty attendance record for this class, please consider taking the class for credit/no credit grading or for non-credit (if applicable).

• Students must obtain permission to record a class lecture or discussion. Without prior permission the student may be reported for misconduct.

Assignments:

• All assignments are due in class on designated submission date given in syllabus or by instructor.
• Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
• Complete all work independently unless it is a group assigned project.

Other Policies:

• All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
• If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal

• Students can register for open course sections from their registration assignment time through the fifth day of classes.
• If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
• Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
• Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
• Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline, which is one week after student drop date.

Deferred Action for Childhood Arrivals (DACA)
All students with questions or concerns regarding DACA are encouraged to see the College of Health and Human Services Assistant Dean for Student Affairs, Jessica Robinson (jmrobinson@sdsu.edu).

Concerns Regarding Classroom Activity, Grades, or other Student Affair Matters
Though students have the option of contacting the San Diego State University Ombudsman or the Assistant Dean for Student Affairs at any time regarding classroom activity, grades, or other student affairs matters, students are encouraged to meet with their professor first to discuss the situation. If the issue is not resolved at this level, the student should contact their undergraduate advisor. If the problem is not resolved at this level, contact should be made to their school director, and finally their Assistant Dean for Student Affairs.

Students with Disabilities
If you are a student with a disability and believe you will need accommodations for this class, it is your responsibility to contact Student Disability Services at (619) 594-6473. To avoid any delaying the receipt of your accommodations, you should contact Student Disability Services as soon as possible. Please note that accommodations are not retroactive, and that accommodations based upon disability cannot be provided until
you have presented your instructor with an accommodation letter from Student Disability Services. Your cooperation is appreciated.

Nondiscrimination Policy

- San Diego State University complies with the requirements of Title VI and Title VII of the Civil Rights Act of 1964, as well as other applicable federal and state laws prohibiting discrimination. No person shall, on the basis of race, color, or national origin be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination in any program of the California State University.

- SDSU does not discriminate on the basis of disability in admission or access to, or treatment or employment in, its programs and activities. Students should direct inquiries concerning San Diego State University’s compliance with all relevant disability laws to the Director of Student Disability Services (SDS), Calpulli Center, Room 3101, San Diego State University, San Diego, CA 92128 or call 619-594-6473 (TDD: 619-594-2929).

- SDSU does not discriminate on the basis of sex, gender, or sexual orientation in the educational programs or activities it conducts. More detail on SDSU’s Nondiscrimination Policy can be found in the SDSU General Catalog, University Policies. Students should direct FERPA, Title IX, Discrimination, Harassment or any other protected categories inquiries and concerns to the office of Employee Relations and Compliance, phone number is 619-594-6464 and their website is [http://oerc.sdsu.edu/](http://oerc.sdsu.edu/)

Academic Integrity

The University adheres to a strict [policy regarding cheating and plagiarism](http://oerc.sdsu.edu/). **Students are expected to maintain the highest standards of academic honesty and respect.** According to [SDSU’s Center for Student Rights and Responsibilities](http://oerc.sdsu.edu/), students may be expelled, suspended, or put on probation for academic dishonesty. In addition to a University review of the incident(s), the School of Exercise and Nutritional Sciences may also take disciplinary action which, depending on the severity of the incident, could result in one or all of the following sanctions: a grade of "F" on the assignment in question, dropping of one letter grade from your final grade in the class, or, for multiple or severe incidents, a grade of "F" in the class. You may receive an incomplete in a class, which will be removed once the investigation of the incident has been completed.

Cheating shall be defined as the act of obtaining or attempting to obtain credit for academic work by the use of dishonest, deceptive, or fraudulent means. Examples of cheating include, but are not limited to (a) copying, in part or in whole, from another’s test or other examination; (b) discussing answers or ideas relating to the answers on a test or other examination without the permission of the instructor; (c) obtaining copies of a test, an examination, or other course material without the permission of the instructor; (d) using notes, cheat sheets, or other devices considered inappropriate under the prescribed testing condition; (e) collaborating with another or others in work to be presented without the permission of the instructor; (f) falsifying records, laboratory work, or other course data; (g) submitting work previously presented in another course, if contrary to the rules of the course; (h) altering or interfering with the grading procedures; (i) plagiarizing, as defined below; and (j) knowingly and intentionally assisting another student in any of the above.

Plagiarism shall be defined as the act of incorporating ideas, words, or specific substance of another, whether purchased, borrowed, or otherwise obtained, and submitting same to the University as one’s own work to fulfill academic requirements without giving credit to the appropriate source. Plagiarism shall include but not
be limited to (a) submitting work, either in part or in whole, completed by another; (b) omitting footnotes for ideas, statements, facts, or conclusions that belong to another; (c) omitting quotation marks when quoting directly from another, whether it be a paragraph, sentence, or part thereof; (d) close and lengthy paraphrasing of the writings of another; (e) submitting another person’s artistic works, such as musical compositions, photographs, paintings, drawings, or sculptures; and (f) submitting as one’s own work papers purchased from research companies.

If you have questions on what is plagiarism, please consult the policy.

Disclaimer

Every effort will be made to follow the syllabus content and schedule; however, if circumstances dictate there may be modifications necessary during the semester. If such is the case the professor will make every effort to notify students in a timely manner.

Course Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Activity</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Course Introduction and Understanding Stress</td>
<td>Pillow Fight</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Verbal Tools, Proxemics, Falling Drills, Breakaways</td>
<td>Distance Drills Hand grabs Falling</td>
<td>Review video example on Blackboard</td>
</tr>
<tr>
<td>3</td>
<td>Movement Skills, Controlling Space Chokes and Control tactics</td>
<td>Using voice and striking</td>
<td>Review video example on Blackboard</td>
</tr>
<tr>
<td>4</td>
<td>Verbal Tools, Proxemics, Falling Drills, Breakaways</td>
<td>Breakaway drills Falling Using Voice</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Review and Drill skills</td>
<td>Drilling</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Ground Work</td>
<td>Fighting on ground drills</td>
<td>Review video example</td>
</tr>
<tr>
<td>7</td>
<td>Movement Skills, Controlling Space Chokes and Control tactics</td>
<td>Standing Strikes and movement</td>
<td>Review video example</td>
</tr>
<tr>
<td>8</td>
<td>Simulated Rear Assault</td>
<td>Strikes and movement/ Modified Assault</td>
<td>Review video example</td>
</tr>
<tr>
<td>9</td>
<td>Dealing with Weapons / Tandem Assault Scenario</td>
<td>Drills /Simulated attack</td>
<td>Review video example</td>
</tr>
<tr>
<td>10</td>
<td>Review and Frontal Assault</td>
<td>Modified simulated attack</td>
<td>Review posted video of student</td>
</tr>
<tr>
<td>11</td>
<td>Pepper Spray and Non-Lethal weapons</td>
<td>Use pepper Simulated Assault</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Tandem Assault Scenario</td>
<td>Simulated assault</td>
<td>Review posted video of student</td>
</tr>
<tr>
<td>13</td>
<td>Ground Assaults</td>
<td>Simulated assault</td>
<td>Review posted video of student</td>
</tr>
<tr>
<td>Page</td>
<td>Description</td>
<td>Event/Activity</td>
<td>Summary/Action</td>
</tr>
<tr>
<td>------</td>
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<tr>
<td>14</td>
<td>Begin Final Assault Testing</td>
<td>Simulated assault</td>
<td>Review posted video of student</td>
</tr>
<tr>
<td>15</td>
<td>Finals</td>
<td>Final Simulated assault</td>
<td>Review posted video of student</td>
</tr>
</tbody>
</table>

*Enrollment and participation in this class does not guarantee that you will be able to handle every potentially dangerous situation. No class can teach you to eliminate all risks, although you will learn and develop many tools that will reduce your vulnerability.*