

# **Common Course Outline**

**PEIA 124**

**Self-Defense I**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEIA 124 – Self-Defense I** is a course in which students focus on principles and practical aspects of personal safety. Students practice methods and tactics of practical self-defense including alternatives for situational defense strategies. Students perform rigorous conditioning exercises as well as develop skills in perception, escape, compromise, avoidance, and blocking and striking.

**2 Credits**

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. discuss the principles of self-defense;
2. demonstrate the use of natural weapons;
3. demonstrate the use of natural targets;
4. discuss the biomechanics of self-defense;
5. list critical factors in balance;
6. demonstrate how to deliver striking power;
7. explain common sense precautions;
8. analyze concepts and methods of defense training;
9. differentiate the styles and tactics of self-defense;
10. describe the relationship of personal physical and mental health in applying defensive options or responses; and
11. discuss the relationship between the philosophical principles and the physical/combatative strategies of the Martial Arts.

### **Major Topics**

- I. Analysis of self-defense tactics/methods
- II. Examination of individual abilities and preferences for self-defense
- III. Development of personal self-defense skills
- IV. Evaluation of personal self-defense skills
- V. Conditioning exercises to complement self-defense training

### **Course Requirements**

Grading will be determined by the individual faculty member but will include the following:

### **Grading/exams**

1. A minimum of two written exams
2. A minimum of two practical exams

### **Other Course Information**

This is a physically active course in which physical techniques are learned by doing. Active participation is mandatory to achieve success in this course. In order to actively participate all students must be dressed in workout clothes and gym shoes, no jewelry for safety.

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