

PEIA/WMST 123

Self-Defense for Women

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PEIA/WMST 123 – Self-Defense for Women: is a practical guide to personal defense covering defense techniques and specific topics related to violence and women. Students focus on principles of personal safety and methods and tactics of practical self-defense, including alternatives for situational defense strategies. Students perform rigorous conditioning exercises and develop skills in perception, escape, compromise, avoidance, and blocking and striking. NOTE: PEIA 123 is the same as WMST 123. Earn credit for one only.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. Identify potential dangerous situations;
2. Describe methods to avoid or reduce danger;
3. Demonstrate the basic defensive stance, ground defense, strikes, kicks, blocks, and parries;
4. Demonstrate the ability to release from various holds;
5. Explain sexual harassment, stalking, domestic violence, and sexual assault;
6. Analyze personal habits and behaviors to determine vulnerability to assault;
7. Analyze the home and neighborhood to identify strengths and weaknesses;
8. Create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
9. Demonstrate the use of natural weapons;
10. Demonstrate the use of natural targets; and
11. Demonstrate the ability to combine distractions, releases, and retaliations accurately and effectively.

Major Topics

- I. Safety at home and work
- II. Transportation safety
- III. Domestic violence
- IV. Sexual assault, harassment, and stalking
- V. Red flags for spousal abusers and sexual offenders
- VI. Avoidance
- VII. Natural weapons and natural targets
- VIII. Escapes
- IX. Grabs
- X. Kicking and striking

Course Requirements

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two written exams
- Two practical demonstrations
- One written paper (1000 word minimum)
- Attendance and class participation

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This is a physical activity course and proper attire for physical attire required.

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