

San José State University
Kinesiology
Fall 2015, KIN 55A Beginning Self-defense 1

Contact Information

Instructor:	Dr. Gong Chen, Professor
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Office Hours:	MW 12:30-13:30pm TR 8:00-9:00AM Or by appointment
Class Meetings & location:	YUH 208 MW 10:30-11:20am

Course Description

Emphasis on the development of basic self-defense awareness, knowledge, mental strategies, physical skills, self-confidence, and hands-on experience.

Link: <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](https://sjsu.instructure.com) at <https://sjsu.instructure.com>. You are responsible for regularly checking the Canvas board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- **Proficiency in execution and application of self-defense warm-up, six types of skills and combinations, and applications of these skills and strategies countering imitating attacks in lab situation.**

- **An understanding of the critical role of self-defense in human life, understanding of crimes and criminals, defenders' right, prevention and handling strategies on different types of crimes, current research and practice, lifetime carry-on, and applications of these cognitive knowledge in lab and everyday life situation.**
- **An understanding of the mental and physical health benefits to be derived from self-defense and self-defense education.**
- **An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.**

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- **Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.**
- **Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.**
- **Identify and/or explain the benefits of physical activity as related to physical and mental health.**

Text/Readings (the main contents are located in the course reader on Canvas, the following book is used as optional reference only, **not required**)

Chen, G. (2004). A comprehensive guide to self-defense. Kendall/Hunt Publishing Company, Iowa: Dubuque. On-line order: ISBN 0-7575-1019-1, <http://www.kendallhunt.com>, or at campus bookstores.

Course Notes

Class protocol:

- **Active participation in all class activities:** including lectures, practice, discussion,
 - quizzes, written examinations, skill test, and assignment. Students with sickness and injuries must communicate with the instructor for individual arrangement to pick up skills missed before attending the next class since it may involve a risk of hurting yourself and/or partner.
- **Attend classes in a timely manner.**
- **Take care of the equipment and facility.**
- **Etiquette and Manners Guidelines**
 - Show respect to classmates and the instructor.
 - Keep the gym clean.
 - Do not use foul languages.
 - Be considerate and help each other.
 - Do not select partners.
 - Do your best physically and mentally.
 - Bowing in class

- Never use skills learned in class to attack others unless in self-defense situation.
- **Safety Guidelines and Class Rules**
- Assess your health, consult your physician, and report any injury.
- Do not practice if you are sick or injured and report injuries to the instructor at once.
- Sport wear. Remove anything that may cause injuries to you or the partner.
- Attachments: Remove watch, all jewelry, hard hairpins, or other similar stuff.
- Nails: Cut all long nails (hands and feet) for this semester.
- Bubble gums and food: no bubble gums, food or drink in the gym.
- Horseplay: Absolutely no horseplay allowed in the gym.
- Show-off: Do not show off in the class or anywhere else.
- Warm-up: No practice or learning without proper warm-up.
- Emotion: Control temper, or get mad in the gym.
- Concentrate on class activities. Avoid loud laughing and socializing on the mat.
- Movement: Control your movement to avoid accidents.
- Alert: Be aware of what is going on around you in practice.
- **Risk of injury:** There are always possibilities of accidents that may cause physical injuries in practice and student should take responsibilities to strictly follow the etiquette and safety guidelines.
- **Body contact:** Learning and practicing skills will involve in working with a partner and it is common that both will touch each other with arm, feet, shoulders, or non-sensitive parts of the body. Students can choose their partner and modify the practice based on their personal reasons if they have to.
- **Limit of effectiveness in real life:** Self-defense strategies and skills taught in class are designed to reduce the chance of becoming victims and increase the chance of escape during attacks, but there is no guarantee due to the complicated crime situations.
- **For self-defense only:** Students should not use physical skills learned in the class to attack other people unless in real self-defense situations.
- **Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.**
- **Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.**

Other information:

- **Students may make up skill test or game assignment if they have emergency or pre-arrange with the instructor upon the time limit (1-2 makeups max).**
- **Students with sickness and injury can observe the class and take detailed notes for skill assignments credits for a couple of times without doctor's note (students must inform the instructors before each class). Students need to communicate with instructor if they observe more than two times.**
- **Written Exam cannot be made up except documented emergency only.**

Course Requirements and Grading Policy -

Grading Plan

- 18% Skills Tests**
- 52% Skill Assignments**
- 20% Written Midterm**
- 8% Written Final Exam**
- 2% Self-evaluation and special assignment**

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Skill Tests: There will be two skill tests: the first one will be one-on-one distance defense, and the second test will be one-on-4 release defense. The grading will be based on accuracy of skills, reaction, speed, and spirit.

Written Midterm: The midterm will cover basic knowledge of self-defense up to On-site Response, and Floor Defense.

Written Final: The written final will cover knowledge and skills after midterm.

Assignments/Projects: The assignments will cover daily learning and practice while taking a brief note at the end of each class. The grading will be based on effort and proficiency of skill practice and the quality of notes. The other written assignments will be based on time and quality of self-evaluation.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 30 hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Policy sheet, green-sheet, awareness check-up, safety guidelines
2	Role of self-defense, life-threatening factors and self-defense. Rationale of self-defense and self-defense education. Distance defense: side kick, heel kick, back kick, defense, kicking game. Jab punch, cross punch, hook punch.
3	Legal concerns in self-defense, crime chain and prevention principles, Distance defense: punch defense, boxing game, kickboxing game.
4	Prevention of murder, rape, assault, robbery, burglary. Distance: round kick, snap kick, spin kick, combo. Strategies: lion, rabbit, natural environment
5	Campus safety, driving safety, recreation safety. Prevention of family violence, workplace crimes, Distance defense: applications, skill test practice,
6	On-site response. Distance: skill test

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Close defense,
7	Throw defense, floor defense
8	Floor defense Written Midterm
9	Releases: arm-hold, hair-pull, check, bear-hug
10	1-on-1 review of releases, 1-on-4 release practice
11	1-on-4 release practice, Release skill test
12	Research on self-defense. stick defense, knife defense
13	Knife defense, gun defense
14	Applications and carry-on, 1-on-1 overall review and practice
15	1-on-2 street self-defense Workout on skills, physical activity and self-defense assignment
16	Final written exam, make-up