

CATALOG INFORMATION

Dept and Nbr: PHYED 66      Title: PERSONAL SAFETY/SELF DEF  
Full Title: Personal Safety & Self Defense  
Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	17.5	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 34 - 4 Enrollments Total  
Also Listed As:  
Formerly: PE 81

**Catalog Description:**  
Instruction in personal safety and assault prevention with an emphasis on physical and psychological aspects of personal defense. Physical defensive tactics and techniques are included.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Development of personal safety habits, awareness & concerns involving self defense. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2010
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1994	Inactive:	Fall 2010

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

At the end of the semester the student will:

- A. Have an increased self defense awareness.
- B. Have the foundation of a crime prevention mentality.
- C. Have the knowledge to analyze situations and actions for possible self defense hazards.
- D. Know and understand the fundamentals of self defense. And how to interact with Law Enforcement.
- E. Have a basic but effective arsenal of self defense techniques, for the most common forms of personal attacks.
- F. Have a basic knowledge of home crime prevention.
- G. Have the fundamentals of a personal fitness system, including diet and exercise regimen.

### **Topics and Scope:**

#### **A. THE NEED FOR PERSONAL DEFENSE**

1. Crime as it concerns personal defense
2. Crime classifications
3. Crime against property
4. Frequency of property crimes
5. Crimes against the person
6. Frequency of personal crimes

#### **B. CURRENT PROBLEMS IN CRIME STUDY**

1. Crime statistics and their accuracy
2. Factors that influence crime
3. Current trends in combating crimes
4. Law enforcement education
5. Legislation
6. Firearms
7. Right of self-defense/a California Law, right of citizens arrest

and related California Penal Codes.

#### C. PROPERTY SAFETY

1. Devices
2. Locks
3. Alarms
4. Keys
5. Precautions
6. Key Care
7. Burglar procedures
8. Counter measures to take against the burglar
9. Measures to take for a brief absence and before retiring
10. Measures to take for an extended absence

#### D. PERSONAL SAFETY

1. Telephone precautions
2. Identification
3. Taking calls
4. Calling for help
5. Travel precautions
6. General precautions
7. Car travel precautions
8. Car trouble on the road
9. Public transportation precautions
10. Recreation precautions
11. Beaches and parks
12. Movies
13. Bowling alleys
14. Bars
15. Public buildings
16. Arenas
17. Elevators
18. Stores
19. Restrooms
20. Private parties
21. Lovers' lanes
22. Child safety precautions
23. Child molesters
24. Safety rules for children
25. Babysitting

#### E. WEAPONS AND TECHNIQUES OF PERSONAL SAFETY

1. Weapons defined
2. The right of self-defense
3. Firearms
4. Illegal weapons
5. Legal hand weapons
6. Weapon skills

#### F. VULNERABLE TARGETS OF THE HUMAN BODY

1. Hand weapon skills
2. Personal weapons skills

#### G. BODY CONDITIONING FOR PERSONAL DEFENSE TECHNIQUES

1. Flexibility exercises
2. Strength exercises
3. Rolls and falls

4. Forward rolls
5. Backward roll
6. Shoulder roll
7. Side fall
8. Side drop
9. Front fall

#### H. PERSONAL DEFENSE TECHNIQUES

1. The four basic principles of personal defense
2. Defensive tactics and counters
3. Wrist and arm grabs
4. Body holds
5. Strangles grabs
6. arm locks
7. knife attacks
8. Kicks and strikes
9. Natural body weapons

#### Assignment:

#### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
40 - 60%

**Representative Textbooks and Materials:**