



*Course Title: Personal Safety/Self Defense

*Department: KAD

*Course Code: Section 2385

*Units: 1.5

*Days: TUES/THURS

*Class Hours: 6:00 pm-7:30 pm

***Instructor:** Destinee Tartuffe
<http://maps.santarosa.edu/analy-village>

*Classroom: [645 Wrestling Analy Village, Santa Rosa Campus](#)

***E-mail:** dtartuffe@santarosa.edu

*Office Hours: Email or before/after class by appointment, or via Zoom by appointment

*Instructor Homepage: <http://online.santarosa.edu/homepage/dtartuffe>

***Final Exam Date: TUESDAY, DECEMBER 12, 2023, 6:00 p.m.**

Representative Textbooks and Materials:

Christensen, Loren W. Fighting the Pain Resistant Attacker. Santa Fe, NM: Turtle Press. 2016 (classic).

Miller, Sergeant Rory. Meditations on Violence. Boston, Mass. USA: YMAA Publication Center. 2008 (classic).

Instructor prepared materials

Web-Based Texts:

Miller, Sergeant Rory. Facing Violence. Wolfeboro, N.H., USA: YMAA Publication Center (Video: <https://ymaa.com/publishing/streaming-video/facing-violence-streaming>)

Objectives:

At the conclusion of this course, the student should be able to:

1. Describe personal safety in relation to current topics in crime study.
2. Analyze personal and property safety concepts and techniques.
3. Demonstrate personal defense techniques and skills.
4. Perform body conditioning exercises for personal defense techniques.

***COURSE DESCRIPTION:**

Section 2385: Personal Safety and Self-defense

***COURSE OUTLINE OF RECORD:** http://portal.santarosa.edu/SRwebSR_CourseOutlines

***PREREQUISITES:** *None

***COURSE CONTENT:** Student Learning Outcomes:

Section 2385

At the conclusion of this course, the student should be able to:

1. Demonstrate increased self-defense awareness and ability based on a solid understanding of crime prevention, personal defense techniques, and physical conditioning.
2. Develop simple fitness plan

Topics and Scope

- I. The Need for Personal Defense
 - A. Crime as it concerns personal defense
 - B. Crime classifications
 - C. Crime against property
 - D. Frequency of property crimes
 - E. Crimes against the person
 - F. Frequency of personal crimes
- II. Current Problems in Crime Study
 - A. Factors that influence crime
 - B. Current trends in combating crimes
 - C. Legislation and California self-defense Laws
- III. Property Safety
 - A. Precautions to consider
- IV. Personal Safety
 - A. General precautions
- V. Weapons and Techniques of Personal Safety
 - A. Weapons defined
 - B. The right of self-defense
- VI. Body Conditioning for Personal Defense Techniques
 - A. Flexibility exercises
 - B. Strength exercises

- C. Rolls and falls
- D. Forward rolls
- E. Backward roll
- F. Shoulder roll
- G. Side fall
- H. Side drop
- I. Front fall

VIII. Personal Defense Techniques

- A. The four basic principles of personal defense
- B. Defensive tactics and counters
- C. Wrist and arm grabs
- D. Body holds
- E. Strangles grabs
- F. Arm locks
- G. Kicks and strikes
- H. Using different body parts

All topics are covered in the lecture and lab portions of the course.

***ASSIGNMENTS AND GRADING -**

Assignments:

Representative assignments may include:

1. *Physical midterm and final. (100 points each. (50 points scale for student recalling the and performing the correct technique. 50-point scale for Instructor subjective judgment)
2. Short quizzes to reinforce the concepts listed above. (No special points, but they help to reinforce the learning.)
3. Written midterm and Final exams. (100 points each)

***EVALUATION AND GRADING POLICY**

Participation will be 60% of your grade. 20% of your grade is based on performance of the skills. 20% of your grade is based on the written exams. Please make every effort to participate in every class.

It is the student's responsibility to be aware of his/her grade at all times. It is suggested an online folder be maintained with class notes, handouts, and submitted papers/work. Keep record of

attendance and participation in class with specific dates. It is your responsibility to do a weekly check of your work. This will ensure “no surprises” arise.

***COURSE OBJECTIVES:**

- A. Students will have increased awareness and ability to protect themselves proactively based on a solid understanding of crime prevention, personal defense techniques, and physical conditioning.
- B. Students will be able to develop simple fitness plan to focus on the techniques that they may be likely to employ as they continue through life.

****EQUIPMENT:** The following equipment will be used:

1. Judo Jaime: Training dummy—instructor provides (but available for purchase)
2. Fundamental Directional Judo Mat—instructor provides (but available for purchase)
3. Bring a water bottle. Hydration is important.
4. Athletic tape
5. Nail clippers
6. Band-Aids
7. Resistance bands (various strengths are recommended)
8. Gym bag to transport and store belongings.

Class requirements

- Each student **is required to** come to class in workout clothes and not street clothes.
- No jewelry is allowed. It is a safety hazard. No metal to be worn on the mats. It tears them and then we cannot do practice safely. If you have recent piercings, please ask me about how to properly tape the piercings.
- **Fingernails and toenails must be cut short and clean. Scratches from the beloved “titan talons” may get easily infected. Safety first, prevent injury before it happens!**
- It is recommended that everyone wear appropriate workout clothing.
- **No Shoes allowed on mat at any time. However, shoes must be worn anytime you leave the room. It is recommended that you have shoes easy to remove.**
- **A sports bottle is highly recommended so you may bring your own water. There is not a close source for water, despite the water fountain outside the room. Horror stories of things witnessed.**

- **All injuries must be reported to the Instructor immediately.** In accordance with college policies, this department is committed to the practice of safe universal procedures for the handling of blood and body fluids. Open sores or cuts need immediate dressing. Coach Tartuffe needs to be notified of any bleeding injury so that the necessary precautions can be adhered to.
- This is a “hands on” class and touching others is a necessary part of this class. Please let me know immediately if you feel anyone is acting inappropriately with regards to this.
- **Class bows in and warm-ups begin at 6:00 pm.** Please be on time or let me know if you will be late regularly. If you are late, it is our responsibility to make sure that I mark you as “in attendance.” This is how the class participation points are determined. *Each class is worth 100 points toward the mid-term and final grades.*

***ASSIGNMENTS AND GRADING -**

Assignments:

Representative assignments may include:

1. *Physical midterm and final. (100 points each. (50 points scale for student recalling the and performing the correct technique. 50 point scale for Instructor subjective judgment)
2. Short quizzes to reinforce the concepts listed above. (No special points, but they help to reinforce the learning.
3. Written midterm and Final exams. (100 points each)
4. Possible online assignments as the Canvas portal is made operable for this class.

***EVALUATION AND GRADING POLICY**

Participation will be 60% of your grade. 20% of your grade is based on performance of the skills. 20% of your grade is based on the written exams. Please make every effort to participate in every class.

It is the student’s responsibility to be aware of his/her grade at all times. It is suggested an online folder be maintained with class notes, handouts, and submitted papers/work. Keep record of attendance and participation in class with specific dates. It is your responsibility to do a weekly check of your work. This will assure “no surprises” arise.

***INSTRUCTIONAL METHODS:**

- Lecture
- Research
- Small Group/Partnering

- Technology/Software—Zoom Judo Fitness Class for make-up work
- Student Participation
- Online

Respect

The best way to learn is through active participation; therefore, we respect others when they are talking, by being on-time, listening actively, and by being polite even when we disagree with another's viewpoint. Please turn off all electronic devices. No food in class please. No gum is allowed in the mat room.

Absences

- a. One to three absences will have no effect on your grade.
- b. Four absences will cause a drop in grade level.
- c. Five to seven absences will cause another drop in grade.
- d. Eight absences your grade will be an F.

Extra Credit/ make-up opportunities: Extra credit can be earned through tournament attendance/participation or by written reports as deemed appropriate by the instructor. Please see the instructor for details.

***LATE WORK/MAKE-UP EXAM POLICY:** Weekly homework assignments and essays are not subject to makeup. As long as you get your work in on the day it is due, it will be accepted. Be aware that the deadline given is exactly that, a deadline. Therefore plan ahead for any technical problems that may arise. We have rare problems that may occur, but again, they are rare. Do not try to submit within the last 15 minutes of the end of the submission time. Your clock is not my clock, nor is it the Internet's clock.

If you are a student who represents SRJC in an off campus activity, you must get a schedule to the professor ASAP and email at least one week before the absence that you will be gone. All work must be handed in ahead of the absence or online per Instructor's directions.

Tests

There will be a written and practical mid-term exam and a 2-part final exam consisting of a written and performance test.

Stuff that is important and may have been addressed elsewhere, but is worth repeating:

1. Make ups assignments are the student's responsibility to follow-up with me for the assignment. *Only two are allowed per semester.* Do not wait until the end of the semester and try to catch up. Please be punctual to class as the warm-up period is critical.
2. **Please do not come to class if you are ill, or still recovering from an illness.** Contact Coach Tartuffe via email (dtartuffe@santarosa.edu), not the classroom!
3. Do not come to class injured or unable to participate. *No wallflowers.* Injuries that prohibit participation will require a physician's clearance to resume class participation.
4. You must take the written and physical final exams. Failure to take these tests will result in a drop of one grade for your final semester grade. If you need to make arrangements to take the final at a different time please contact the instructor to make arrangements.
5. It is the student's responsibility to drop the class via Records and Admissions. If this has not been done and your name appears on the Final Grade Sheet, the student will be given an 'F' grade or 'NP'.
6. Personal Hygiene is of paramount importance. Long finger or toe nails and jewelry are simply not safe, and are not allowed.
7. Please come to class prepared to participate, learn something about Personal Safety and Self Defense. I want you to enjoy a safe and wholesome class environment.

****PAPERS:** All essays/assignments are due on the posted due date. Late papers will be marked down one letter grade for each day past due. Extensions will only be permitted in the case of an emergency. Plagiarism will result in a failing grade on the plagiarized assignment.

ACADEMIC DISHONESTY: Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not

acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.

STUDENT CONDUCT: We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code (http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

ACADEMIC INTEGRITY:

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended [for one or two class meetings by the instructor] and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at:

<http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

CELL PHONES / LAPTOPS / MP3 PLAYERS / GUM CHEWING: It is the instructor's expectation that each and every student, and the instructor, will take into consideration respect for the learning environment by turning off all devices with noise and limiting use within the class time. If an emergency exists that precludes adherence to this request, special permission may be granted by the instructor to keep a device on a vibration setting. Regarding gum, it has proved to be a major distraction; therefore it is not allowed in class at any time.

SOCIAL UTILITY USE: Be aware that the instructor is also on social networking sites and checks in often to those sites to be attuned to what is going on and stay in touch. Please know that what is posted on these types of pages is viewed by a wide array of people. Use wise judgment when posting.

SRJC CAMPUSES: Please remember that SRJC is not crime free. Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. In case of Emergency: **CALL DISTRICT POLICE at 527-1000 (just the extension 1000 from an on-campus phone) or call 911.**

EMERGENCY EVACUATION PLAN

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. *Our class will meet at the baseball field to make sure everyone gets out of the building safely and to receive further instructions.* If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

HAZARDOUS WASTE SAFETY

In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately after class or by email about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located on the 3rd floor of the Bertolini Student Center on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

If you have medical concerns or any other personal problem which may be a factor in your performance within this class structure, please feel welcome to **confidentially** discuss this with your instructor.

****DISCLAIMER:** This syllabus may need to be amended from time to time. Students will be notified of specific changes during a regularly scheduled class meeting. The course schedule is a guideline for you to follow, but changes are possible as we progress through the material and course. The professor reserves the right to make changes that benefit the majority of the students and allow for student learning outcomes to be enhanced. It is the responsibility of the student to ensure he/she has the latest version of the course syllabus. When in doubt, check with the Professor.

FALL SEMESTER ACADEMIC CALENDAR 2023

Tuesday, August 15, 2023, CLASSES BEGIN

Sunday, August 27, 2023, Last day to drop semester length class and be eligible for a refund.

Sunday, September 3, 2023, Last day to register/add semester length class with add code.

Sunday, September 3, 2023, Last day to drop a semester length class without “W” symbol.

Monday, September 4, 2023, Labor Day Holiday (No classes, District closed)

Thursday, October 19, 2023, Midterm

Sunday, November 12, 2023, Last day to drop a semester length class with “W” symbol.

Thursday, November 23 - Sunday, November 26, 2023, Fall Break (No classes, District closed)

Thursday, December 7, 2023, Last day to opt for P/NP for a semester length class

Tuesday, December 12, 2023, Final Examinations