

**Tompkins Cortland Community College**  
**Master Course Syllabus**

**Course Discipline and Number: FITN 213**  
**Course Title: Self Defense**

**Year: 2024-2025**  
**Credit Hours: 1**

**Attendance Policy:** *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

**Services for Students with Disabilities:** *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

### **Course Description**

An introductory level course in practical self defense designed for women and men. Students learn practical and effective basic defensive techniques as well as responses to a multitude of situations. They also learn how to improve awareness and to recognize a threat. No previous experience or training is required. Each class has a lecture and skill development component. Prerequisites: Prior completion or concurrent enrollment in RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Fall and spring semesters.

### **Course Context/Audience**

This course is intended for students who do not have a background in martial arts but want to learn practical, real world self-defense. It can be used to satisfy an unrestricted elective requirement. However, only one extra FITN course can be used to satisfy unrestricted elective requirements.

### **Basic Skills/Entry Level Expectations**

**Writing:** W0 Course requires very limited or no writing.  
**Math:** M0 Course requires very little or no math.  
**Reading:** R1 Course may be taken concurrently with RDNG 099.

### **Course Goals**

FITN 213 is designed to:

1. Cover theoretical concepts of self-defense;
2. Develop student's nonphysical aspects of self-defense;
3. Improve student's intuition and common sense to potentially dangerous situations;
4. Improve student's sense of personal empowerment;
5. Develop student's risk awareness and assessment;
6. Help students to learn how to deal with physical threats quickly, effectively and effortlessly.

## Course Objectives/Topics

Objective/Topic	% Course
Students will gain increased awareness of their environments and will be able to make informed choices about safety on the street, in their cars and in their homes.	10%
Students will be able to employ techniques of verbal de-escalation and confrontation and know when each is appropriate.	10%
Students will understand the theory of attack, predator / prey theory and survival signals.	10%
Students will be able rely on intuition.	20%
Students will be able to employ effective defensive posture.	10%
Students will understand the principles of first strike, non-engagement, distancing, body angling and closest natural weapon.	10%
Students will be able to employ the proper way to fall.	5%
Students will be able to demonstrate concepts of defense of the ground, standing and clinched.	10%
Students will be able to employ proper blocking techniques.	10%
Students will be able to understand the angles of attack.	10%
Students will be able to employ a series of effective defensive techniques including punching, striking, kicking, kneeling and grabbing.	30%
Students will understand domestic violence prevention and signs of abuse.	10%
*Note: Because student mastery of the knowledge, skills and understanding of individual objectives overlap, the sum of the amounts of class time assigned to the objectives exceeds 100%.	

## General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> <li>➤ develop meaningful questions to address problems or issues.</li> <li>➤ gather, interpret, and evaluate relevant sources of information.</li> <li>➤ reach informed conclusions and solutions.</li> <li>➤ consider analytically the viewpoints of self and others.</li> </ul>	<p>Students are highly encouraged throughout the course to ask questions and bring up concerns or problems they personally may face or need to address</p> <p>Students are required to write a Reflective Interpretive Essay based on a movie shown in class and their reading of the text book Throughout the course, each student is required to evaluate themselves and situations concerning self-defense</p> <p>Throughout the course, the students are required to move beyond what is taught and start to develop their own defensive strategies</p>

<b>SOCIAL/GLOBAL AWARENESS OUTCOMES</b>	<b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b> (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> <li>➤ Students will begin to understand how their lives are shaped by the complex world in which they live.</li> <li>➤ Students will understand that their actions have social, economic and environmental consequences.</li> </ul>	<p>Social and cultural causes of violence against females and males is widely covered throughout the course</p> <p>Students will improve awareness and recognize a threat in multiple situations and are required throughout the course to focus and understand the consequences of using physical and non-physical self-defense</p>

**Instructional Methods**

To effectively teach this course material, it is essential to create a classroom environment in which the student feels both emotionally and physically safe. Communication with the instructor about any concerns, respect for each other's personal space and comfort zones are key to a safe learning environment. The instructor should not tolerate bullying or disrespectful attitudes or actions. Anyone involved in these actions should be removed from the class. At the beginning of the course student pairings (training partners) should be established. The instructor should clarify that throughout the course the students will strike targets (Thai pads, kick shields, focus mitts), apply joint locks, and work escapes and releases. In addition, students will also use non-physical techniques with their peers and the instructor, i.e., awareness, and de-escalation methods.

**Methods of Assessment/Evaluation**

<b>Method</b>	<b>% Course Grade</b>
Participation / Attendance. (Students who miss more than two classes will automatically fail)	10%
Final Exam (Skill demonstration and self-defense scenarios)	50%
Move Review (2 Page Reaction to "Enough")	40%

**Text(s)**

Complete Krav Maga, Levine, Darren and Whitman, John, Latest Edition, © 2007 Ulysses Press, CA

The Gift of Fear, De Beacker, Gavin, Latest Edition, © 1997 Dell Publishing, NY  
Required

**Bibliography**

Baty, Kathleen. A girl's gotta do what a girl's gotta do - the ultimate guide to living safe & smart. © 2003, St. Martin's Press. (ISBN 1-57954-639-0)

Franco, Sammy. When Seconds Count (Everyone's Guide to Self-Defense). © 1994, Paladin Press, Colorado. (ISBN 0-87364-762-9)

Thomas, Matt, Loveday, Denise & Strauss, Larry. Defend Yourself - Every Woman's Guide to Safeguarding Her Life. © 1995, Avon Books, New York. (ISBN 0-380-77458-5)

**Other Learning Resources**

<p><b>Audiovisual</b> Movie - Enough - Columbia Pictures, 2002.</p>
<p><b>Electronic:</b> No resources specified</p>
<p><b>Other:</b> No resources specified</p>