Term Information

Effective Term: Autumn 2016
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Campus upon which course is being offered to include all regional campuses

What is the rationale for the proposed change(s)?
The listing on all regional campuses was initially overlooked.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No
Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Kinesiology: Sprt, Ftms&Hlth Pr
Fiscal Unit/Academic Org: Department of Human Sciences - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1172.02
Course Title: Self Defense Men
Transcript Abbreviation: Self Defense Men
Course Description: Skills and understandings essential to defend oneself against an aggressor with emphasis on avoiding attack.
Semester Credit Hours/Units: Fixed: 1

Offering Information

Length Of Course: 14 Week, 12 Week, 8 Week, 7 Week, 6 Week
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Letter Grade
Repeatable: No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus, Lima, Mansfield, Marion, Newark, Wooster
Previous Value: Mansfield

1172.02 - Status: PENDING
Last Updated: Folden Jr, H Eugene
03/07/2016
Prerequisites and Exclusions

<table>
<thead>
<tr>
<th>Prerequisites/Corequisites</th>
<th>Exclusions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prereq: Limited to men only.</td>
<td>Not open to students with credit for EduPAES 172.02.</td>
</tr>
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</table>

Cross-Listings

<table>
<thead>
<tr>
<th>Cross-Listings</th>
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<tbody>
<tr>
<td>None</td>
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Subject/CIP Code

<table>
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<tr>
<th>Subject/CIP Code</th>
<th>Subsidy Level</th>
<th>Intended Rank</th>
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<tbody>
<tr>
<td>31.0599</td>
<td>General Studies Course</td>
<td>Freshman, Sophomore, Junior, Senior</td>
</tr>
</tbody>
</table>

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

- Provide the student with the appropriate level knowledge and skills for self defense to include situational awareness, ability to verbally defuse potentially violent encounters and defend one’s self after all other possibilities are exhausted

Content Topic List

- Safety and injury prevention; Introduction to self-defense and strikes
- Verbal self-defense; Introduction to kicks
- Range and move in or run away
- Introduction to combinations
- Introduction to holds and grabs
- Introduction to front/rear choke holds
- Introduction to falling and fighting from different levels; Kicking from the ground
- Overview of offenders; Combinations with focus pads
- Defense against weapons; Using weapons for self-defense
- Review ground fighting with hip roll from horizontal position
- Review choke hold releases and ground fighting

Attachments

- 1172.02 Mens Self Defense (9.28.15).docx

Comments

(Syllabus. Owner: Shiebler, Charles L)
### Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<tr>
<td>Submitted</td>
<td>Shiebler, Charles L</td>
<td>03/04/2016 11:49 AM</td>
<td>Submitted for Approval</td>
</tr>
<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
<td>03/07/2016 03:54 PM</td>
<td>Unit Approval</td>
</tr>
<tr>
<td>Pending Approval</td>
<td>Achterberg, Cheryl L, Warnick, Bryan R, Zircher, Andrew Paul, Odum, Sarah A.</td>
<td>03/07/2016 03:54 PM</td>
<td>College Approval</td>
</tr>
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</table>
The purpose of this class is to provide the student with the appropriate level knowledge and skills for self defense. As result of the class the student will improve his general physical fitness situational awareness, ability to verbally defuse potentially violent encounters and defend one’s self after all other possibilities are exhausted. Principles, techniques, safe practices and strategies of self defense will be taught throughout the class. This course is designed for non martial artists those with any previous martial experience should consult with the instructor.

**Note:** This course includes forms of movement that may contain physical body to body contact in various ways, such as hitting, punching, jabbing, grappling etc. Excessive force, violence, or aggression are not required or expected and will not be tolerated. There will be controlled “sparring”, but **NO HARD PUNCHING** will be permitted at any time and safety will be emphasized.

**Relationship to Other Courses**

This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any male student at The Ohio State University. There is no prerequisite for this course.
Course Objectives

The student will be able to demonstrate appropriate level competence in the following:

1. Perform offensive and defense techniques
2. Demonstrate appropriate techniques for self-defense
3. Demonstrate basic footwork and evasion
4. Explain self defense skills and concepts
5. Work cooperatively with classmates and sparring partners

Off Campus Field Experience

This course does not have an off-campus field experience.

TENTATIVE Topical Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Cover syllabus and course policies. Philosophy of self defenses vs. traditional and sport based martial arts. The legality of accelerated use of force and Ohio law concerning self defense.</td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td>Natural weapons every human possesses and the corresponding vulnerable points on the body of the attacker(s). Situational awareness threat level; proper response; trying to talk your way out of a conflict; retreat flight before fight. Fight only when cornered. Individual attacker’s unarmed and armed (blunt instruments).</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Close Quarters Combat (unarmed single assailant) Striking: Knees, Elbows, and Head Butts, Foot Stomps and Hammer fists. Close Quarters Combat (unarmed single assailant) Grappling/Breaking Holds (Standing): Wrist grabs single double and cross armed. Chokes (delivered by the attacker’s hands) front, side and rear. Take down prevention against. Singles double leg, German-suplex and bear hugs front and back arms pinned and free.</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>Kicking: range; sidekicks; front kicks; donkey kicks; round house kicks. Kicking from the ground. Punching: range; jabs; hooks; straight, right and upper cut. Chops with the edge of the hand; palm strikes; ear slaps and eye gouges; hammer fist.</td>
</tr>
<tr>
<td><strong>Week 5</strong></td>
<td>The ground: down but not out. Getting to your feet by breaking holds and striking.</td>
</tr>
</tbody>
</table>
| **Week 6** | Multiple unarmed attackers escape evasion. Single armed attacker edged weapons; improvised weapons and close quarter handgun disarm. Fire arms and intimidation vs. real intent to commit
**MEN'S SELF DEFENSE**

<table>
<thead>
<tr>
<th>Week</th>
<th>Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>Scenarios of multiple attackers and fending them off with improvised weapons: bricks, bats, bottles, chairs, pool cues, pool balls - anything.</td>
</tr>
<tr>
<td>Week 8</td>
<td>The psychology of the gang attack. Scenarios with multiple attackers with weapons and fending them off unarmed.</td>
</tr>
<tr>
<td>Week 9</td>
<td>Putting it all together: Review of all skills learned so far.</td>
</tr>
<tr>
<td>Week 10</td>
<td>Strategies for de-escalating violent situations before they arise and situational awareness by taking preventative measures to stave off violence before it occurs.</td>
</tr>
<tr>
<td>Week 11</td>
<td>Back to the ground with weapons – gaining control.</td>
</tr>
<tr>
<td>Week 12</td>
<td>Back to the ground with weapons – applying control locks.</td>
</tr>
<tr>
<td>Week 13</td>
<td>Skill Testing</td>
</tr>
<tr>
<td>Week 14</td>
<td>Review and Make up</td>
</tr>
</tbody>
</table>

**No class or exam will be held for this course during final exam week.**

**Course Requirements / Evaluation**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Skills</td>
<td>35</td>
</tr>
<tr>
<td>Knowledge</td>
<td>30</td>
</tr>
<tr>
<td>Journals</td>
<td></td>
</tr>
<tr>
<td>Homework assignments</td>
<td></td>
</tr>
<tr>
<td>Final Paper</td>
<td></td>
</tr>
<tr>
<td>Attendance &amp; Participation</td>
<td>35</td>
</tr>
<tr>
<td><strong>TOTAL POSSIBLE POINTS</strong></td>
<td>100</td>
</tr>
</tbody>
</table>

Note: Participation is defined as the student’s involvement in all assigned drills and activities. It is during this time that the instructor will monitor and evaluate student progress. Based upon a 100 point total value for the course, of which 35 points are based upon participation, the following guidelines will be used for missed participation.

<table>
<thead>
<tr>
<th>Number of Class Meetings</th>
<th>Number of points deducted per non-participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>2.5 points</td>
</tr>
<tr>
<td>28</td>
<td>1.25 points</td>
</tr>
</tbody>
</table>
Grading Scale

93% - 100% = A  
90% - 92% = A-  
87% - 89% = B+  
84% - 86% = B  
80% - 83% = B-  
77% - 79% = C+  
74% - 76% = C  
70% - 73% = C-  
67% - 69% = D+  
60% - 66% = D  
0 – 59% = E

Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

Classroom Policies

1. Attendance Policy

The 10% Rule
The SFHP program has a 10% absence rule. This rule recognizes that situations occur where a student may miss class during the semester. The 10% rule allows students to miss up to 10% of classes for any reason and without points being lost in the area of participation. After a student has missed 10% of the class, the appropriate number of points per nonparticipation will be deducted for each absence as noted in the table above. It is important to note that although an absence (within the 10% guideline) will not result in points being deducted, it will still count toward the total number of absences explained in the 30% rule.

The 30% Rule
As this is a laboratory-based class which centers on learning through participation in class activities, missing more than 30% of the class will result in the student earning a failing grade (i.e. receiving a final grade of ‘E’).

The following guideline will be used:

<table>
<thead>
<tr>
<th>Number of class meetings</th>
<th>Number of absences that results in an “E”</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Greater than 4</td>
</tr>
<tr>
<td>28</td>
<td>Greater than 8</td>
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</tbody>
</table>

2. Tardiness
Any combination of two tardy arrivals or leaving class early equals an absence. The instructor will determine the tardy time. Due to the potential risk of missing important safety instruction, students will be denied admittance to class if they arrive 15 minutes after the class begins.

3. Excused Absences
An excused absence means that the student will be given an opportunity to make up work
that he or she missed. There are four situations, which constitute an “excused absence” from the class meeting time. They are:

1) Students who participate in a documented University sanctioned event
2) Students who have a documented death in the family
3) Students who are observing a religious holiday
4) Students who are too ill or injured to participate in class

In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes of which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester. Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.). Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester. Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class. Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The makeup form is available from the instructor. There will be no make-up of unexcused absences.

4. Dress Code
Attire appropriate to activity such as loose fitting shorts, t-shirt or loose fitting sweat pants must be worn. Clothing should not have any buttons, belts or zippers. There is a possibility of clothing getting torn so dress appropriately. Do not wear clothing that is already torn. Students will be expected to wear socks for drills conducted on the workout mats. No jewelry, street shoes, gum or tobacco use of any kind is allowed.

5. Equipment Policy
Students will be required to provide a red marker and white Tee shirt for cut and stab prevention drills when addressing the possibility of edged weapons assault. Mouth pieces are required and must be worn for every class starting with third class and are available to purchase at the RPAC Sport Shop.

6. PAR-Q
Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (PAR-Q). The student’s PAR-Q is available on the course’s Carmen site (www.carmen.osu.edu) and must be completed prior to participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, students must provide additional documentation from a physician, which gives the student permission to participate in the class. The PAR-Q must be completed prior to participating in any class activity.
7. Notice of Risk
Due to the potential risk associated with certain activities, all students enrolled in this course are required to complete the Notice of Risk (NoR) form which is on the course Carmen site (www.carmen.osu.edu). The NoR must be completed prior to participating in any class activity. If a student is under the age of 18 the student must complete the NoR and supplement the quiz with the Agreement to Release form completed by a parent/guardian. The Agreement to Release can be found on Carmen as well.

Media Waiver
In order to better serve our students across the university, the Sport, Fitness, and Health program will be using social media for program promotion. Students will be asked to complete a Media Waiver form for the purpose of releasing photographs, videos, etc. for use on various media sites. All students must sign the form but have the right to withhold consent based on options provided on the consent form.

Academic Misconduct
The Ohio State University’s Code of Student Conduct (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s Code of Student Conduct is never considered an “excuse” for academic misconduct.

If the instructor suspects that a student has committed academic misconduct in this course, they are obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that a student has violated the University’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct. HYPERLINK "http://studentaffairs.osu.edu/resource_csc.asp"http://studentaffairs.osu.edu/resource_csc.asp

Citation of Sources
Proper citation of sources used, either print or electronic, MUST be done to ensure you do not commit plagiarism, which is subject to reporting Academic Misconduct as described above. Carmen is equipped with software that instructors use to cross check every submitted paper for comparisons to a multitude of databases and sources. When an instructor finds a match to an existing source – even a student’s own previous work – the instructor is required to report those findings to the Committee on Academic Misconduct based on the university policies.
There are a variety of style standards for citation and numerous resources to find those guidelines. Below are a few links to assist you.

OSU Libraries:
http://library.osu.edu/find/resources/citation-examples/apa/

An example of the APA Style can be found at this website:
http://www.apastyle.org/

As you continue your academic career, you are expected to have familiarity with proper citation. This class is no different than any other course, so you will be held to the same standards as any other university course. If you have questions or need assistance with citation, you may contact me via email.

**Citation Examples:**
For APA style, a Reference List is included. Links to examples are given below.

**Books**
http://library.osu.edu/find/resources/citation-examples/apa/apa-style-guide-books/

**Electronic Resources**
http://library.osu.edu/find/resources/citation-examples/apa/apa-style-guide-electronic-resources/

**Articles**
http://library.osu.edu/find/resources/citation-examples/apa/apa-style-guide-articles/

**ODS Statement**

Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; http://www.ods.ohio-state.edu/. Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Statement on Diversity**

The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy
and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Science is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the School seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department of Human Science prohibits discrimination against any member of the school’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

**Grievances and Solving Problems**

According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.”

**Technology**

The use of Carmen is employed in this course for receiving the syllabus, online lessons, assignment distribution and submission, quizzes and exams, and communication (via Carmen email). Web Address: www.carmen.osu.edu You will need an OSU username and password to access the site. Your password for Carmen will be the same password that you use for email, etc.