EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Department of Kinesiology and Sport Studies

KSS 1850 - Self Defense
Fall 2012

INSTRUCTOR: Mrs. Julia Gladu
OFFICE: 2210 Lantz Building
OFFICE HOURS: 10-11 MW 12-1 TR or by appointment
TELEPHONE: 581-7583 **Office**
E-MAIL: jmgladu@eiu.edu

TEXT: Mattingly (2007) Self-Defense, Steps to Survival

COURSE DESCRIPTION: Self Defense

COURSE OBJECTIVES: This course is designed to introduce students to basic self defense.

COURSE CONTENT: Awareness, Assessment, Action, Defensive Stance, Evasive Sidestep, Blocks, Strikes, Kicks, Defense to choke hold, Defense to grabs

COURSE POLICIES:

A. <u>Attendance Policy</u>

1. Attendance is expected. It will be taken each class meeting. You should attend every class, be on time and stay the entire class time. Your final letter grade will be lowered if you have the following number of unexcused absences:

   4 Unexcused absences – Drop 1 letter grade
   5 Unexcused absences - Drop 2 letter grades
   6 Unexcused absences – Drop 3 letter grades
   7 Unexcused absences- Drop or Fail course

B. <u>Attendance/ Participation</u>

1. Attendance/Participation in this class is extremely important. **You can earn up to 20 points per class period.** Loss of points will occur due to an absence, lack of or limited participation, sleeping in class, doing other work in class, leaving class without consent from instructor, and any other situations deemed necessary by the instructor. Instructor will evaluate on a daily basis a students earned attendance/participation points. You will not be allowed to earn points if you are absent or if you come to class and do not participate.

C. Tardy Policy

1. **There will be a loss of 10 points per tardy after the 2nd.**

You are considered tardy once I have finished taking attendance. **It is your responsibility to see me after class to make sure that I mark you as tardy and not as absent.** Do not assume that I have already changed it in my gradebook. These must be corrected within the week that the tardy occurred! **NO EXCEPTIONS!**

D. <u>Assignment Policy</u>

*******All assignments due on due date and collected at beginning of class period. A loss of 50% of points will occur if turned in after I collect them in class. After 24 hours the grade will be a 0.

*******You will not be allowed to make up any work if the absence is **UNEXCUSED**. Exceptions include (Death in family, University function, or personal illness.) **Students are responsible for Verifying Excused Absences** and must provide instructor with a **Copy of the Written Document**. The written document does not automatically excuse the absence. Once the document has been received, the instructor will determine if the absence is **EXCUSEABLE**. All documents must be received **before finals week**, if not turned in by this time the absence becomes unexcused. **NO EXCEPTIONS.**

EVALUATION:

A. Class Assignments - 10-50 points
B. Active Participation – 540-560 points
C. Midterm Exam - 50-100 points
D. Final Exam - 50-100 points

GRADING:

A = 90% of total points
B = 80% of total points
C = 70% of total points
D = 60% of total points
F = <60%

DRESS:

Shoes <u>MUST</u> be removed <u>BEFORE</u> entering Wrestling room. Socks must be worn at **ALL** times.

*****All phones must be turned to silent mode prior to class and be in student's backpacks. Use of phone or other electronic devices during class will not be tolerated. First offense student will be told to put it away. Any further offenses, student will be told to leave class and will receive an unexcused absence for the day. This unexcused absence will count toward student's total and any work(s) turned in will result in an automatic zero.**

*****It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code Handbook. Academic honesty is expected, cheating in any form will not be tolerated.**

*****If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible or contact the Coordinator of the Office of Disability Services(581-6583).**

*****Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center(www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th St. Hall, Room 1302.**

Final Exam dates: TR at 11am- Mon. Dec. 10 10:15-12:15pm
TR at 1pm- Thurs. Dec. 13 12:30-2:30

The only time a final exam date can be changed is if you have 3 or more exams on the same day and you must provide verification.