Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies

KSS 1850 – Self Defense

INSTRUCTOR: Mrs. Traci Worby, M.S.

OFFICE: 1405 McAfee

OFFICE HOURS: Mon & Wed 12:00 p.m. - 1:00 p.m.
Tues & Thurs 10:00 a.m. - 11:00 a.m.
Other times by appointment.

CONTACT: (217) 581-6039
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TEXT: Mattingly, K. (2007). *Self-Defense: Steps to Survival.* Human Kinetics: Champaign, IL.

COURSE DESCRIPTION: The development of basic skills for self defense.

COURSE OBJECTIVES: .
This course is designed to introduce students to basic self defense
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COURSE CONTENT: Awareness, Assessment, Action, Defensive Stance, Evasive Sidestep, Blocks, Strikes, Kicks, Defense to choke hold, Defense to grabs

COURSE REQUIREMENTS: **1) <u>Attendance and participation in this course is expected.</u>** Each absence from class will result in a loss of 5 points from your attendance/participation grade. The first two absences will not affect your overall grade. The third and fourth absences will drop you one letter grade each from your final grade. The fifth absence will result in an automatic failure of the course.

2) <u>Tardiness is NOT accepted</u>. Each day is worth 5 participation points. A tardy will lose you 2 points for that day's participation points. You will be 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.**

3) It is the responsibility of the student to inform me of absences for illness, family emergencies, and university-sponsored events, etc. An absence will be considered excused **<u>ONLY</u>** if you contact the instructor

before or immediately following the class period (**do not wait until the next class**) AND you must provide acceptable written documentation for the absence (doctor's note, walk-out statement from health service, etc…). Failure to provide acceptable documentation will result in an unexcused absence and you will not be allowed to make up work/tests from the missed class period. Students will be required to complete make-up work for any excused absence.

4) All assignments will be due on the DUE DATE. **Late work can only earn up to 50% of the points and will only be accepted within the week of the initial due date.**

***If you incur an injury that requires you to miss more than three weeks throughout the semester, you will be asked to drop the class.**

EVALUATION:

A = 90-100% of total points
B = 80-89%
C = 70-79%
D = 60-69%
F = <60%

Attendance = 50%
Tests, Assignments & Skills Assessment= 50%

GUIDELINES:

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

Electronic devices are NOT allowed to be in use during the class period unless permission has been granted by the intructor. Please be courteous to others in the class by placing your cell phone in silent/vibrate mode when entering the classroom. 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.

Disability Statement:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

Student Success Center (SSC):

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: TBA