

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

**KSS 1850 - Self Defense**  
Fall 2009

**INSTRUCTOR:** Mrs. Julia Gladu  
**OFFICE:** 2210 Lantz Building  
**OFFICE HOURS:** 12:00-1:00 MTWR or by appointment  
**TELEPHONE:** 581-7583 **Office**  
**E-MAIL:** jmgladu@eiu.edu(**Do not use if you need my immediate attention**)

**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. Attendance Policy

1. Attendance in this class is extremely important. Your final letter grade will drop on the following class 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- Fail course**

B. Attendance/ Participation

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 for any reason, 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. Three or more tardies will result in the loss of 10 points per tardy. 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.

D. Assignment Policy

\*\*\*No late assignments accepted

\*\*\*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 MUST be removed BEFORE 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 electronics during class will not be tolerated.

\*\*\*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).