

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

KSS 1850- Fall 2009
Self Defense

Instructor: Ralph McCausland
1417 Lantz Arena
581-6039 office / voice mail
E-mail – remccausland@eiu.edu
Office Hours: M, W, R 10:00am- 11:00 am

Course

Description: Basic Self Defense

Course

Objectives: This course is designed to introduce students to BASIC self defense techniques, Awareness, Assessment, Action, Defensive Stance, Evasive Sidestep, Blocks, Strikes, Kicks, Defense to choke hold, Defense to grabs.

Dress: Shorts and/or sweat pants are encouraged. Shoes will be removed before entering the wrestling gym and **Socks** must be worn at all times.

Text: Self Defense, Steps to Survival. K. Mattingly

Evaluation: Attendance and active participation is an essential part of any activity course and excessive absences will lead to the lowering of your grade or failure.

Only university excused absences will be allowed make-up privileges. (**#2-unexcused absences with no penalty, 3rd absence will drop 1 letter grade, and 6th absence will drop 2 letter grades....**)

Attend class on time and be prepared to participate.

Methods of Evaluation:

Attendance/Participation – 5 pts @ class	(150pts)
Article reviews #2 @ 10 pts	(20 pts)
Mid Term Exam	(30 pts)
Final Exam	(30 pts)
Total	(230 pts)

230 - 207 - A
206 - 184 - B
183 - 161 - C
160 - 138 - D
137 - F