DEPT.:  PHED                          COURSE NO.:  1114

NUMBER OF CREDITS: 2

COURSE TITLE: Physical Agility and Self Defense

CATALOG DESCRIPTION: This course provides experiential learning in techniques for self-defense as well as general fitness learning. Techniques in handcuffing, searching, joint manipulation, pressure points and counters.

AUDIENCE:

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: N/A

LENGTH OF COURSE: 1 Semester

THIS COURSE IS USUALLY OFFERED:
Every other year ☐  fall ☑  spring ☑  summer ☐  undetermined ☐

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT:
   1) Mental and Physical conditioning   6) Levels of Control
   2) Control continuum/Tactical Positioning  7) Baton Systems
   3) Joint Manipulation/Pressure Points  8) Tactical Handcuffing
   4) Defensive Counter Strikes/Restraints  9) Weapon Retention/Disarming
   5) Survival Reaction Time Model  10) Survival Skills

2) THINKING SKILLS: The students will be able to explain and demonstrate the concepts of tactical positioning, appropriate guidelines and justification for use of force, safe handcuffing, use of expandable baton, and weapon retention.

3) COMMUNICATIONS SKILLS: The students will explain the concepts of kinesics (body language) as a communication tool; understand what command presence is, and have a strong command of verbal and nonverbal communication techniques. The student will also demonstrate communication and understanding of commands amongst fellow officers.
4) HUMAN DIVERSITY: The students will demonstrate and explain the proper procedures when working with fellow officers or students in situational scenarios. This also includes working within the public as a peace officer and demonstrating good people skills and projecting themselves as positive role models within the community.

TOPICS TO BE COVERED:
1) Mental and Physical conditioning  6) Levels of Control
2) Control continuum/Tactical Positioning  7) Baton Systems
3) Joint Manipulation/Pressure Points  8) Tactical Handcuffing
4) Defensive Counter Strikes/Restraints  9) Weapon Retention/Disarming
5) Survival Reaction Time Model             10) Survival Skills

LIST OF EXPECTED COURSE OUTCOMES: Students will be able to demonstrate proper techniques in joint manipulation, pressure points, baton use, self-defense skills, handcuffing, and physical agility.

LEARNING/TEACHING TECHNIQUES used in the course are:
☐ Collaborative Learning       ☑ Problem Solving
☒ Student Presentations       ☑ Interactive Lectures
☐ Creative Projects           ☑ Individual Coaching
☒ Lecture                    ☑ Films/Videos/Slides
☒ Demonstrations              ☐ Other (describe below)
☒ Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
☒ Reading                           ☑ Tests
☒ Oral Presentations                ☗ Worksheets
☒ Textbook Problems                 ☑ Papers
☒ Group Problems                    ☐ Term Paper
☐ Other (describe below)

EXPECTED STUDENT LEARNING OUTCOMES:

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.
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