**AUBURN UNIVERSITY**

**SYLLABUS**

**1. Course Number: KINE: 4970 008**

**Course Title:**

A. Self Defense for Women

**Credit Hours:**

B. 1 Hour

**Prerequisites: None**

**Co-requisites: None**

**2. Term** (Fall 2013)

**Day/Time** (W 4-5)

**Instructor Lt. Dennis Ledbetter**

**Office Address 543 West Magnolia Ave, Auburn, AL 36849**

**Contact Information (334-844-8872, drl0001@auburn.edu)**

**Office Hours 8:00-12:00, 1:00-5:00 (M, T, F)**

**3. Texts or Major Resources:**

A. Basic Physical Defense for Women Participant Manual. The R.A.D. Systems of Self-Defense 2006 publication year. The manual is provided for you by the instructor and is part of your $25.00 fee, the $25.00 fee can be paid by cash or check made payable to Auburn University RAD Program and must be paid on or before the second class meeting in order to avoid being dropped from the class.

**4. Course Description:**

“The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates.

**5. Student Learning Outcomes:**

Our Instructional Objective: is to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.

Through practice and role play, you’ll develop the confidence and behavior strategies, giving you a more active role in your personal safety.

**6. Course Content Outline:**

A. **R.A.D. TRAINING SYLLABUS**

**Session 1 – 08/21/2013**

Roll Call

Introduction / Administrative Paperwork/ Introduction of Instructors

**Session 2 – 08/28/2013**

Lecture - Statistical Problem

**Session 3 – 09/04/1013**

Lecture - Sexual Assault Definitions

**Session 4 – 09/11/2013**

Lecture - Risk of Personal Safety / Risk Reduction Strategies

**Session 5 – 09/18/2013**

Lecture - Date Rape Mentality / Date Rape Patten of Encounter/ Continuum of Survival

**Session 6 – 09/25/2013**

Physical techniques- Defensive Stances

**Session 7 – 10/2/2013**

Midterm/ Physical techniques- Defensive Stances

**Session 8 – 10/09/2013**

Physical techniques- Defensive Stances

**Session 9 – 10/16/2013**

Physical techniques- Defensive Stances

**Session 10 – 10/23/2013**

Physical techniques- Defensive Stances

**Session 11 – 10/30/2013**

Physical Techniques

**Session 12 – 11/06/2013**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 13 – 11/13/2013**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 14 – 11/20/2013**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 15 – 12/4/2013 \*Mandatory Attendance\* (Sign Book- please bring book to class)**

**Video (Groups 1,2,3)**

**Session 16 – 12/11/2013 last class \*Mandatory Attendance\* Final Class**

**FINAL EXAM ACCORDING TO UNIVERSITY EXAM SCHEDULE**

1 AU policy regarding final exams: Final exams should be administered during the hours specified in the semester examination schedule. Due to the specialized nature of many small upper-level undergraduate courses and graduate courses, deviation from this supplement is sometimes warranted. Such deviations are to be approved by the Office of the Provost. Rescheduled examinations must not interfere with the scheduled academic activities of the students involved. The professor teaching a 6000-level course or higher shall determine whether a formal final examination is appropriate.

2 Sample proctoring statement: Distance learning students will take all closed resource examinations under the supervision of an approved proctor. Examples of approved proctors include a school superintendent, a principal of a high school, or a dean or department head of a college. Proctors shall be verified and exams shall be sent directly to the proctor who will manage the examination in a secure manner, requiring students to present a picture ID.

**7. Assignments/Projects:**

A. Assigned Readings / Physical Techniques / Exercises / Class Participation

Midterm

Simulation

Final Exam

**8. Rubric and Grading Scale:**

A **GRADING POLICY**

Participation 90 points A = 180 – 200

Written Midterm 50 points B = 160 – 179

Simulation 50 points C = 140 – 159

Final Exam 10 points D = 120 – 139

200 total possible points F = 0 – 119

**9. Class Policy Statements:**

*Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.*

A. Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. 1. If an instructor chooses to require attendance, the attendance policy must be consistent with the university attendance policy outlined in the *Student Policy eHandook*. Instructors may not invoke grade penalties for appropriately documented excused absences.

**In order to ensure the safety of the student and the instructors in the training environment, and due to the fact that the class only meets one hour per week, no more than two absences – excused or unexcused – will be allowed. Any student missing more than two classes will not be allowed to participate in simulation/final exam and will automatically fail the class.**

B. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Student Policy eHandbook* for more information on excused absences.

C. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

D. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student Policy eHandbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

E. Disability Accommodations: "Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."

F. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below: o Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality

H. AU eValuate Spring Semester evaluation dates:

Open:   April 20, 2013 (8:00 am)

Close:   April 28, 2013 (11:59pm)