AUBURN UNIVERSITY

SYLLABUS

Fall 2019

# Course Details:

Course Number: PHED 2200-005

Course Title: Self Defense for Women

Day/Time: Monday / 2:00-2:50

Credit Hours: 1 credit hour

Prerequisites: None

# Contact Information:

Instructor: Lt. Keith Walton

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

Email: klw0007@auburn.edu

Office Hours: 8:00-12:00, 1:00-5:00 ( Tue, Thu, Fri ) (or by appointment)

Secondary Contact: Lyn Littleton, ljl0003@auburn.edu

# Texts or Major Resources:

Basic Physical Defense for Women Participant Manual. The RAD Systems of Self-Defense 2006 Edition. 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.

# 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.”

# Course Objectives:

**Our Instructional Objective**: 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 confidence and behavior strategies, giving you a more active role in your personal safety.

# Course Content: (assignment due dates/exams are in bold and highlighted)

Week 1: Classes Begin - 8/19/19

Roll Call

Introduction/Administrative Paperwork/Introduction of Instructors

Week 2: 8/26/2019

Assigned Reading- Participant Manual Pages 7-11

Lecture- Statistical Problems, Sexual Assault Definitions

Assigned Reading- Participant Manual Pages 12-22

Lecture- Risk of Personal Safety/Risk Reduction Strategies

Week 3: 9/2/2019 Labor Day

**-Last day to drop a course with no grade assignment – 9/9/2019**

Week 4: 9/9/2019

Assigned Reading- Participant Manual Pages 23-36, 61-62

Lecture- Risk of Personal Safety/Date Rape Mentality/Pattern of Encounter/Continuum of Survival/ Basic Principles of Defense

Week 5: 9/16/2019

Physical Techniques – Defensive Stances

Week 6: 9/23/2019

Physical Techniques – Defensive Stances

Week 7: 9/30/2019

Physical Techniques – Defensive Stances

Week 8: 10/7/2019

Physical Techniques – Defensive Stances

Week 9: 10/14/2019

Physical Techniques – Defensive Stances

Week 10: 10/21/2019

Physical Techniques – Defensive Stances

Week 11: 10/28/2019

Simulation Training

***NOTE: Last day to withdraw from course with no grade penalty. "W" assigned* – 11/1/2019**

Week 12: 11/4/2019

Simulation Training

Week 13: 11/11/2019

Simulation Training

Week 14: 11/18/2019

Mandatory Attendance\* (Sign Book please bring book to class)

Video (Groups 1,2,3)

Week 15: **Final Exam – 12/2/2019 Written Exam**

# Course Requirements / Evaluation:

|  |  |
| --- | --- |
| **Item** | **Points** |
| Participation | 90 |
| Written Midterm | 50 |
| Simulation | 50 |
| Final Exam | 10 |
| **Total** | **200** |

**Participation** - requires students be dressed appropriately and fully take part in daily activities and exercises. Participation will be graded based on instructor observation.

**Final Exam** - a comprehensive written assessment of concepts and techniques used in the course.

**Grading Scale:**

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

# Course Policy Statements:

## A. Attendance:

Physical Activity and Wellness Program Attendance Policy

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. Once a student has accrued five unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.

## 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. Excused absence documentation should be submitted to the Instructor within one week of the absence. Appropriate documentation for all excused absences is required. Please refer to the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) at the following link www.auburn.edu/studentpolicies for more information on excused absences.

## C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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, an addendum will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

# 9. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the [Auburn University Student Policy eHandbook](http://www.auburn.edu/studentpolicies) www.auburn.edu/studentpolicies will apply to this class. 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.

# 10. 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).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.