

AUBURN UNIVERSITY ~ SYLLABUS Rev. 01/12  
HLHP 4970 Coliseum 1084 Tuesdays  
RAD – Self- Defense for Women 1 semester hour  
Prerequisites: None Co requisites: None

Instructor: Keith Walton [klw0007@auburn.edu](mailto:klw0007@auburn.edu)  
Lynn Littleton [ljl0003@auburn.edu](mailto:ljl0003@auburn.edu)  
Randy Armstrong [rarmstrong@auburnalabama.org](mailto:rarmstrong@auburnalabama.org)

**REQUIRED TEXT**

R.A.D. Basic Physical Defense for Women Participant Manual

This book is provided for you by the instructor and is part of your \$25 equipment fee.

**EQUIPMENT FEE**

There is a \$25 equipment fee for this class. Payments may be made 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 INTRODUCTION / OBJECTIVES**

Rape Aggression Defense (R.A.D.) is a basic self-defense class for women designed “to develop and enhance the options of self defense, so they may become viable considerations to the women who is attacked.”

**COURSE REQUIREMENTS**

Assigned Readings / Physical Techniques / Exercises / Class Participation

Midterm

Simulation

Final Exam

**ATTENDANCE POLICY**

Attendance is taken at the beginning of each class period. Any student arriving late is responsible for making the instructor aware of their attendance at the end of class. The student is expected to attend all classes, except in the case of an approved university-excused absence, medical cause, or other emergency as detailed in the Tiger Cub. **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.**

**STATEMENT OF STUDENT ACCOMMODATION**

Students who need accommodations are asked 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. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for students with Disabilities, 1244 Haley Center, 844-2096 (V /TT).

**HONESTY CODE**

The University Academic Honesty Code & the Tiger Cub and Regulations pertaining to cheating will apply to this class.

**PROFESSIONALISM**

As faculty, staff and students interact in a professional setting; they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

**GRADING POLICY**

|                 |                           |               |
|-----------------|---------------------------|---------------|
| Participation   | 90 points                 | A = 180 – 200 |
| Written Midterm | 50 points                 | B = 160 – 179 |
| Simulation      | 50 points                 | C = 140 – 159 |
| Final Exam      | <u>10 points</u>          | D = 120 – 139 |
|                 | 200 total possible points | F = 0 – 119   |

**R.A.D. TRAINING SYLLABUS****Session 1 – 1/10/2012**

Roll Call

Introduction / Administrative Paperwork/ Introduction of Instructors

**Session 2 – 1/17/2012**

Lecture- Sexual Assault Definitions/ Statistical Problems

**Session 3 – 1/24/2012**

Lecture- Risk of Personal Safety/ Risk Reduction Strategies

**Session 4 – 1/31/2012**

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

**Session 5 – 2/7/2012**

Physical techniques- Defensive Stances

**Session 6 – 2/14/2012**

Midterm

**Session 7 – 2/21/2012**

Physical techniques- Defensive Stances

**Session 8 – 2/28/2012**

Physical techniques- Defensive Stances

**Session 9 – 3/6/2012**

Physical techniques- Defensive Stances

**Session 10 – 3/20/2012**

Physical techniques- Defensive Stances

**Session 11 – 3/27/2012**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 12 – 4/3/2012**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 13 – 4/10/2012**

Simulation Training/ Student Equipment/ Safety Precautions

**Session 14 – 4/17/2012 \*Mandatory Attendance\* (Sign Book- please bring book to class)**

Video (group 1)

**Session 15 – 4/24/2012 last class \*Mandatory Attendance\* (Sign Book- please bring book to class)**

Video (group 2)

**FINAL EXAM ACCORDING TO UNIVERSITY EXAM SCHEDULE**