Casper College
Course Syllabus

COURSE NUMBER & TITLE: PEAC 1042-01
SEMESTER & YEAR: FALL 2006

LECTURE HOURS: LABORATORY HOURS: 2 CREDITS: 1

CLASS TIME: 7:00-8:50 p.m. TH ROOM: AD GYM

INSTRUCTOR’S NAME: RICK ROGERS INSTRUCTOR’S OFFICE: NA
INSTRUCTOR’S PHONE 951-205-4541 or (268-2631 – SARA: Academic Assistant)
OFFICE HOURS: After class

COURSE DESCRIPTION: A basic course in self-defense covering personal safety and raising awareness of potential dangerous situations.

EXTENDED COURSE DESCRIPTION: A basic introduction to self-defense, awareness and avoidance, prevention, reaction, both verbal and physical strikes, break away techniques, and overall personal safety and protection. Includes security and prevention options for home, office, vehicle and self, as well as improvised weapons.

STATEMENT OF PREREQUISITES: None

GOAL: To allow student to learn and develop skills of being mentally alert and aware and develop physical skills to draw upon if physical force or escape becomes necessary.

OUTCOMES: This course is designed to:
1: Heighten awareness of surroundings as prevention and to increase reaction time to a potential crisis.
2: Develop skills and techniques designed to escape aggressor.
3: Provide knowledge of guidelines for safer personal environment.

METHODOLOGY: Lecture, group discussion, hand outs and group practice of physical techniques.

EVALUATION CRITERIA: Practice, class participation and attendance will be a MAJOR percentage of grade. Homework and skills tests will account for remaining percentage of grade. Extra credit will be available.

REQUIRED TEXTS, READINGS, and MATERIALS: GYM SHOES REQUIRED, knee and elbow pads are optional for those wishing to protect areas for burn abrasions from practice. Loose fitting, comfortable clothing and NO JEWELRY. NOTEBOOK
AND WRITING UTENSIL REQUIRED FOR EACH SESSION. Beverage bottle with spill proof lids are optional but recommended.

CLASS POLICIES:
Last Date to Change to Audit Status: Please refer to Casper College catalog
Last Date to Withdraw with a W Grade: Please refer to Casper College catalog
NO GUM ALLOWED.

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities.

CHAIN OF COMMAND: If you have any problem with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied by the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

ACADEMIC DISHONESTY - Cheating & plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from the school. See Casper College Student Code of Conduct.

ADA ACCOMMODATIONS POLICY: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodations in this course, please make an appointment to see me at your earliest convenience.