FCS 2410: Self-Protection for Women

Syllabus: Fall 2012
CRN: 42459

Instructor: Tim Eicher, M. Ed
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Office: EDFAM 128 Education/Family Studies Bldg
Office hours: Wednesday a.m. or by appointment
Class Day/Hours: Wednesday: Class time 1:00 p.m. Lab time 2:00-3:40
Credit: 2.0 credits
Room: Old gym 115 for lecture; Upstairs, east side of old gym for lab
Start/End Dates: August 20-December 14, 2012
Electronic format: All documents will be posted on Canvas, and all exercises are to be turned in there

The Gift of Fear, by Gavin DeBecker

Course Description: This course is open to all students and community members interested in learning how to live with more safety in this society. It examines the socialization that makes women more vulnerable to assault and violence, and provides a valuable foundation for self-protection as well as actual self-defense techniques. The class covers the effects of assault on a person’s psychology and development. Concepts are presented through lecture, class discussion, case study, guest lecturer, active learning, and use of audio/visual materials. This course is an elective.

FCS Department Objectives:
Students taking courses in FCS will:
1. Study currently accepted theory within the discipline.
2. Expand understanding of theory using applications and exercises that personalize the depth of knowledge and understanding.
3. Complete assignments demonstrating professional practices specific to the discipline.
4. Analyze course concepts against previously held schema prior to experience in the course.
5. Show, in writing, the ability to think critically.
6. Achieve a passing grade on the comprehensive final exam for the course.

Course Goal: Increase your personal sense of self-worth and ability to live safely in society.

Course Objectives: Through regular attendance and active participation you will be able to:
1. Understand the scope and definitions of gender-based violence.
2. Understand concepts and ideas relevant to learning of social roles for men and women, with a focus on safety.
3. Conduct yourself with more assertiveness and confidence.
4. Understand the relational dynamics for both men and women and prevent assault.
5. Identify manipulative and abusive behavior.
6. Understand the dynamic of experienced trauma and the process of healing.
7. Become more physically capable of maintaining personal safety.
8. Understand the axioms of physical conflict and be able to apply the core principles of self-defense tactics.
9. Identify barriers to personal empowerment.
10. Demonstrate physical skills and improvement of skills in the lab portion of class.

Assignments for class:
1. Quizzes and responses to topics studied either in the textbook or the Gift of Fear book. These quizzes will be given at the very first part of class; if you come late, you will likely miss the quiz for that day.

2. Worksheets from the textbook: At the end of the study chapters in the textbook you will find a worksheet with a few questions for you to answer. These are also posted on Canvas so you can download them. They are worth 10 points each, and are to be handed in the day we study the chapter. Late work is not accepted unless preauthorized by the teacher.
Outside exercises: You will choose five of the six exercises to complete outside of class. These are due the day specified in the outline. Late work will either be penalized or not accepted. Typically, each will ask you to try a new behavior to practice your growing understanding about personal safety. You will do the exercise, then submit a typewritten paper on your experience with the exercise and how it might affect your future behaviors. Each exercise and write up will be worth 25 points. Directions for each exercise can be found on Canvas, and submitted there as well. The exercises will be graded on content, effort, and punctuation/spelling.

Exercises
#1: Boundary Preferences and Deal Making
#2 The Head Nod
#3 What is My Payoff?
#4 Decision-Balance Work
#5 Narrowing the Field of Play
#6 Building a Support System

Effort in the lab section of the class: It is expected that you will give a good effort in the physical practice part of the lab. You will be learning new physical skills. Every student will progress in an individual way. You will receive 10 points for every day of lab participation. If you are unable to participate for physical reasons, you will still attend to watch and learn.

You will have two experiential self-defense applications. In these sessions you will have a chance to practice your self-defense skills. These sessions are extremely important for you to discover your own fighting mentality, your skills, and what you might want to work on. Each session is worth 50 points to your grade. The sessions will be tailored for your specific physical limitations and abilities, and are more for your emotional development than anything. Everyone works as hard as they can on these full contact events, and everyone who participates gets full credit.

A final typewritten paper will be required at the end of the semester. It is both a self-assessment of your development during the semester as a ‘self-protector’, and a time for you to give feedback about the course. This paper will be worth 25 points.

A final exam will be given during the scheduled time in finals week. It will be an essay final specifically addressing concepts from the chapters. The study guide for the final exam will be posted on Blackboard

Assignments and points, summarized:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>15 x 5 pts = 75 pts.</td>
</tr>
<tr>
<td>Short Homework from chapters</td>
<td>11 x 10 = 110 pts</td>
</tr>
<tr>
<td>Quizzes on Chapters</td>
<td>13 x 10 = 130 pts</td>
</tr>
<tr>
<td>Exercises</td>
<td>5 x 25 = 100 pts</td>
</tr>
<tr>
<td>Lab effort</td>
<td>13 x 10 = 130 pts</td>
</tr>
<tr>
<td>Full contact sessions</td>
<td>2 x 50 = 100 pts</td>
</tr>
<tr>
<td>Final self-assessment paper</td>
<td>= 25 pts</td>
</tr>
<tr>
<td>Final Exam</td>
<td>= 75 pts</td>
</tr>
<tr>
<td><strong>Approximate total points</strong></td>
<td>= 745 pts</td>
</tr>
</tbody>
</table>

Grading is based on % of points. There is no extra credit. Get your stuff in on time and you will do well.

Grading:  
A = 95%  
A- = 91%  
B+ = 88%  
B = 84%  
B- = 81%  
C+ = 78%  
C = 74%  
C- = 71%  
D+ = 68%  
D = 64%  
D- = 60%  
F = Below 60%

Course Requirements: This course is a combination of psycho-educational learning and physical self-defense instruction. A willingness to actively participate both mentally and physically is required. Dress as you would for a PE class; each class will have a fitness/exercise component relevant to self-defense.

Final Assessment: Every course in Family & Consumer Sciences will include a final exam. Consult the semester schedule and course outline for the final exam date and time. Unique to this course is an experiential self-protection skill assessment that is in addition to the final exam. The date and time of this assessment is noted in the course outline, and will be fully explained by the instructor.
Course Guidelines:

Cell phones are turned off during class times. The only exception is for parents who have to stay available for their children to contact.

Attendance Policy: In order to take full advantage of the class, you need to be there. There will be points given for lab attendance and lab participation.

Academic Integrity: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from class. Cheating and plagiarism will not be tolerated. If there is evidence of cheating on your part, you will fail and will be referred to Student Affairs. All assignments will be your original work. Inappropriate classroom behavior may also result in an administrative withdrawal.

Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher’s ability to teach or the learning of other students. You will be notified of your withdrawal in this way:
1. A verbal request to comply with behavioral expectations of the class.
2. One written warning letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

If you decide to withdraw from class, it is your obligation to formally do so through the registrar’s office to make sure you are not still on the roll for the class.

Assignments will be word-processed, with the exception of the Self-Protection manuscript worksheets and in-class topic writings. All assignments are due the date indicated on the course outline at the beginning of class. No assignments will be accepted after that time. This syllabus and course outline provides a schedule so you know deadlines and scheduled activities. Please proof your work before submitting.

Term Assessments are essay/application. All assessments are designed to give me an idea of how you’re doing in understanding and applying the principles taught, and how I’m doing in teaching them. Students must take tests at the scheduled time. Makeup tests may be given at the discretion of the instructor. In the case of emergency or illness, the student is expected to schedule a makeup test with the instructor; call or email me if you must miss class! If you don’t contact me, you lose your makeup opportunity.

Disability: Americans with Disabilities Act (ADA) Statement:
Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located at the ground floor of the Financial Aid Office. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

Writing Help: If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center, room 105. You can also reach the Online Writing Center by going to http://dsc.dixie.edu/owl/.

Drop in tutoring is available to all registered Dixie State College students. Inquire at http://dsc.dixie.edu/tutoring/index.htm. If you need help from a librarian, access this site: http://library.dixie.edu/

The Self-Protection for Women Course will be posted on Canvas through the DSC website. All major documents for the class can be found in Canvas.
Comments from past students...

...One thing that was really interesting for me to notice was how much self-confidence that this class brought out in me. I’m much more aggressive and like to stand out more. This class brought a deeper meaning of self for me. I also found strength in me that I never really knew I had – I never realized my potential and the amount of damage that I can actually do...

...This class has been a great learning experience for me. Not only have I learned beneficial tips for a safer lifestyle, but I have gained self-confidence from learning the art of Wing Chun. Each chapter taught me something new and I looked forward to coming to class each week for the discussions and to learn the new self-defense techniques...

...I have learned a great deal about myself. I have learned to unleash the power that is inside of me. I have learned that I don’t have to be a doormat – that being nice doesn’t mean letting people hurt you. I never knew that I had so much power inside. I always thought that because I am a nice girl that I have to let people walk all over me and take advantage of my “niceness”. This class helped me to open my eyes. I am so glad I took this class. I have learned a ton from it. Much more than even just how to defend myself. I found out a lot about myself, and I found an excellent way to let out my anger and stress. In short, this class has greatly benefited me in both my personal and professional life...

...I thought the best part was actually having to use the techniques on the guys at the end with all the pads on because that really made me think of how to actually put everything I had learned into action...

...This class has done so much for me. There are so many strengths this class offers. It has raised my self confidence one hundred percent. I can walk down the street and stare everyone in the eye and let them know I am a human being too. We all have the right to be free. I has taught me to look past gender stereotypes and to develop my own personality based on my needs and interests. I will no longer be pushed around by the opposite sex. This class has raised my self-esteem by teaching me self-worth. I have learned that certain behaviors are not acceptable and not normal, and no one should have to put up with any crap. I feel safe in any environment, and I have the right to choose that environment. Every time I came out to Self-Protection I felt like I could take on the world. The most important thing I have learned throughout the course of the semester is how to keep myself safe and free...

...I am so glad I have chosen to take this class. It has made me aware of what I can do and how I can keep myself safe. I always thought I would have been able to fight off an attack but now I have the confidence that I know I really can. I took part of this class last semester but I chickened out and didn’t think I could do it. Now I’m glad I made myself take it again. The experience of having someone come after me [the course final] really taught me a lesson. It was scary at first to have someone try and take me down. I think I did a rather good job of protecting myself and getting away...

...I thought this class was very good and made you become a different person. It made you feel as though you can do anything and not be afraid to protect yourself. It will help you to trust yourself – that was one of the hardest things that I had to do, to trust myself that I could do it. [During the final] you just want to keep going and not stop because your adrenaline is going crazy and you just want to beat the crap out of the guy. It is the best feeling in the world to just hit them and see their body jolt...

...Learning the self-protection moves was really beneficial. From doing them in class, and then practicing them at home, they became second nature. The real eye-opener for me came [during the final]. I came to class scared to death! I did not want to do it for the life of me. I was afraid that I would get out there and totally freeze up, forgetting everything I had learned up to that point. The reason I reacted this way was because of total fear. It’s scary enough just to think about it, let alone pretend that it was really happening. When I got out on the floor my attitude totally changed. I felt like I turned into some kind of animal. I really surprised myself. After it was over, I realized how much more confident I had become. It was a total adrenaline rush!...

...Gaining empowerment was the true essence of this class. Even though our time spent learning Wing Chun was limited, I feel so much more capable in my abilities. This is such a fantastic martial art for our purposes! I don’t feel inhibited by self-consciousness as I feared I might because there isn’t a “right” way of performing any given defense. (There may be wrong ways, but no one right solution.) I was extremely nervous about the full contact encounter until I experienced it the first time. What a rush! I don’t really remember much of what happened, but I felt strong and capable. Coming “face-to-face” with a bulky guy dressed in body armor may not be my idea of a night out, but it is one incredible lesson in empowerment! Watching other girls in class take on these guys who are so much bigger than they are is such a kick! Cheering each other on is a great way to feel connected and to feel more powerful as women...

...My favorite part of the class would be the fighting. It was awesome to learn how to do a move and feel confident that I would be able to defend myself from an attacker. I never realized how easy it was to just think about what I was doing and maneuver my way out of situations. I have to say, though, that when we did our first day of our exam I was terrified. I thought that I would go up there
and totally forget what to do and just freeze, but I didn’t. Afterwards I felt so good about myself because I had done it. I had successfully defended myself. It was an awesome feeling to know that I am a lot safer now because I will know how to handle a situation if it ever comes up...

...I really liked the class, and I loved fighting a guy for our final. I feel more confident in myself, and I know what to do if one day I get attacked. If I had never taken that class before, I would still be thinking: “I can never fight a guy bigger than me. I’m so little and light that anyone can do anything to me.” Now I realize that’s not true, and the final (fighting a bigger guy) helped me see that...