Self-Protection for Women/Personal Safety - Course Syllabus

Course Name: FCS 2410 – Self-Protection for Women  
Prerequisites: There is a lab co-requisite  
Meeting Days and Time: Wednesday 5:30 to 8:10 p.m.

Instructor: Professor Tim Eicher, M.Ed  
Instructor: Sasha Trae  
Office: North Instructional Building, Room 107

CRN: 48343  
Credit: 2.0  
Semester/Year: Fall 2015

Lab and other fees: None  
Location: North Instructional Building, Rooms 107 & 127

Email Address: eicher@dixie.edu  
Phone: 435-688-0804

Email Address: sashatrae@gmail.com  
Phone: 435-467-3953

Office hours: Wednesday 4:00- 5:15PM or by appointment

Required Texts: To ensure classroom continuity the textbook bundle must be purchased from the DOVE Center.


Course Description: This course is open to all students and community members interested in learning how to live with more safety in society. The course is called Self-Protection rather than self-defense because it is holistic in its approach. It surpasses a solely educational experience and is more productive than exclusive self-defense training. Thus, the course is designed to be biopsychosocial; strengthening cognitive awareness, social effectiveness, and physical self-defense. The Personal Safety course awakens awareness, self-confidence, a personal commitment to healthy boundaries, and trust in one’s physical abilities. This course examines the socialization that makes us more vulnerable to assault and violence, risk reduction, and the limits of attack avoidance. The course also covers the effects of assault on a person’s psychology, development, and the healing process.

Concepts are presented through lecture, class discussion, case study, guest lecturer, active learning, and use of audio/visual materials.

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: To increase your personal sense of self-worth and ability to live safely in society.

Course Requirements: This course is biopsychosocial. It is a combination of social and psychologic educational learning with physical self-defense instruction. A willingness to actively participate both mentally and physically is required.

Course Objectives: This course uses a holistic approach by combining psychoeducational experiences and physical exercise for skill development, confidence building, greater self-awareness and enhanced self-esteem. *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.
1. **Well-Being:** First and foremost, know that we honor your choices in all course activities. Care for your well-being. We trust in you, we believe in you, and we have confidence in you!

2. **Confidentiality:** The effectiveness of the course is enhanced by maintaining a safe environment for all. Accordingly, all Personal Safety participants agree to maintain the confidentiality of other participants by not disclosing the names of individuals, any identifying information, and narratives that are shared in class without permission from the individual. You will see stories shared by former students in the textbook. These are printed with expressed permission from each student. This policy will continue to be maintained.

3. **Investment and Outcome:** To make an impactful and sustaining transformation in your life it is recommended to devote 2 – 2.5 hours per week outside of class time for reading, homework, practicing, etc.

4. **Cell phones:** Please show respect for the learning environment, yourself, and others by turning your phone off during class.

5. **Attire:** Each class will have a fitness/exercise component relevant to self-defense. Dress as you would for a PE class; wear loose, comfortable clothing that will aid physical activity. Jeans are not recommended due to restrictive mobility. Jewelry is not permitted.

6. **Tactile Teaching:** It is understood that in this type of experiential learning, much like in the study of dance, movement involves tactile teaching. The instructor may ask to appropriately position the student’s body for better understanding of a movement technique. This is totally voluntary, and you may opt out by informing one of us by email or written note. All such correspondence will be kept confidential.

7. **Limitations:** You may have informed us of physical limitations on your registration application. Please remind us of applicable limitations throughout the semester.

8. **Partner Practice:** Each week in the gym portion of the class you will practice with a partner. This requires close physical contact. To effectively learn the physical defense skills it is essential that you perform the practice skills to the best of your ability AND present a level of resistance for your partner that simulates real resistance. You are also encouraged to practice with many different partners throughout the course. This will diversify your learning, giving you a better sense of your body and capabilities regarding the defense skills.

9. **Yoga/Visualization/Meditation:** We will begin each gym class with a yoga warm-up and will end each class with a variety of visualizations and meditation techniques.

10. **Self-care:** Self-care includes tending to your biology, psychology, and sociology. It is your responsibility to care for yourself. Psychology and Sociology: Course content has the potential to activate/trigger emotional and physical responses from past trauma. For this reason recommendations include maintaining a therapeutic relationship, and family and/or peer support. Biology: hydrate—bring a water bottle to class. Muscle soreness may occur as with any type of exercise.

11. **Injury:** Pay attention to your body. You may experience an injury during the lab. At times, we continue to exercise/workout in spite of an injury. If injured, immediately bring it to our attention. A first-aid kit is provided.

12. **Continued Learning:** To refresh, reinforce, or enhance the individual learning experience, once a student has paid for a course, the student may return to any number of classes and/or labs at no cost. Letting me know ahead of time is not required but is appreciated. You are always welcome!

13. **Principle Effectiveness:** The assignments and exercises are designed to give an idea of how you’re doing in understanding and applying the principles taught, and how I’m doing in teaching them. I appreciate your thoughts and will provide feedback on your assignments.

14. **Due Dates:** Refer to the course outline for a detailed schedule.

15. **Reading:** *The Gift of Fear* chapters are not read in order. Please refer to the outline for the reading schedule.

16. **Electronic format:** The course is posted on Canvas through the DSU website. All major course documents are on Canvas.

17. **Late or Makeup Work:** Late work is not accepted unless preauthorized by the teacher. In the case of emergency or illness, the student is expected to schedule makeup work with the instructor. **Call or email me if you must miss class!** If you don’t contact me, you lose your makeup opportunity.
18. **Academic Integrity:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie State University 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.

19. **Disruptive behavior:** Inappropriate or disruptive classroom behavior 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: a) A verbal request to comply with behavioral expectations of the class. B) One written warning letting you know that you have not made the required behavioral adjustment. C) Administrative withdrawal.

20. **Student Withdrawal:** It is your obligation to formally withdraw from the class through the applicable required procedure. Community students must withdraw from DSU’s Community Education Department AND the DOVE Center to make sure you are not still on the roll for the class.

21. **Writing Help:** If you need help with writing papers, you can physically go to the writing lab in the Holland Centennial Commons (HCC), room 421. You can also reach the Online Writing Center at: (435) 652-7629 or email: owl@dixie.edu.

22. **Tutoring:** Drop in tutoring is available to all registered Dixie State University students. Inquire at email: rthiess@dixie.edu. The tutoring website can be accessed at: http://dixie.edu/tutoring/.

23. **Disability/Americans with Disabilities Act (ADA) Statement:** Students with medical, psychological, learning or other disabilities who desire reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Director, Baako Wahabu, for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in North Plaza Building (next to Testing Center) Visit or call: 435-652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

**COURSE ASSIGNMENTS**

1. **Attendance/Participation:** Attendance is required. Your contribution to the classroom discussions enriches the learning and healing of all in attendance. You will receive 5 points for every day of class participation.

2. **Lab/Gym Effort:** 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 5 points for every day of lab participation. If you are unable to participate for physical reasons, it is expected that you will still attend to watch and learn.

3. **Quizzes:** Weekly quizzes will be based upon topics studied either in the textbook and/or *The Gift of Fear* book. These quizzes will be given at the very beginning of each class. They are worth 5 points each. If you arrive late, you will likely miss the quiz for that day.

4. **Homework:** At the end of each chapter in the textbook you will find a worksheet with a few questions for you to answer. They are worth 10 points each. Please refer to the outline for exact due dates.

5. **Exercises:** For advanced experience and learning you are encouraged to do all six exercises but you are only required to complete 5 exercises. You will choose five of the six exercises to complete outside of class. Directions for each exercise can be found in Chapter 14 of your textbook. The due dates are specified in the outline. Typically, each will ask you to try a new behavior to practice your growing understanding about personal safety. You will first do the exercise, and then submit a typewritten paper on your experience with the exercise and how it might affect your future behaviors. Each exercise and write up is worth 25 points. The exercises will be graded on content, effort, punctuation, and spelling.

6. **Assignments:** You are required to complete five additional assignments: Consent and Respect, Bystander, Cultural Change, and Pre and Post Surveys. Each assignment is worth 30 points. Details for these assignments will be discussed in class.

7. **Submission of work:** All homework, exercises, and assignments are to be word-processed, double spaced, 12 point font, and submitted in hard copy form. Please proof your work before submitting.
8. **Simulated Fights:** 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. The midterm session is worth 50 points and the final session is worth 75 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 else. Everyone works as hard as they can during these full contact events, and everyone who participates gets full credit.

9. **Paper:** 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 is worth 120 points.

10. **Written Final Exam:** A final exam will be given on the last day of class. It will be an essay final specifically addressing concepts from the chapters. A study guide for the final exam will be provided. The written final is worth 125 points.

### COURSE POINTS SUMMARIZED

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<th>Description</th>
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<tr>
<td>Class Attendance/ Participation</td>
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<td>Lab Effort</td>
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<td>Homework</td>
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<td>Midterm Fight</td>
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<td>Final Paper</td>
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### GRADING

You will be given a grading sheet to track your individual progress and grades. 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%

### 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 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...
...**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...

...I thought the best part was actually using 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...

...**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...

...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**!...

...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**...