NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PED 129 - SELF DEFENSE (1 CR.)

Course Description

Examines history, techniques, and movements associated with self-defense. Introduces the skills and methods of self- defense emphasizing mental and physical discipline. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop agility, balance, coordination, power, reaction time, and speed through participation in a contact activity.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at http://www.nvcc.edu/current-students/disability-services/index.html.

Course Objectives

Upon completing the course, the student will be able to:

    a) Use appropriate self-defense terminology
    b) Exhibit proper form in techniques of punching, kicking, and defense positions
    c) Perform self-defense techniques safely

Major Topics to be Included

    a) Stances (Front and back).
    b) Fundamental lines (lung punch and up-ward block, forearm block and knife block, front kick, roundhouse kick and side kick)
    c) Join sparing (lung punch and up-ward block, lung punch and forearm block, front kick and down-ward block, roundhouse kick and knife block).
    d) Assessing sparing situations.
    e) Conditioning (Cardio endurance, strength endurance flexibility and power)
    f) Knowledge of language and history of sport
    g) Clothing and equipment
    h) Comprehensive exercises