

Course Syllabus

Department : Physical & Health Education
Course Title : Defensive Tactics
Section # : PHED 1103_613 **Day: MW Time: 6:00pm-7:20pm**
Start Date : 15 Jan 2012
End Date : 07 May 2012
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Mike Coleman
OC Email : mcoleman@odessa.edu
OC Phone # : 432-296-6004
Office : N/A

Course Description

Included Lectures, demonstrations and practice in basic skills and techniques of variety of defensive movements and protection methods. Students will learn vulnerable areas of the human body that will enable students to defend themselves against an attacker. Self-confidence and self-management will be enhanced by class participation. Lab fee required.

Prerequisites/Co requisites None

Scans

9,10

Course Objectives

Upon completion of this course, students should be able to:

- 1.0 performing a variety of defensive tactics;
 - 2.0 determining the appropriate methods of defense in a personal attack situation;
 - 3.0 attacking vulnerable areas of the body.
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CLASS ATTENDANCE POLICY

- All aikibudo techniques and theories will be taught on the mat in the dojo. Attendance is highly encouraged and Odessa College's general attendance policy will be followed.
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- Most everyone will miss a class on occasion. If you are going to be absent, it is advised that you contact the instructor in advance. Make-up classes can be arranged if needed.

Current Odessa College ID is required to enter the sports center.

- ODESSA COLLEGE LINKS

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: http://www.wranglersports.com/fac-serv/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Insert Here – Any Course Specific Information the Instructor Requires

COURSE UPDATES

The student is responsible for checking the syllabus online for updates may occur as needed.

Required Readings/Materials

a) You must purchase the following **required** readings/materials: N/A

b) You are encouraged to buy the following *optional* books/materials:

N/A

Course Requirements (Lectures, Assignments and Assessments)

This class will not use a text book. All knowledge will be passed on in the dojo, on the mat. This is the traditional way of teaching aikibudo.

Ideally, aikibudo is practiced in a white traditional uniform, called a dogi. You will not be required to purchase such a uniform, however, if you would like to have one, you may purchase your own from anywhere, or speak to an instructor to purchase one at cost (approximately \$25).

Attendance	30
Attitude	30
Participation	10
Randori	20
Written Final	10

Topic Overview:

Summary of Assignments & Activities

It is not possible to list what techniques will be taught at each class because each student will learn at a different rate. Attached is a belt ranking system that will be utilized at the Odessa College branch of the Kokorogake Aikibudo Dojo. Each belt level requires the demonstration of different techniques. These techniques are the core subjects of this class and will be introduced as each student progresses in skill level.

Item (Name)	Type	Description	Due*
Week 1	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 2	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 3	Demonstration	Presentation & practice of techniques & ukemi	Wednesday

Week 4	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 5	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 6	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 7	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 8	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 9	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 10	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 11	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 12	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 13	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 14	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 15	Demonstration	Presentation & practice of techniques & ukemi	Wednesday
Week 16	Demonstration	Presentation & practice of techniques & ukemi	Wednesday

Grading Policy

The grading method for this class will incorporate a combination of factors including; attendance, attitude, effort while in class, and a skills demonstration while in a simulated combat exercise call randori (*ran-door-e*). There will also be a written exam on the basic concepts, dojo vocabulary, and strategies used in aikibudo. All grading will be performed by black belt instructors. Points are assigned as follows:

Grade	Percentage %
A	(90 -100%)
B	(80 - 89%)
C	(70-79%)
D	(65-69%)
F	Below 65%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

Student E-mail

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Student Portal

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

Technical Support

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).