

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1631

Course Title

Beginning Self Defense Tactics

Catalog Description

Introduction to the fundamentals of assessing environmental cues, including verbal and non-verbal, associated with potential threat and techniques to neutralize assailants including basic body release techniques and basic offensive techniques. Legal precedents and evidence based response strategies are discussed. Physical defensive techniques including standing defense, ground avoidance, and escape are introduced and practiced during class sessions. Active participation and physical activity are required. Registered students may use NWACC Fitness Center without charge.

Prerequisites

N/A

Credit Hours

1 credit hour

Contact hours

15 contact hours

Load hours

1 load hour

Semesters Offered

On Demand

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Demonstrate situational awareness
- Articulate importance of mind-setting

- Discuss de-escalation strategies and risk reduction through assertiveness
- Explain legal precedents relating to self-defense
- Demonstrate proficiency in basic release techniques from various types of grabs/ holds
- Demonstrate proficiency in basic offensive techniques

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A

Last Revision Date: Spring 2022