STAC 155—Self-Defense

Please refer to the welcome page for general information:
http://studentwellness.byu.edu/physical/activitycourses

Course Description
This is a general self-defense course; students will learn self-protection techniques, evading techniques, and escapes techniques, etc. This course is designed to teach empowerment, so each of the students will have the confidence to protect and to defend him/herself. Please be aware that this is a contact class. Physical contact with other students and the instructor will be a common part of this course.

Learning Outcomes
As a result of participating in this course, students will be able to:
1. Demonstrate the punch, kick, strike, and block skills used to evade or escape an attack by passing a simulation test.
2. Demonstrate a knowledge of effective responses (verbal, physical, use of objects) to escape from an attack by passing a written exam.
3. Keep a log of their weekly practice sessions and submit it to the instructor for comment and evaluation.

Safety Measures
Safety is a very important issue in this class; therefore, personal control must always be a priority. Unruly or overly aggressive behavior will not be tolerated. You are expected to treat fellow classmates with respect at all times. To help prevent injury, no jewelry should be worn during class; this includes but is not limited to watches, rings, bracelets, necklaces, etc. or any sharp object that could be caught on clothing or skin. Finger and toenails should be trimmed to prevent injury.

Practice
Students are encouraged to practice the skills they have learned in class. Students are encouraged to complete regular practice logs assigned by the instructor. The practice-logs are designed to help the student reinforce the techniques he/she has learned.

Grading
• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.
Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.
**Attendance/Participation:**

- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend **and participate** in 80% of all class sessions to pass the course (Department policy). *There is no such thing as an excused absence for University business.* **The purpose of the allowed absences is to accommodate for illness, injury, or University business.**
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at the Petitions Office, D155 ASB.
- If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

**Dress & Attire**

A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

**Physical Limitations**

Students who have physical limitations will be asked to fill out a form describing the limitations (knee problems, recent surgery or injury, pregnancy, etc.) which may limit their participation in the course. If the limitation develops during the semester, the student must report the limitation immediately to the instructor.

**Injury**

Any injury occurring during scheduled class time should be immediately reported to your instructor.