

HESS 239 Self-Defense

Instructor: Chris Ousley
Office: 2025 Carmichael Gym
Email: csousley@ncsu.edu
Course Meeting: MW 4:50 – 5:40
Office Hours: MW 10-11 TTH 9-10
Credit Hours: One hour
Course Prerequisites, Corequisites: None
Required Text: N/A

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes:

The student will be able to:

1. Demonstrate basic self-defense techniques.
2. Explain the psychology of physical and sexual assault.
3. Increase physical strength in order to better defend ones' self.

REQUIRED CLOTHING

1. NC State gray T-shirt and red, black, gray shorts/sweat pants
2. Running or tennis shoes
3. Students without proper attire will not be allowed to participate. This will count as an absence.
4. You must return all issued physical education clothing before the last day of final exams.

GRADING AND EVALUATION

The final grade for this course will be determined according to the following:

Final Exam	40
Sit-up Test	10
Self Defense Skills	50
Total	100

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F	S = 70% & above	U = Below 70%

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

- The student will be allowed 5 absences (excused or unexcused). On the sixth absence (excused or unexcused) the student will receive an “F” or “U” for the course.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical

emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Late Assignments: Five points will be deducted from each assignment's final grade for first day the assignment is late. An additional two points per day will be deducted off each assignment's final grade for every day thereafter.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653. See <http://www.ncsu.edu/dso/>
For more information on NC State's policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php)
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students

should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.

5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

SIT-UP TEST 1 Min

45 = 10 pts

44 = 9.8

43 = 9.6

42 = 9.4

41 = 9.2

40 = 9.0

39 = 8.8

38 = 8.6

37 = 8.4

36 = 8.2

35 = 8.0

34 = 7.8

33 = 7.6

32 = 7.4

31 = 7.2

30 = 7.0

29 = 6.8

28 = 6.6

27 = 6.4

26 = 6.2.

25 = 6.0

24 = 5.8

23 = 5.6

22 = 5.4

21 = 5.2

20 = 5.0

Below 20 = 0

Course Schedule Fall & Spring

Week 1	Intro/Syllabus/Verbal Defense
Week 2	Lecture/Flinch Response
Week 3	Blocks/Strikes
Week 4	Blocks/Strikes/Kicks
Week 5	Blocks/Strikes/Kicks
Week 6	Blocks/Strikes/Kicks vs. Multiple Attackers
Week 7	Escapes vs. Holds & Chokes
Week 8	Escapes vs. Hold & Chokes, Lecture on Sexual Assault
Week 9	Ground Defense
Week 10	Ground Defense
Week 11	Weapons Defense
Week 12	Weapons Defense
Week 13	Scenario Defense/Skills Test Practice/Final Written Exam
Week 14	Sit-Up Test/Escapes Test/Punch Defense Test
Week 15	Weapons Defense Test/Ground Defense Test