

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ON**

**COURSE OUTLINE**

**COURSE TITLE: PERSONAL SAFETY AND HEALTH**

**CODE NO: CJS 310**

**SEMESTER: III**

**PROGRAM: LAW AND SECURITY ADMINISTRATION**

**AUTHOR: ANNA MORRISON**

**DATE: May, 1996**

**PREVIOUS OUTLINE : September, 1995**

**APPROVED:**

*A. DeRosa*  
DEAN

*June 20/96*  
DATE

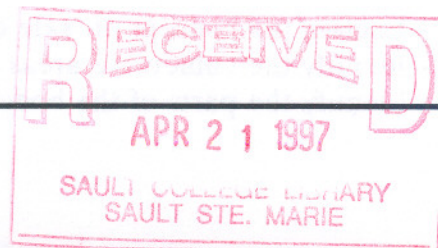
**TOTAL CREDITS: 3**

**PREREQUISITE(S): NONE**

**LENGTH OF COURSE: 16 WEEKS**

**2 hours contact per week**

**TOTAL CREDIT HOURS: 48**



**COURSE DESCRIPTION:**

This course provides learning experiences related to personal safety, physical fitness and wellness. Several topics will be explored including self defence theory, lower back care, disease prevention, stress management, healthy body image, and exercise alternatives for special populations. Through in-class fitness and self-defence training, as well as self-directed practice, students are expected to improve their level of fitness and their ability to perform self-defence techniques.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

(Generic Skills Learning Outcomes placement on the course outline will be determined and communicated at a later date. In general, this course addresses generic outcomes in communication, interpersonal skills and analytical skills.)

**A: LEARNING OUTCOME**

1. Effectively apply knowledge of self defence theory
2. Demonstrate self defence skills
3. Apply knowledge of injury prevention related to fitness and self defence issues
4. Demonstrate an ability to apply fitness principles by achieving a minimum standard level of fitness on standardized tests of fitness

**B. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE**

Upon successful completion of this course the student will demonstrate the ability to:

**1. Effectively apply knowledge of self defence theory**

Potential Elements of the Performance:

- Describe the trends in society which have over time made self-defence training an important life skill
- Describe the ethical issues related to the use of self-defence techniques
- Explain why continual learning and practise of self-defence techniques -is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
- Describe the underlying principles and guidelines related to learning and using self defence techniques
- Explain how self-image, attitudes, and behaviour relate to personal safety
  
- Explain the concept of "safe distance"
- Identify the vulnerable areas of the body
- Identify the parts of the body that can be used as personal weapons



## II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued)

### 2. Demonstrate self defence skills

Potential Elements of the Performance:

Demstrate all of the following techniques

-natural and defensive stances

-blocks: 1. high

2. forearm

3. downward

- defence against kicking attacks: 1. kick defence with foot

2. leg trap with hands-low X block

- releases from attaches: 1. one hand shirt grab-major outer reaping throw

2. one hand shirt grab- wrist take down

3. front strangle attack

4. rear strangle attack

5. rear strangle arm encircles throat

6. headlock from front

7. headlock from back

- striking techniques: 1. jab

2. reverse punch (combination)

3. palm heel

4. knife hand

3. front snap kick

4. side kick

- defence against weapon attacks: 1. gun or knife in the back

- escort techniques: 1. finger come along

2. arm bar

3. wrist lock to hammer lock

4. wrist come along and elbow break

- control techniques: prone position to hand-cuffing

### 3. Appy knowlege of injury prevention and personal safety related to fitness and self defence issues

Elements of Performance:

- describe the concept of body image and explain its importance

## **II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued)**

to personal wellbeing

- demonstrate knowledge and skills related to the prevention of lower back injuries and other common muscle and joint injuries
- Describe lifestyle behaviours that relate to the prevention and management of various chronic diseases and conditions such as cancer, osteoarthritis, osteoporosis, ...
- demonstrate knowledge and skills related to the effective management of stress
- demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as aging, obesity, and unfit exercising and those with osteoarthritis, osteoporosis, and lower back injuries
- explain the relationship between overuse, footwear, muscle imbalance, mechanical problems and the incidence of injury

### **4. Demonstrate an ability to apply knowledge and maintain a minimum level of fitness that would enhance personal safety and self defence performance**

Potential Elements of the Performance:

- demonstrate skills in effective warm-up and cool-down activities before and after all fitness/recreational activities
- demonstrate knowledge and skills in a variety of cardiovascular endurance training methods, eg. stepping, cycling, running, ...
- demonstrate knowledge and skills in a variety of muscular strength, muscular endurance, and flexibility training methods which enhance one's ability to perform self-defence techniques effectively
- maintain an average level of fitness (see attached charts to determine minimum standards)

## **III. TOPICS:**

1. Training Methods and Exercise Prescription
2. Health Issues Related to Personal Safety
3. Self Defence Theory
4. Self Defence Techniques



**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

"A Wellness Way of Life" 2nd edition, by Gwen Robbins  
 Cassette Tape: "Letting Go of Stress, Effective Techniques for Stress Reduction and Relaxation", by Greenberg

**V. EVALUATION PROCESS/GRADING SYSTEM**

- |  |            |
|--|------------|
| 1. Theory testing<br>(written tests, oral tests and Assignments) | <b>30%</b> |
| 2. Fitness Performance Tests                                     | <b>30%</b> |
| 1.5 mile run (20%)   |            |
| push-up test (10%)   |            |
| 3. Self Defence Performance Tests                                | <b>40%</b> |

**STUDENTS MUST MEET MINIMUM REQUIREMENTS (60%) IN EACH AREA(1,2,3 ABOVE) TO SATISFY THE REQUIREMENTS OF THIS COURSE.**

**COLLEGE GRADING POLICY:**

90 - 100% = A+  
 80 - 89% = A  
 70 - 79% = B  
 60 - 69% = C  
 Below 60 = R (Repeat Course)

**NOTE: TESTING POLICY**

**INSTRUCTOR'S EXTENSION:** \_\_\_\_\_

If you miss a written test or a fitness test you must call your instructor on the scheduled test day and explain your absence. Only medical emergencies and extreme circumstances will be accepted as valid excuses for missing a test. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. Immediately upon your return to the college, you must make arrangements with your instructor to make up the missed test, prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.

**NOTE: Late Assignments**

For each day that an assignment is late, ten percent will be deducted. Assignments will

**not be accepted after seven days beyond the due date. Assignments must be given directly to the instructor in class. The instructor can not be held responsible for tests that are handed in at mail boxes or under doors.**

#### **VI. SPECIAL NOTES:**

- **Special Needs**  
If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717, 491 so that support services can be arranged for you.
- **Retention of Course Outlines**  
It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.
- **Rewrites of tests and exams are not allowed in this course.**

**Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.**

#### **VII. PRIOR LEARNING ASSESSMENT**

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

- Written test covering all of the learning outcomes
- Maintenance of a 60% fitness level on Standardized tests of fitness
- Self Defence Performance Testing

**OR**

- Completion of recruit training at Ontario Police College

#### **VIII. GENERAL EDUCATION**

This course meets the General Education requirement for personal growth and development and has been approved by the general education committee at Sault College.