

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON**



COURSE OUTLINE

Course Title: WELLNESS AND PERSONAL SAFETY

Code No.: CJS 327

Semester: IV

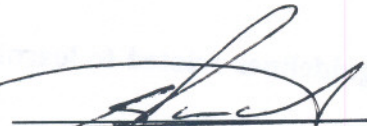
Program: CORRECTIONAL WORKER

Author: NANCY LAPOSSIE/VICKI EKSTROM

Date: JAN, 1998

Previous Outline Date: AUG, 1997

Approved:


**Dean, Natural Resources
Criminal Justice and
Native Education**

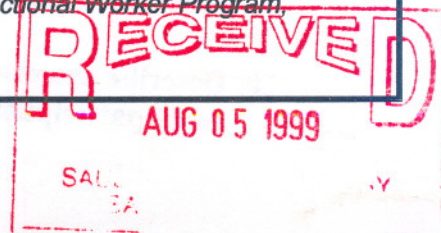
January 6, 1998
Date

Total Credits: 3

Prerequisite(s): None

Length of Course: 3 hrs per week Total Credit Hours: 45

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For additional information, please contact Nancy Lapossie, Correctional Worker Program,
(705) 759-2554, Ext. 609.



COURSE DESCRIPTION:

This course provides learning experiences related to personal safety, physical fitness and wellness. Several topics will be explored including self defence theory, 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.

LEARNING OUTCOMES:

Upon successful completion of this course the student should be able to:

1. Describe the trends in society which have over time made self-defence training an important life skill
2. Describe the ethical issues related to the use of self defence techniques
3. Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
4. Describe the underlying principles and guidelines related to learning and using self defence techniques
5. Demonstrate effective performance of self defence skills in simulated in-class situations
6. Explain how self-image, attitudes, and behaviour relate to personal safety
7. Explain the relationship of body image to personal wellbeing and describe the forces in society and personal factors which determine one's body image
8. Describe and apply knowledge and skills related to stress management and disease prevention
9. Demonstrate knowledge and skills in a variety of fitness training techniques which contribute to lifelong maintenance of fitness
10. Describe exercise alternatives for those with special needs, such as aging, obese, and unfit participants, and those living with chronic disease

TOPICS TO BE COVERED:

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

LEARNING ACTIVITIES:

1.0 Training Methods and Exercise Prescription

Upon successful completion of this unit the student should be able to:

- 1.1 demonstrate knowledge and skills in a variety of cardiovascular endurance training methods, eg. stepping, cycling, running, ...
- 1.2 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
- 1.3 demonstrate knowledge of exercise alternatives for those with specific needs/conditions, such as aging, obese, and unfit exercisers and those with osteoarthritis, osteoporosis, and lower back injuries
- 1.4 explain how cross-training helps to avoid overuse injuries and increase motivation
- 1.5 demonstrate skills in effective warm-up and cool-down activities before and after all fitness/recreational activities

2.0 Health-related Issues

Upon successful completion of this unit the student should be able to:

- 2.1 describe the concept of body image and explain its importance to personal wellbeing
- 2.2 Describe lifestyle practices that relate to the prevention of sexually transmitted diseases
- 2.3 Identify the symptoms of common sexually transmitted diseases
- 2.3 demonstrate knowledge and skills related to the effective management of stress

Wellness and Personal Safety

3.0 Self Defence Theory

Upon successful completion of this unit the student should be able to:

- 3.1 Describe the trends in society which have over time made self-defence training an important life skill
- 3.2 Describe the ethical issues related to the use of self-defence techniques
- 3.3 Explain why continual learning and practice of self-defence techniques is critical to one's ongoing proficiency in self defence, and identify avenues for future development of skills
- 3.4 Describe the underlying principles and guidelines related to learning and using self defence techniques
- 3.5 Explain how self-image, attitudes, and behaviour relate to personal safety

- 3.6 Explain the concept of "safe distance"
- 3.7 Identify the vulnerable areas of the body
- 3.8 Identify the parts of the body that can be used as personal weapons

4.0 Self Defence Techniques

Upon successful completion of this unit the student should be able to demonstrate the following self defence skills:

- 4.1 Stances: Interview
Defensive
- 4.2 Pivot Steps: Shuffle Pivot
Progressive Pivot
- 4.3 Defense Against a Punch
- 4.4 Escape From Chokes: Front Choke
Take Down From a Front Choke
Rear Choke (Braced)
Rear Choke
Head Lock
Lapel Grab
- 4.5 Defense Against Kicks: Block
Take Down From a Kick
- 4.6 Control Technique: Wrist Pick-up

Description of Tests and Assignments

<i>Unannounced Quizzes</i>	10 %
<i>Stress Management Presentation</i>	5 %
<i>Video Evaluation Assignment</i>	5 %
<i>Midterm</i>	10 %
<i>Final Exam</i>	20 %
<i>Fitness Testing</i>	20 %

<i>Self Defence Performance Tests</i>	30 %
<i>Test #1</i>	15 %
<i>Test #2</i>	15 %

College Grading Policy:

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

Required Student Resources:

Text: "A Wellness Way of Life" 3rd edition, by Robbins, Powers and Burgess

Assignment and Testing Policy

No late assignments or make up tests will be allowed for those students who do not submit assignments or miss a test without medical documentation.

Students with special needs are encouraged to discuss required accommodations confidentially with your instructor.

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

