

**FCS 2410:**      **Self-Protection for Women**  
**Syllabus:**      **Fall 2006**

**Instructor:** Greg Loebel, Adjunct Professor  
**Contact:** Phone: (435) 627-2746  
Email: gloebel@gmail.com

**Office:** EDFAM 133  
Mondays 1:00 pm – 3:30 pm  
(You may make an appt. for other times.)

**Credit:** 2.0 credits  
**Room:** EDFAM 114 for lecture hour; GYM 206 for lab hour  
**Time:** 1:00 pm – 3:30 pm on Tuesdays.  
**Start/End Dates:** August 22<sup>nd</sup> / December 5<sup>th</sup>

**Required Text:**      **Self-Protection For Women**, by Tim Eicher & Greg Loebel  
                                 **The Gift of Fear**, by Gavin DeBecker

**Course Description:** This course is open to all students and community members interested in learning how to live with more safety in this society. It examines the socialization that makes women more vulnerable to assault and violence, and provides a valuable foundation for self-protection as well as actual self-defense techniques. The class covers the effects of assault on a person's psychology and development. Concepts are presented through lecture, class discussion, case study, guest lecturer, active learning, and use of audio/visual materials. This course is an elective.

**Course Requirements:** This course is a combination of psycho-educational learning and physical self-defense instruction. A willingness to actively participate both mentally and physically is required. Please dress appropriately for physical activity. Also, any self-disclosure of past trauma by students must be held in the strictest confidence by the rest of the class.

**Final Assessment:** Every course in Family & Consumer Sciences will include a final exam. Consult the semester schedule and course outline for the final exam date and time. Unique to this course is an experiential self-protection skill assessment that is in addition to the final exam. The date and time of this assessment is noted in the course outline, and will be fully explained by the instructor.

**Cell phones** and pagers drive me crazy. I turn mine off when teaching; please turn yours off while you're in class.

**Attendance Policy:** There is no attendance requirement for the class. However, you will find that if you don't attend, you will lose points for missed quizzes, for classroom activities, and for the assignments that are due that day. It's hard to get a good grade in this class without being here. With that said, if you're going to be here, be here on time.

**Academic Integrity:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from class. Cheating and plagiarism will not be tolerated. If there is evidence of cheating on your part, you will fail and will be referred to Student Affairs. All assignments will be your original work. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Disruptive behavior** in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written warning letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

**If you decide to withdraw** from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the roll for the class.

**Assignments** will be word-processed, with the exception of the Self-Protection manuscript worksheets and in-class topic writings. All assignments are due the date indicated on the course outline at the beginning of class. *No assignments will be accepted after that time.* This syllabus and course outline provides a schedule so you know deadlines and scheduled activities. Please proof your work before submitting.

**Term Assessments** are essay/application. All assessments are designed to give me an idea of how you're doing in understanding and applying the principles taught, and how I'm doing in teaching them. Students must take tests at the scheduled time. Makeup tests may be given at the discretion of the instructor. In the case of emergency or illness, the student is expected to schedule a makeup test with the instructor; call or email me if you must miss class! If you don't contact me, you lose your makeup opportunity.

**Disability:** If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.

**Writing Help:** If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center, room 105. You can also reach the Online Writing Center by going to <http://dsc.dixie.edu/owl/>

**Drop in tutoring** is available to all registered Dixie State College students. Inquire at <http://dsc.dixie.edu/tutoring/index.htm>. If you need help from a librarian, access this site: <http://library.dixie.edu/>

**Course Goal: Increase your personal sense of self-worth and ability to live safely in society.**

**Objectives:** *Through regular attendance and active participation you will be able to:*

1. Understand the scope and definitions of gender-based violence.
2. Understand concepts and ideas relevant to learning of social roles for men and women, with a focus on safety.
3. Conduct yourself with more assertiveness and confidence.
4. Understand the relational dynamics for both men and women and prevent assault.
5. Identify manipulative and abusive behavior.
6. Understand the dynamic of experienced trauma and the process of healing.
7. Become more physically capable of maintaining personal safety.
8. Understand the axioms of physical conflict and be able to apply the core principles of self-defense tactics.

9. Identify barriers to personal empowerment.

**Item Pool:**

The Item Pool for FCS 2410 Self-Protection For Women consists of 11 worksheets from the text, a critical thought paper, a game and its accompanying analysis, an experiential self-defense application assessment, a course evaluation, and a final exam. The format of the course will be weekly participatory lectures and labs. Attendance is required and graded. Grades will be awarded for:

- Topic Responses: 10 points per response (Out of 10 responses 2 will be excused).
- Worksheets: 10 points per assignment (Out of 9 assignments 1 will be excused).
- Term Assessments: 40 points per assessment (there are 2)
- Self-Assessment & High Stakes Predictions Paper: 200 points
- Course Evaluation: 30 points (Typewritten evaluation of the course).
- Self-Defense Assessment: 200 points.
- Final Exam: 200 points

Total Possible Points: 900

Grading:	A = 95%	A- = 91%			
	B+ = 88%	B = 84%	B- = 81%		
	C+ = 78%	C = 74%	C- = 71%		
	D+ = 68%	D = 64%	D- = 60%	F = Below 60%	

**FCS 2410: Self-Protection For Women – Outline for Fall 2006**

Instructor: Loebel

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Date	Topic of Study	Class Activity/Presenter	Gym Activity	Assignment Due
Aug 22	Course Introduction	<ol style="list-style-type: none"> <li>1. Syllabus</li> <li>2. Requirements</li> <li>3. Video demo</li> </ol>		
Aug 29	Chapter One in manuscript: Social Roles and Violence	<ul style="list-style-type: none"> <li>➤ Self-Image &amp; Dehypnotizing</li> <li><input type="checkbox"/> Uniqueness Interview</li> </ul>	<ul style="list-style-type: none"> <li>❖ Autogenic Training</li> <li>❖ Eye Gaze &amp; The Stress Response</li> <li>❖ Beginning stance and striking movements</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fill out questionnaire on Myths before you read text then change your answer as you see fit.</li> <li><input type="checkbox"/> Worksheet #1</li> <li><input type="checkbox"/> Read Chs. 1 of the Gift of Fear</li> </ul>
Sept 5	Chapter Two: Giving Up Your Best Defense	<ul style="list-style-type: none"> <li>➤ Personal Boundary</li> <li>➤ Hardiness Characteristics</li> <li><input type="checkbox"/> Your Hardy Person</li> </ul>	<ul style="list-style-type: none"> <li>❖ Power &amp; Striking Training</li> <li>❖ The Flinch Response</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Topic Response #1</li> <li><input type="checkbox"/> Worksheet #2</li> <li><input type="checkbox"/> Read Chs. 2, 3, &amp; 4 of the Gift of Fear.</li> </ul>
Sept 12	Chapter Three: Self-Defense vs. Social Obligation	<ul style="list-style-type: none"> <li>➤ Personal Resources &amp; Style</li> <li><input type="checkbox"/> The Head Nod</li> </ul>	<ul style="list-style-type: none"> <li>❖ Structure &amp; Balance/ Footwork Training</li> <li>❖ Biofeedback</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Topic Response #2</li> <li><input type="checkbox"/> Worksheet #3</li> <li><input type="checkbox"/> Read Chs. 5 &amp; 11 of the Gift of Fear.</li> </ul>

Sept 19	Chapter Four: Abusive Relationships	<p style="text-align: center;"><b><u>Term Assessment One</u></b></p> <ul style="list-style-type: none"> <li>➤ Emotional Energy &amp; Stress Response</li> <li>☐ Rituals of Self-Worth</li> <li>❖ Mobility &amp; Footwork, Phase 1</li> </ul>	❖ Mobility & Footwork, Phase One	<ul style="list-style-type: none"> <li>☐ Topic Response #3</li> <li>☐ Worksheet #4</li> <li>☐ Read Chs. 10 of the Gift of Fear.</li> </ul>
Sept 26	Chapter Six: Victims: Who Are They?	<ul style="list-style-type: none"> <li>➤ Transcendental Values</li> <li>☐ Teaching Yourself Hardiness</li> </ul>	<ul style="list-style-type: none"> <li>❖ Mobility &amp; Footwork, Phase Two</li> <li>❖ First Phased Intro to Final</li> </ul>	<ul style="list-style-type: none"> <li>☐ Topic Response #4</li> <li>☐ Worksheet #6</li> <li>☐ Read Chs. 6 of the Gift of Fear.</li> </ul>
Oct 3	Chapter Seven: Perpetrators of Rape	<ul style="list-style-type: none"> <li>➤ Decision Making</li> <li>☐ What is My Payoff?</li> </ul>	<ul style="list-style-type: none"> <li>❖ Relative Speed</li> <li>❖ Look at Nothing, See Everything</li> <li>❖ Zones of Defense</li> </ul>	<ul style="list-style-type: none"> <li>☐ Topic Response #5</li> <li>☐ Worksheet #7</li> <li>☐ Read Chs. 7 of the Gift of Fear.</li> </ul>
Oct 10	<b>Instructor Holiday</b>	<b>TBA</b>	<b>TBA</b>	
Oct 17	Chapter Eight: Attack Avoidance	<ul style="list-style-type: none"> <li>➤ Review of Material for Self Assessment</li> <li>➤ Explanation of Self Assessment Rubric</li> </ul>	❖ Grappling & Escapes, Phase One	<ul style="list-style-type: none"> <li>☐ Topic Response #6</li> <li>☐ Worksheet #8</li> <li>☐ Read Chs. 8 of the Gift of Fear.</li> </ul>
Oct 24	Chapter Nine: Preventing Victimization	<p style="text-align: center;"><b><u>Term Assessment Two</u></b></p> <ul style="list-style-type: none"> <li>➤ The Rules of Fear</li> </ul>	❖ Grappling & Escapes, Phase Two	<ul style="list-style-type: none"> <li>☐ Topic Response #7</li> <li>☐ Worksheet #9</li> <li>☐ Read Chs. 15 of the Gift of Fear.</li> </ul>
Oct 31	Chapter Ten: Situational Advantages	TBA	❖ Grappling & Escapes, Phase Three	<ul style="list-style-type: none"> <li>☐ Topic Response #8</li> <li>☐ Worksheet #10</li> <li>☐ <b>Self-Assessment Paper</b></li> </ul>
Nov 7	Stalking (Add-in Supplement)	<ul style="list-style-type: none"> <li>➤ Review &amp; Debrief of Self-Assessment Process</li> </ul>	<ul style="list-style-type: none"> <li>❖ Open Practice</li> <li>❖ Second Phased Intro to Final</li> </ul>	<ul style="list-style-type: none"> <li>☐ Topic Response #9</li> </ul>

Nov 14	<b>No Class! Career Day</b>			
Nov 21	Chapter Thirteen: Healing	Penelope Eicher, LMFT	<ul style="list-style-type: none"> <li>❖ Review of Autogenic Training</li> <li>❖ Open Practice</li> </ul>	
Nov 28	Self-Defense Assessment	(Meet directly at the GYM)	<ul style="list-style-type: none"> <li>❖ Open Practice</li> <li>❖ Assessment</li> </ul>	
Dec 5	Self-Defense Assessment	(Meet directly at the GYM)	<ul style="list-style-type: none"> <li>❖ Open Practice</li> <li>❖ Assessment</li> </ul>	<input type="checkbox"/> Course Evaluation
Dec 12	Course Debrief	<b>Final Exam</b>		