

**University of Louisiana at Lafayette
College of Education
Class Syllabus**

Course: KNES 240 Self Defense	Semester: Fall 2006
Schedule: MWF 10:30-11:20	Location: 108E Bourgeois Hall
Instructor: Connie Hunter Lavergne	Office Hours: posted on Moodle
Telephone: 482-6560	Office: 135A Bourgeois Hall
Email address: judo@louisiana.edu	

Description: Statement: (1,2,2). For the student who has little or no experience in self-defense. Emphasis on basic skills and knowledge essential for defense against an aggressor.

Objectives:

- Have knowledge of techniques in order to reduce dangers from daily living (*precautionary measures*).
- Understand methods of avoiding dangers.
- Know techniques using weapons for everyone's use.
- Be able to perform skills and strategies necessary for employing physical defense.
- Understand his/her rights under the law and procedures to follow if he/she becomes a victim.

Evaluation

Self -Defense Article	50
Online Quiz 1	100
Online Quiz 2	100
Workout/Participation	100
Skill/Performance	100
Total Points	450
<p>A = 405 points or 90%, B = 360 points or 80% C = 315 points or 70% D = 270 points or 60% F = 0 - 269 points or below 60%</p>	

Written Test Includes all lectures in class in addition to written material.

Article The article should cover some aspect of self-defense. All assignments must be turned in on time. A late assignment will result in only half credit. If over one week late you will receive no points.

Skill Students will be tested on the skills which the classes practices each day, therefore regular attendance is regular in order to perform well. Practice test will be given before the actual test.

Workout Participation: All students are expected to participate at a level and intensity appropriate for teacher candidates in physical education. Avoid taking excessively long periods or rest or breaks (30 seconds). Follow the teacher's directions promptly and with a professional attitude. Clowning around will result in 2% points being deducted from you grade. This is a subjective determination by the instructor so if you do not want to lose points, stay effectively busy and follow directions. Anyone habitually violating rules will be ask to leave and will be given an unexcused absence for that day.

1-2 absences = 100 pts;

3 absences = 90 pts;

4 absences = 75 pts;

5 absences = 0 pts

Attendance Policy: The University allows each faculty member to determine what constitutes excessive absences (excused or unexcused) as long as they are not less that 10% of the total number or class meetings. Students enrolled in classes that meet twice a week will be allowed three absences and classes that meet **three times per week will be allowed FIVE Absences (Six = Failure of Class).**

Excused absences are defined as:

- (1) illness: documented by a health professional,
- (2) serious accident: documented by police report or injury report,
- (3) required attendance at an authorized university sponsored event- documentation required,
- (4) or permission from the Instructor **PRIOR** to the class that is to be missed.

Make up is not allowed for any other unexcused absences.

Students will not be penalized if they exceed the maximum number of absences indicated if **ALL absences meet the above criteria for an excused absence. Any Student, however, who has even ONE unexcused absence and who also exceeds the maximum number allowed will receive an F for the course.** If this should occur before the last scheduled date to withdraw (see this semester published date), it may be in the student's best interest to officially withdraw from the course and receive a grade of W. If the excessive absence occurs after the last date to withdraw, a failing (F) grade will be awarded. If you do not understand this policy or anticipate problems in adhering to it, request immediate clarification from the Instructor.

Student Responsibilities: Professional Behavior:

Attire: Students must be properly attired for workouts : loose fitting shorts, gym shorts, socks (on the mat), proper exercise shoes off the mat (running shoes, cross-trainer, athletic shoes), warm-ups, T-shirts; No street shoes (e.g. Hard soled shoes, deck shoes or sandals) are permitted on work out days. Pants shall be worn on your waist not showing undergarments. No jewelry will be allowed (excluding watch, wedding band and whistle). When a student is improperly is attired, they will be asked to leave and will receive an unexcused absence for that day. Keep extra clothes in your locker so that this does not happen.

Punctuality: Life is not predictable, therefore, it's understandable that on occasion, one may be late. Beyond a single occurrence; there will be a penalty due to the class disruption that it causes. For example in a TR class of 30 students, if a different student was late each day throughout the semester, the class would be disrupted everyday for the entire semester. For this reason, a person who is late twice will be given an unexcused absence and each additional tardiness will result in another unexcused absence. **IMPORTANT NOTICE:** If you are late arriving to class it is probably result in you being marked absent due to the roll already being called. It is your responsibility to advise (remind) the instructor when you come in late rather than try to avoid being detected. Attempting to convince the instructor later in the semester that you were present on a date that you were marked absent is likely to be argumentative and unsuccessful. Adjustment to the attendance record will only be made on the day of the tardiness occurs. The correction to the roll should be witnessed by the student.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005).

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor in a timely manner.

Syllabus Statement Emergency Evacuation Procedures A map of this floor is posted near the elevator marking the evacuation route and the Designated Rescue Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Students who may need assistance should identify themselves to the teaching faculty. This page maintained by the Department of Kinesiology at the University of Louisiana at Lafayette