

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

PEAC 1631 (Beginning Self Defense Tactics)

Catalog Description:

This course is designed to introduce students to the fundamentals of recognizing verbal and non-verbal cues that lead to people being victimized, as well as techniques of dealing with assailants. Students should gain an introductory knowledge of Legal Issues, Mindset Development, Proxemics, Control Principles, and Prevention. This active participation class takes a serious look into victimization and prevention. Students are required to attend and upon completion be able to demonstrate practical proficiency in techniques including standing defense, as well as ground avoidance and escape.

Credit Hours/Contact Hours/Load Hours:

1/1/1

Target Audience / Transferability:

Beginning Self Defense Tactics is an eight-week course designed for all fitness levels.

Supplies:

The Beginning Self Defense Tactics class is conducted on campus. Students enrolled in class are eligible to use the NWACC Fitness Center for the duration of the 8-week class. No activity fee or textbooks required.

Attendance:

Attendance will be taken at each class meeting. Students are expected to attend all classes.