

PED 155: Self Defense

This course is designed to aid students in developing rudimentary skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature. As needed.

Credits: 1

Transfer Code: Code C

Lab Hours: 2

Lecture Hours: 0

Program: Physical Education