

## Course Syllabus

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|----------------------------------|---|
| <b>1. Program of Study</b>       | Bachelor of Science Program<br>Bachelor of Arts Program<br>Bachelor of Business Administration Program<br>Bachelor of Nursing Science Program   |
| <b>Faculty/Institute/College</b> | Mahidol University International College  |
| <b>2. Course Code</b>            | ICPE115   |
| <b>Course Title</b>              | Self Defense  |
| <b>3. Number of Credits</b>      | 1 (0-3-1) ( Lecture/Lab/Self-Study)   |
| <b>4. Prerequisite (s)</b>       | None  |
| <b>5. Type of Course</b>         | General Education   |
| <b>6. Session</b>                | Trimester 1, 2 and 3/ every academic year   |
| <b>7. Conditions</b>             | -   |
| <b>8. Course Description:</b>    | Non-violent self defense course, providing students with self-confidence and skills in assault situations; practical exercises focus on skills needed in different conditions.  |
| <b>9. Course Objective (s)</b>   | After successful completion of this course, students should be able to<br>9.1 defend yourself in unpredicted situations in which you may be in danger with emphasis on barehand techniques. Protect yourself with the self defense know how of martial arts and physical fitness experts. |

## 10. Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Introduction to Self Defense	0	3	1	Krit Ekthanutt
2	Basic skills: Footwork + High kick Arm Grab Defense Assign Project	0	3	1	
3	Basic skills(Previous class):  Meditation (Chi) Front/Back Kick	0	3	1	
4	Basic skills: Arm Grab defense + Front kick Turning Kick/ Turning Back Kick	0	3	1	
5	Basic skills	0	3	1	
6	<b>Midterm Test</b> Tackle Techniques Body throw + Defense	0	3	1	
7	Continue Basic skills (Week 2-6): Meditation Punching techniques Learning Human weak points	0	3	1	
8	Higher Technique Arm Grab Defense: Throat Choke Techniques	0	3	1	
9	Review Basic skills and techniques	0	3	1	
10	Review and Advise for Final project	0	3	1	
11	Final Project	0	3	1	
12	Final Exam	0	3	1	
	Total	0	36	12	

## 11. Teaching Method (s)

11.1 Instructions, demonstrations and lead-up activities.

## 12. Teaching Media

12.1 Classroom demonstrations

## 13. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

13.1 the ability to defend yourself in unpredicted situations in which you may be in danger with emphasis on barehand techniques. Protect yourself with the self defense know how of martial arts and physical fitness experts.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+,C,D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

Ratio of mark

Final Examination (Basic skills)	25%
Attendance and participation	40%
Written Examination	35%
Total	100%

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

## 14. Course evaluation

14.1 Students' achievement as indicated in number 13 above.

14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

## 15. Reference (s)

Notes provided by the instructor

## 16. Instructor (s)

Krit Ekthanutt

## 17. Course Coordinator

Michael Naglis