

# PEDB 1150

# SELF-DEFENSE

Instructor: Larry Nizinski

Office: 354 Ramsey Center

Phone: 542-2902 (Office)

Office Hours: Tues. and Thurs

254-KICK (Home)

8-9am

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(or by appointment)

The overall purpose of the self-defense class is to provide the student with safety awareness and self-defense techniques. The student will learn basic stances, blocks, punches, kicks, releases, and breakfalls along with fundamental safety awareness.

## Objectives

- A. Obtain knowledge that may help to prevent bad situations.
- B. Obtain knowledge that will help to prevent bad situations from getting worse.
- C. To gain some measure of self-assurance and confidence.
- D. To acquire the knowledge of skills and techniques that could be applied in the event of an attack.
- E. To obtain some physical conditioning.

## Attendance

Any student that **misses more than three absences** will receive an **Unsatisfactory grade**. In addition, **two “lates” or “tardies” will be considered as one absence**. Any combination that results in more than three absences will result in an **Unsatisfactory grade**. If you have a class across campus or another scheduling conflict that may cause problems with attendance or punctuality, you may want to consider dropping or withdrawing from this class.



## **ACADEMIC HONESTY**

### University Honor Code and Academic Honesty Policy

Students in this course are expected to conform to the UGA Student Honor Code: " I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. Examples of academic dishonesty are copying answers from another student during an exam, giving a false excuse for failing to show up for an exam, obtaining advance exam copies by unauthorized means, and damaging a computer disk to prevent evaluation of the work on that disk. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may include receiving a lower grade, community service, a notation on the student's transcript, or suspension or expulsion from the University. Students have the responsibility for knowing the University's policy and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web sites:

<http://www.uga.edu/ovpi/>.

[http://www.uga.edu/ovpi/academichonesty/academic\\_honesty.htm](http://www.uga.edu/ovpi/academichonesty/academic_honesty.htm)

<http://www.uga.edu/ovpi/honesty/acadhon.htm>

This syllabus may be altered or modified as necessary.