

DETAILED SYLLABUS OF 1ST SEMESTER

Course Code	:	SEC134
Title of the Course	:	Self Defence
Nature of the Course	:	Skill Enhancement Course (SEC)
End Semester	:	80 Marks
In Semester	:	20 Marks
Total Credits	:	03

COURSE OBJECTIVES

The fundamental objective of self defence training is to prepare and empower the students with techniques to handle an attack. Self defence course not only enables students to defend themselves against physical attack, it also has diverse benefit for the students in their everyday lives. The objective are as follows:

- To enhance the ability to defend and protect.
- To enhance confidence building.
- To enhance the value of self-discipline
- To inculcate the knowledge of life skills.
- To enhance the employment opportunities.
- To facilities the students in improving physical and mental health.

COURSE OUTCOME

After the completion of this course the students will be able to use protection skills against threat, assaults in everyday situations. Apart from these, the students will have the eligibility to work in civil defence, security services in public and private/corporate sectors and government establishment etc. It also offers host of job opportunities like self defence Instructor, Teacher Trainers, Martial Art Specialist.

UNITS	CONTENTS	L	P
1 (15 MARKS)	INTRODUCTION 1.1 Importance of Physical Fitness in self defence and personal security. 1.2 Concepts involved in personal security and self defence – economic security, food security, health security, personal security, community security. 1.3 Basics of Human Anatomy – Respiratory system, Cardiovascular system, Nervous system, Reproductive system, Stomach, Bones, Joints and Muscles.	6	-
2 (25 marks)	2.1 PSYCHOLOGICAL ASPECTS IN SELF DEFENCE. Projection, Displacement, Sublimation, Repression, Denial, Identification, Introjection, Undoing 2.2 BENEFITS OF SELF DEFENCE Builds Confidence, Develops discipline, Goal setting, Boost health, Physical improvement, Mental improvement, Self esteem, Reduce, Stress and Depression, Cognitive Benefits. 2.3 PRINCIPLES OF SELF DEFENCE Innocence, Imminence, Proportionality, Avoidance, Reasonableness.	10	-
3 (40 marks)	PRACTICAL 3.1 Types and Techniques of self defence. 3.2 Life saving techniques in various situations. 3.3 Different types of kicks, Punches, Hand techniques, Weapon disarming, Unarmed combat, Anti rape techniques.	4	12

Where, L: Lectures P: Practicals

MODES OF IN-SEMESTER ASSESSMENT:

(20 Marks)

- One Sessional Test
- Practical

10 Marks

10 Marks

REFERENCE / SUGGESTED READINGS

1. Self Defence Make Simple : Phil Pierce
2. Self Defence : Janathan Kellerman
3. Scientific Self Defence : William E. Faribairn
4. Book of Self Defence : Brouce Tegner
5. Physical Fitness and Wellness : Dr. Shyam Sundar Rath
6. Exercise Physiology Fitness and Sports Nutrition : B. Srilakshmi, V. Suganthi, C. Kalaivani Ash
7. Fitness Habits : Amaresh Ojha and Sibhra Moitra
8. Right of Private and Self Defence : Ramachandra
9. Tricks of Self Defence : W.H. Collingridge
10. Psychology of Self Defence : Christopher Sutton
11. Self Defence for Individual : Billy C. Sandow
