

PED 101 SHARP (sexual harassment assault & rape prevention) **1 credit hour**

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Course Description: This course will provide students with the information and tools needed to help them manage self-defense issues that they can control. This course is divided into three units.

Prevention Psychology focuses on the behavior that could lead an aggressor to believe that you may be an easy target. We will consider a variety of unconscious traits that may encourage or discourage verbal harassment, physical harassment, intimidation and unwelcome flirtation. Survival awareness and prevention concepts complete this unit.

Managing social or professional physical harassment is designed to help manage friendly but unauthorized physical contact by providing physical options that are assertive and effective but low profile.

Sexual assault countermeasures presents escapes for a variety of grabs, hugs, and chokes. A basic striking system that attacks nerve motor points is at the heart of this unit. All SHARP techniques are based on gross motor skills, can be learned in less than three minutes, and are effective even during times of high stress.

Course Objectives At the end of this course each participant will:

1. Know and understand the behavior that is necessary for personal safety in a variety of environments.
2. Understand how to project an attitude that discourages predators.
3. Demonstrate several assault countermeasures using fluid shock wave strikes and kicks to nerve motor points.

Instructional Procedures: This is an activity class and all students are expected to participate to the fullest extent of their ability.

Grading: As this is an activity course it is only offered as a pass/fail class.