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 both assertive and effective but low profile.

Sexual assault countermeasures is a unit which 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. PLEASE TAKE NOTE: This is a class that deals with sexual harassment and sexual assault, these are unpleasant subjects. We will discuss real life examples drawn from my thirty-four year career in Law Enforcement and Public Safety as well as external sources.
Some of the conversations we will have will be offensive to normal people. However, Motor Learning Theory has demonstrated repeatedly that students perform better and practice longer and more effectively when they understand the need for the effort they are investing. The stories we share in class are not intended to shock or offend but to motivate the student.

In order to effectively practice the techniques necessary to defend against these types of attacks we MUST simulate the behavior we are defending against. This is a class which cannot be done effectively without a significant amount of physical contact. One cannot practice an effective “hugging countermeasure” without being hugged.

Students will take turns simulating predatory behavior and defending against that behavior. If you have significant personal space issues or cannot tolerate being touched repeatedly, for several hours by the instructor and other students this is not a class where you will be comfortable. If this describes you please consider enrolling for PED 101 Directed to fulfill your PE requirement.

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