

# PHEC 167: Self Defense against Sexual Assault (2E) (brief version for web)

St. Mary's College of Maryland  
Fall Semester 2010  
Tuesdays ARC Classroom 123/Fitness Room  
Section 01: 4:00-5:50 pm  
Section 02: 6:00-7:50 pm  
2 credit hours, cross listed in WGSX

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## Required Texts

- Warshaw, Robin. (1994). I Never Called It Rape: The Ms. Report on Recognizing, Fighting and Surviving Date and Acquaintance Rape, First Harper Perennial Edition.
- Katz, Jackson. (2006). The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help, Sourcebooks, Inc.

## Other Texts

- De Becker, Gavin. (1997). The Gift Of Fear And Other Survival Signals That Protect Us From Violence, Dell Publishing.
- Caignon, D and Groves, G. (1987). Her Wits About Her: Self Defense Success Stories by Women, Harper and Row.

## Course Description

This course is designed to instruct students in their choices for preventing and defending against sexual assault and abduction, both on and off a college campus. The course includes an exploration of violence prevention and victim abuse community services. A combination of lecture and physical training sessions will provide instruction in violence awareness, rape myth, the psychology of self-protection, risk reduction, and basic self-defense skills and strategies.