

# PHYSICAL EDUCATION/SELF-DEFENSE (PEDF)

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## **PEDF 152, PERSONAL SELF-DEFENSE 1 (2)**

An introduction to personal self-defense through both classroom instruction and participatory practice. Introductory techniques and concepts will be taught in order to encourage the student to think in terms of options and choices, develop one's awareness, assertiveness skill, and safely practice physical self-defense techniques. A variety of methods will be taught to increase one's physical and mental preparedness, enhance confidence and enable the student to feel more empowered in his or her life.

**General Education:** GE02, GE05

**Typically Offered:** Fall and Spring Semesters