

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

ACADEMIC AFFAIRS

Course Number: ATHL-104- Department: Interdisciplinary Health
Course Title: RAD – Aerosol and Keychain Semester: Fall Year: 2009
Defense Options

Course Objective	Competencies
<p>The student will gain a knowledge of:</p> <ol style="list-style-type: none">1. The many options of self defense that can be utilized to stop or escape from an attacker.2. The most realistic methods for accessing, deploying and assisting the aerosol defense option. If the aerosol fails to work (and it may), learn the proven backup strategies needed for successful escape. R.A.D.3. The use of training exercises, physical skills and fluid transition motions, used in conjunction with Keychain Defense Options as tools to defend themselves against attack.	<ol style="list-style-type: none">1. The student will be able to:<ol style="list-style-type: none">a. List and discuss the various signs of potential dangerb. List the various options to avoid an attacker or potential violence.c. List options for escaping an attacker2. The student will be able to demonstrate the RAD self defense techniques using aerosol.3. The student will be able to demonstrate the RAD self defense techniques using keychain defense options.