

Criminal Justice Administration (CJA) 1005 Unarmed Self-Defense (2.5 Units)
[Formerly Criminal Justice Administration 61]

Prerequisite: Successful completion in CJA 1001 or CJA 1057. This class is restricted to those individuals currently working in the criminal justice system.

Prerequisite Knowledge/Skills: Before entering the course, the student should be able to:

CJA 1001

1. First Aid/CPR
 - a. Identify, assess and treat various injuries concerning fractures, dislocations, and other injuries.
 - b. Identify, treat various illnesses stemming from heat stroke and allergies
 - c. Assess and treat diabetic emergencies, seizures, poisonings and asthma problems.
 - d. Manage and control bleeding and shock.
 - e. Treat by proper bandaging and cleaning of wounds including eye injuries.
 - f. Treat victims who are exposed to extreme heat and cold including burns and electrical injuries.
2. Blood borne Pathogens
 - a. Identify an exposure control plan.
 - b. Identify what blood borne pathogens are.
 - c. Identify the different modes of transferring disease.
3. Weaponless Defense
 - a. Students will perform to the instructor's satisfaction demonstrations of:
 - i. Clothed body searches;
 - ii. Handcuffing: kneeling, standing, prone;
 - iii. Control holds; and
 - iv. Take downs
4. On-site facility training and observation of Correctional Officer's conducting daily routines and interactions with inmates.
5. Describe to instructor's satisfaction events, activities, and conditions observed during the visit that correspond to instructional modules presented during the core course.

OR

CJA 1057

1. Describe the role of law enforcement in the community,
2. Describe the levels of crimes,
3. Describe the legal requirements for making an arrest,
4. Identify and describe the elements of certain crimes against the justice system,
5. Effectively use legal terminology in the description and explanation of the laws of search and seizure,
6. Demonstrate a balanced stance,
7. Demonstrate the position of interview,
8. Demonstrate a control hold,

9. Demonstrate a takedown,
10. Demonstrate the proper application of handcuffs,
11. Demonstrate appropriate search of a person for weapons, and
12. Analyze and recall related statutes

Advisory: Participating students should be able to perform physical actions related to self- defense.

Total Hours: 16 hours lecture; 80 hours lab (96 hours total)

Catalog Description: This course provides training to law enforcement, corrections and security officers to perform their daily tasks with less danger to themselves and to increase their ability to control suspects and prisoners in a humane and lawful manner. This course meets the training requirements as set forth by the Corrections Standards Authority for counties participating in the Standards and Training for Corrections Program.

Type of Class/Course: Degree Credit

Text: None

Additional Instructional Materials: none

Course Objectives:

By the end of the course, a successful student will be able to:

1. Identify class safety guidelines and importance of practicing unarmed self-defense techniques in a controlled environment,
2. Identify legal consequences and state laws involving the use of force in correctional settings,
3. Demonstrate and practice safe position methods of contacting inmates (balance stance and position of interview),
4. Interpret and demonstrate proper balance, leverage, body position, and illustrate how to move and evaluate spatial conditions in a hostile situation, and
5. Perform unarmed self-defense techniques.

Course Scope and Content: (Lecture)

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|---------|---|
| Unit I | Introduction and Review of Local Policies |
| | A. Review Reasonable vs. Excessive Force |
| | B. Officer Safety vs. Prisoner Control |
| | C. Policy Updates |
| Unit II | Five (5) phases of Assaultive Behavior |
| | A. Relevant Penal Code Sections |
| | B. Use of Force |
| | C. Positive and Professional attitude in Self Defense |



Course Scope and Content: (Laboratory)

- Unit I Assaultive Behavior and Restraint Technique
- A. Defensive Tactics training per S.T.C. regulations
 - B. Evasive self-defense
 - C. Mechanical restraints
 - D. Cell extraction
- Unit II Injury Response
- A. Fractures, Dislocations, and Other Injuries.
 - a. Identification
 - b. Assessment
 - c. Treatment
 - B. Illnesses Stemming from Heat Stroke and Allergies
 - a. Identification
 - b. Treatment
 - C. Diabetic Emergencies, Seizures, Poisonings and Asthma
 - a. Assessment
 - b. Treatment
 - D. Bleeding and Shock
 - a. Management
 - b. Control
 - E. Bandaging and Cleaning of Wounds Including Eye Injuries
 - a. Proper Bandaging Techniques
 - i. eye
 - ii. other
 - b. Proper Cleaning of Wounds
 - i. eye
 - ii. other
 - F. Extreme Heat and Cold Exposure
 - a. Treatment of Burns
 - b. Treatment of Electrical Injuries

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 3 hours per week outside of the regular class time doing the following:

1. Physical conditioning

Methods of Instruction:

1. Lectures
2. Class discussions
3. Demonstrations
4. Lab Exercises in small groups and one-on-one instruction as needed
 - A. Control holds
 - B. Escape Techniques



- C. Kicks
- D. Blocks
- E. Punches
- F. Takedowns

Methods of Evaluation:

1. Physical performance of all learned skills
2. Final demonstration of skills acquired (STC Behavior skills)

Laboratory Category: Extensive Laboratory

Pre delivery criteria: All of the following criteria are met by this lab.

1. Curriculum development for each lab.
2. Published schedule of individual laboratory activities.
3. Published laboratory activity objectives.
4. Published methods of evaluation.
5. Supervision of equipment maintenance, laboratory setup, and acquisition of lab materials and supplies.

During laboratory activity of the laboratory: All of the following criteria are met by this lab.

1. Instructor is physically present in lab when students are performing lab activities.
2. Instructor is responsible for active facilitation of laboratory learning.
3. Instructor is responsible for active delivery of curriculum.
4. Instructor is required for safety and mentoring of lab activities.
5. Instructor is responsible for presentation of significant evaluation.

Post laboratory activity of the laboratory: All of the following criteria are met by this lab.

1. Instructor is responsible for personal evaluation of significant student outcomes (lab exercises, exams, practicals, notebooks, portfolios, etc.) that become a component of the student grade that cover the majority of lab exercises performed during the course.
2. Instructor is responsible for supervision of laboratory clean-up of equipment and materials.

Supplemental Data:

T.O.P. Code:	210500- Administration of Justice
Sam Priority Code:	C: Clearly Occupational
Funding Agency:	Y: Not Applicable
Program Status:	2: Stand alone

Noncredit Category:	Y: Not Applicable
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Not Applicable
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Course is not a part of a cooperative education program
Eligible for Credit by Exam:	No
Eligible for Pass/No Pass:	Yes