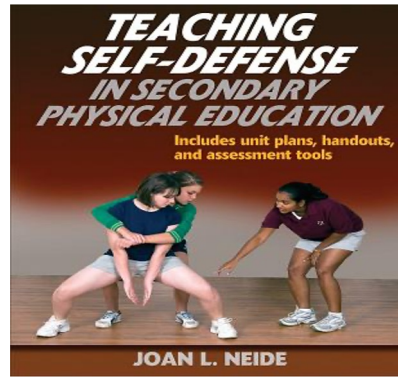


# New Course Proposal for Wellness Education

**Rob Joiner**

# WHAT? Self-defense course

- A half-credit elective for physical education
- More choices - MCL for Wellness Education
- **Current Electives**- Lifetime Fitness - Wellness Through Sport/Games - Adventure Education - Mindfulness
- **Virtual** - Lifetime Fitness and Wellness for Athletes
- **Summer** - Virtual Lifetime Fitness and Camp Experience



# WHY? The rationale for a self-defense course

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- Prevention of violence - goal
- Avoiding being a victim - awareness
- Mental/emotional strategies for avoiding violence
- Understanding the laws
- Physical fitness and skill development
- Mind-body connection
- Self-confidence and self-discipline
- Life skills (including “soft skills”)

The most important “thing”  
you can develop in your  
self-defense arsenal is

**AWARENESS**

# HOW? Learning methods for the course

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- Develop a foundation of physical fitness
- Learning the physical skills of self-defense
- Develop an awareness for personal safety
- Curate a mindset of neutralizing conflict
- Understand the role of self-defense
- Learning how to practice self-discipline (mental/physical/emotional)
- Examine the different forms of martial arts
- Applying the skills to other areas of life



QUESTIONS?



**THANK  
YOU  
FOR  
YOUR TIME  
AND ATTENTION**

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