

## PDP PE 191 R.A.D. for Women

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Meets twice per week: 1.0 Credit

### Course Description:

The Boston University Police Department offers the “Rape Aggression Defense” program (RAD) specifically for women who wish to physically protect themselves against rape and other forms of violence. The RAD system is not a martial arts class; the RAD system educates women about defensive strategies using simple and effective tactics and a unique teaching methodology. The RAD system – a realistic self-defense program of defensive tactics, techniques, and education – is a comprehensive course for women that progresses from awareness, prevention, risk reduction and avoidance to basic self-defense participation. The course includes an illustrated and easily read student manual that outlines the entire physical self-defense program and can be referred to for continued personal growth.

### Required Equipment:

Please show up with work-out ready clothes.

At the start of each class there will be lecture/discussion regarding specific readings in the RAD Student Manual. This will be followed by a warm up & stretch leading into the day’s physical activity. There will be stationary in-motion strikes as well as strikes with pads. The final “exam” will be in the form of a series of one on one simulated attacks on the student while in protective gear & under the direction and control of the instructor.

Gym type attire including sneakers/tennis shoes are required with no boots, open toed shoes, sandals worn during class. **There is a \$10 manual and key chain fee payable in cash or by check (Trustees of Boston University) due on the first day.**

### Course Goals:

The goal of the BUPD RAD program is to provide an easily accessible program of education and awareness for the women of Boston University. The program trains women in basic self-defense and offers them viable options when confronted with various threats of violence.

At the completion of the course students will have a thorough understanding and personal skill set of: Personal Safety, Continuum of Survival, Physical Defense Strategies, Basic Principles of Self Defense, Personal Weapons, Lethal & Non-Lethal Weapons, Defensive Tactics, Defensive Mindset, Key Chain Defense

Skills mastery will vary from student to student to some degree but will meet program standards through participation and testing.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar’s website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

#### **Attendance Policy & Make-Up Classes:**

Attendance, punctuality, and participation are expected. Students are responsible for reading assignments and skills practice on their own. You will need an 80% attendance record to receive a passing grade. You are allowed 5 unexcused absences. Excused absences (such as illness or injury with a doctor’s note or death of a family member) will not count against your attendance record. If you have more than 5 unexcused absences, you will need to arrange to make up the classes you have missed. Please see the instructor for more information.

#### **Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, please visit the FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

#### **Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities

([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule:**

<b>Week 1</b>	Lecture/Discussion: Introduction, Distribution of student manuals, reading assignment
<b>Week 2</b>	Lecture/Discussion: General Sexual Assault Definitions Warm Up, Stretch Defensive Stance
<b>Week 3</b>	Lecture/Discussion: Self Defense & the Law Warm Up, Stretch Review, Block & Parry
<b>Week 4</b>	Lecture/Discussion: Decision to Resist Warm Up, Stretch Review, Strikes
<b>Week 5</b>	Lecture/Discussion: Risk Reduction Strategies Warm Up, Stretch Review, Strikes and Combinations
<b>Week 6</b>	Lecture/Discussion: Risk Reduction Strategies Warm Up, Stretch Review, Knee Strikes & Kicks
<b>Week 7</b>	Lecture/Discussion: Risk Reduction Strategies Warm Up, Stretch Review, Combination Drills
<b>Week 8</b>	Lecture/Discussion: Date Rape Mentality Warm Up, Stretch Review, Elbow Strikes, Floor Movement
<b>Week 9</b>	Lecture/Discussion: RAD Continuum of Survival Warm Up, Stretch Review, Breaking Holds, One Minute Drill
<b>Week 10</b>	Lecture/Discussion: RAD Continuum of Survival Warm Up, Stretch Review, Ground Defense & Falls
<b>Week 11</b>	Lecture/Discussion: Principals of Defense Warm Up; Stretch Key Chain Defense
<b>Week 12</b>	Lecture/Discussion: Defensive Mindset Warm Up, Stretch Review, Combination Drills
<b>Week 13-15</b>	Simulations