

CENTRAL MICHIGAN UNIVERSITY
THE HERBERT H. AND GRACE A. DOW COLLEGE OF HEALTH PROFESSIONS
Department of Physical Education and Sport

COURSE SYLLABUS

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|----------------|------------------------------------------------|---------------------|
| <u>PES 143</u> | <u>Sexual Assault and Harassment/Avoidance</u> | <u>2(2-0) F, Sp</u> |
| Desig. No. | Title | Credit/Mode |

Bulletin Description: A class designed to provide students with appropriate knowledge and skills to deal appropriately with sexual assault and sexual harassment.

Prerequisites: None

Rationale for Course Level:

Textbooks and Other Materials to be Furnished by the Student:

Thompson, S. (1995). Fourth Edition. No more fear. Kendall/Hunt.

Special Requirements of the Course: None

General methodology Used in Conducting the Course:

Large group lecture – first half of semester (all sections meet together)
Small discussion groups and lecture – second half of semester (sections meet separately with instructor)

Course Objectives:

After completing this course, the student will be able to:

1. Define sexual assault, sexual harassment and stalking and give statistical data to show the magnitude of the crime.
2. Describe the basic perpetrator personalities involved with sexual aggression.
3. List and describe each step of the Sexual Assault Sequence and how this knowledge can be applied.
4. Explain the five phases of trauma and how it can affect the stricken, friends, family, and society.
5. Explain the relative differences in avoidance strategies – pros, cons.
6. Explain the differences between Formal and Informal Grievance Procedures.
7. Adapt the Four 'C's to their specific lifestyle needs (job requirements as well as personnel).

Course Outline:

WEEK

- 1 Introduction
 - A. Goals of class
 - B. Myths vs. realities
 - C. Statistical information
 - D. Zebra Philosophy
- 2/3 Criminal Sexual Conduct Laws
 - A. History
 - B. Common Law vs. Modern Law
 - C. Michigan Statutes

Advocacy

 - A. Role of advocate
 - B. Responsibilities
- 3/4 Theoretical Models of Sexual Assault
 - A. Feminist
 - B. Sociocultural
 - C. Belief System
 - D. Victim/Empathy Outcome Expectations
- 5/6 Rape Sequence
 - A. Trait vs. State Offender
 - B. Target Selection
 - C. Approach Test
 - D. Forms of Intimidation
 - E. Sexual Violation
 - F. Termination
 - G. Common Offender Profiles
- 7/8 Behavioral Analysis of Familiar Assault
 - A. Seven step patters
 - B. Offender Profile
 - C. Rape Drugs
- 9 Stalking and Dating Violence
 - A. Laws
 - B. Cycle of Violence
- 10 Survivor Speaks
- 11 Sexual Harassment Laws
- 12 Avoidance Strategies
 - A. Submission
 - B. Ploys and Bluffs
 - C. Confrontation
- 13/14 Four C's Presentation
 - A. Concern
 - B. Confidence
 - C. Control
 - D. Complete Incapacitation

Role Plays
15 Evaluation

Evaluation:

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|-----------------------|-----|
| Two written exercises | 20% |
| Daily Quizzes | 30% |
| Exam | 50% |

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Syllabus prepared by:

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