

PHED 138 201 Brazilian Jiu –Jitsu for Men and Women (1)

SPRING 2016

DAY/TIME:	M, W 3:00 - 4:15 p.m.	LOCATION:	RAC 2002
INSTRUCTOR:	Nadeem Ansari	EMAIL ADDRESS:	NAnsari4@gmu.edu
OFFICE LOCATION:	TBA	PHONE NUMBER:	540-272-7099
OFFICE HOURS:	As Needed	FAX NUMBER:	

PREREQUISITES: None

COURSE DESCRIPTION:

A practical self-defense course instructing students in Brazilian Jiu-Jitsu techniques designed for students who have no prior experience in martial arts or Brazilian Jiu-Jitsu. Brazilian Jiu-Jitsu's primary goal is to give advantage to those who use correct form, posture, and technique over strength.

COURSE TEXT & EQUIPMENT:

TEXT: “Jiu-Jitsu University” by *Saulo Riberio & Kevin Howell*

UNIFORM: Plain BJJ Uniform with rash guard or heavy t-shirt.

COURSE OBJECTIVES:

At the conclusion of the course students should be able to:

1. Discuss the history, theory and rules of Brazilian Jiu-Jitsu.
2. Explain the difference between Brazilian Jiu-Jitsu and other martial art forms.
3. Demonstrate the following ground techniques:
 - a. Basic ground positions
 - b. Escapes from mount
 - c. Basic sweeps
 - d. Attacks from the guard

CLASS OVERVIEW:

Note: The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class. However, this is an introductory course with the emphasis placed on executing proper skills and movements and not the contact itself. Excessive force, violence, competitive zeal or aggression are not required or expected and will **NOT BE TOLERATED**.

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Students will **NOT** wear shoes, tank tops, dresses, jeans or “cut offs” of any kind. All jewelry **MUST** be removed before class and stored properly.
4. Consistent attendance is necessary to develop minimum acceptable performance. Points will be taken off for each unexcused absence.

NATURE OF COURSE DELIVERY: Face to Face

REQUIRED READINGS: Handouts to be given as needed

EVALUATION: Attendance and Participation – **Sixty (60) points** possible depending on the calendar. **Five (5) points** will be given each day with a deduction of **one (1) point** for each **five (5) minutes** that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you’ll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade.

Mid-term Exam – Fifteen (10) points - Five (5) points Written and Five (5) points Practical.

Final Exam – Fifteen (15) points - Five (5) points Written and Ten (10) points Practical.

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MID-TERM AND FINAL EXAM:

Mid-term will likely be given as “take home” exams. They will be handed out from the instructor, or e-mailed as attachments. The Mid-Term will be handed in on a date to be determined, which will be at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The Final Exam will be administered as a demonstration last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. On the consideration that these exams would be given in-class on a specific class day, they will only be accepted on the date specified. No early hand-ins, mailings, or proxy hand-ins will be allowed. Since outside class assignments are allowed, and are based per hour on the number of credits / weekly class meetings, the taking of this test outside of class requires no more time than would be allotted for outside work. It also avails the students more class time dedicated to learning Brazilian Jiu-Jitsu. In the case of the final, it also allows for individual skills evaluation and grading in-class.

GRADING SCALE:

A+ = 97 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A = 94 – 96	B = 84 – 87	C = 74 – 77	F = 0 – 59
A- = 90 – 93	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE:

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	March	15	Introduction, Basic Positions	
W	March	17	Upa	
M	March	22	Elbow Escape	
W	March	24	Guard Passes	
M	March	29	Collar Choke	
W	March	31	Mid-Term, Sit Up Sweep	Take home Mid-term due
M	April	5	Scissor Sweep	
W	April	7	Armbar	
M	April	12	Triangle	
W	April	14	Americana	
M	April	19	Kimura	
W	April	21	Guillotine	
M	April	26	Self-Defense	
W	April	28	Self Defense Review	
M	May	4	Final Review	Practical Final Review

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DATE			TOPIC	READINGS/ASSIGNMENT DUE
W	May	6	Final	Practical Final Due
M	May	11	Final	Practical Final Due

Note: Faculty reserves the right to alter the schedule as necessary.

STUDENT EXPECTATIONS:

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

CAMPUS RESOURCES:

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.