

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 100 (001) - Brazilian Jiu - Jitsu: Introduction (I)
1 Credit, Spring 2017
M/W 3:00-4:15 pm / RAC 2002 - Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Instructs students in self-defense Brazilian Jiu-Jitsu techniques. Appropriate for students who have no prior experience in martial arts or Brazilian Jiu-Jitsu.

Course 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.

Course Delivery Method

This course will be delivered using face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:
N/A

Required Texts

Handouts to be given as needed.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

• Assignments and Examinations

Written exams are short answers. The Mid-term exam will 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 written exam will be administered in class hour and will be cumulative. 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.

Practical exams will be physical demonstration of skills taught in classes. The Final Exam will be administered as a demonstration on the last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. 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 skills. In the case of the final, it also allows for individual skills evaluation and grading in-class.

- **Other Requirements**

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.

- **Course Performance Evaluation Weighting**

Attendance – 60 points
 Practical Exam – 30 points
 Final written exam – 10 points

- **Grading Policies**

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

Professional Dispositions

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

Course Schedule

| DATE | | TOPIC | READINGS/ASSIGNMENT DUE |
|-----------------|----------|------------------------------------|-------------------------|
| M | 1/23 | Introduction, Basic Positions, Upa | |
| W | 1/25 | Upa, Elbow Escape | |
| M | 1/30 | Elbow Escape, Guard Passes | |
| W | 2/1 | Guard Passes, Collar Choke | |
| M | 2/6 | Collar Choke, Sit Up Sweep | |
| W | 2/8 | Mid-Term, Sit Up Sweep | |
| M | 2/13 | Scissor Sweep, Armbar | |
| W | 2/15 | Armbar, Triangle | |
| M | 2/20 | Triangle, Kimura | |
| W | 2/22 | Kimura, Guillotine | |
| M/ W | 2/27-3/1 | Review | |
| M/ W | 3/6-3/8 | Practical exam and take home final | |

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

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Assessment Rubric(s)

N/A