

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

RECR 108 (001) - Self Defense: Introduction (1)  
1 Credit, Fall 2016  
9:00am - 10:15am / RAC 2002 - Fairfax Campus

**Faculty**

Name: Dr. Chun Jae Park  
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Office location: TBD  
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**Course Fee:**

A self- defense appliance (\$10) is optional

**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Teaches beginner level of self-defense such as defensive techniques to be used against an attacker along with escapes and submissions from a variety of different attacks. Requires participation in basic sparring with particular attention to safety.

**Course Overview**

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor. All communication will be through GMU e-mail.
- Long sweat pants or any martial arts uniform pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t-shirt.
- 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.
- Consistent attendance is necessary to develop minimum acceptable performance.

**Course Delivery Method**

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

## **Learner Outcomes or Objectives**

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

1. Identify harmful factors that may cause all kinds of assaults and how to avoid them.
2. Explain the vulnerable spots of the human body.
3. Demonstrate the following techniques:
  - a. Six basic defensive positions
  - b. Five basic offensive striking techniques
  - c. Escapes from grip and hold
  - d. Rolling and falling techniques
  - e. Three chokes
  - f. Three arm locks

## **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 necessary.

## **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 self-defense skills. In the case of the final, it also allows for individual skills evaluation and grading in-class.

- **Other Requirements**

Consistent attendance is necessary to develop minimum acceptable performance.

- **Course Performance Evaluation Weighting**

Lab Exercises (15%)

Quizzes (15%) – Three pop quizzes covering material taught in class

Midterm Exam (20%) – Written (5%) and practical (15%)

Final Exam (50%) – Written (10%) and practical (40%)

- **Grading Policies**

A= 94-100

B+ =88-89

C+ = 78-79

D = 60-69

A- = 90-83

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/ASSIGNMEN
T	Jan	24	Introduction; discuss about harmful factors of assaults, rules, and safety	
TH	Jan	26	Fundamental striking techniques	
T	Feb	2	Defensive Standing Positions	
TH	Jan	7	Offensive Positions	
T	Feb	9	Escaping from assaults with weapon	
TH	Feb	14	Escaping from wrist grip	
T	Feb	16	Vital points of human body/attacking area/Mid-term exam	
TH	Feb	21	Striking techniques	
T	Feb	23	Rolling and falling techniques	
TH	Feb	28	Submissions from Guard	
T	Mar	2	Submissions from Cross Body	
TH	Mar	7	Striking techniques	

DATE			TOPIC	READINGS/ASSIGNMEN
T	Mar	9	Submissions from mount	Written exam due
TH	Mar	14	Final exam	

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](mailto:tk20help@gmu.edu)

or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://course support.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)**