

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

RECR 100 001 – Brazilian Jiu Jitsu: Introduction (1)  
1 Credit, Spring 2018  
M/A 3:00-4: 5pm/RAC 2002 –Fairfax Campus

**Faculty**

Name: Peter Giannetti  
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, if desired]  
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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 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 a face-to-face format.

## Learner Outcomes or Objectives

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

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 positions
  - b. Basic sweeps
  - c. Basic attacks
  - d. Basic defenses and escapes

## Professional Standards

N/A

## Required Texts

None

Handouts to be given as needed from Jiu Jitsu University by Saulo Ribeiro (who Peter Giannetti studies directly under).

## 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).

[Further information regarding specific course assignment submission instructions may be inserted here or in one of the applicable categories below.]

- **Assignments and/or Examinations**
- Written exams are short answers. There is no mid- term exam. The final exam will be handed out from the instructor, or e-mailed. The final exam will be handed in on a date to be determined, which will be at the approximate end point of the semester. Students will have several hours 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 practical exam will be administered on or near the last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. In the case of the practical, 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.

- Absences are excused only with a doctor's note or preapproved by instructor. Emails, phone calls, texts do not excuse an absence. Doctor's note must be provided immediately upon returning to class or they may be scanned and emailed.

- **Grading**

Attendance – 60 points

Practical Exam – 30 points

Final written exam – 10 points

- **Grading Scale**

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

See <https://cehd.gmu.edu/students/polices-procedures/>

## Class Schedule

	DATE		TOPIC	READINGS/ASSIGNMENT DUE
<b>M</b>	01/22		Introduction, Basic Positions	Handout if needed
<b>W</b>	01/24		History of BJJ, Basic positions, Getting up	Handout if needed
<b>M</b>	01/29		Guard passes, Arm bar from guard	Handout if needed
<b>W</b>	01/31		Far side arm bar, defending the arm bar	Handout if needed
<b>M</b>	02/05		Scissor sweep, Arm bar from the mount	Handout if needed
<b>W</b>	02/07		Guillotine from guard, defense against...	Handout if needed
<b>M</b>	02/12		Leg triangle from guard, defense against...	Handout if needed
<b>W</b>	02/14		Kimura from guard, defense against...	Handout if needed
<b>M</b>	02/19		Hook sweep, Hook sweep to attacks	Handout if needed
<b>W</b>	02/21		Attacks from side control	Handout if needed

<b>M</b>	02/26		Review	N/A
<b>W/ M</b>	03/05 03/07		Practical exam and final written exam	N/A

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 <https://catalog.gmu.edu/policies/honor-code-system/>)
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- 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://coursesupport.gmu.edu/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

