

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

RECR 108- DL1 - Self Defense: Introduction
1 Credit, Fall 2020 12 Oct-29 Nov
10:30am - 11:45am

Faculty Name: Dr. Chun Jae Park
Office hours: As Needed
Office location: TBD
Office phone: 703.346.5432
Email address: cpark7@gmu.edu

Prerequisites/ Corequisites: None

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

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 skills 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.
- Note: The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as part of the class.

Course Delivery Method

This course will be delivered online (76% or more) using a synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to Zoom or the Blackboard (Bb) course site using your Mason email name

(everything before @masonlive.gmu.edu) and email password. The course site will be available on 9 Oct at 5pm .

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
- https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers
- **To get a list of supported operation systems on different devices see:**
- https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player:
 - <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes- Tu and Thu and/or at 10:30am-11:45am..

Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings.

Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

Workload:

Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. Be positive in your approach with others and diplomatic in selecting your words. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

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

1. Understand the social and psychological factors related to assaults and violation.
2. Draw the vulnerable spots of the human body on paper and explain them how they can be affected by striking.
3. Demonstrate the following techniques:
 - a. Three defensive and offensive stances
 - b. Application of kicks and punches (Counterattacks)
 - c. Escapes from grip and hold
 - d. Escapes from the back
 - e. Three chokes and three arm locks
 - f. Beginner level of rolling and falling techniques

Professional Standards ([Name of relevant Professional and Accrediting Organization(s) or Association(s), if applicable])

Upon completion of this course, students will have met the following professional standards: Not Applicable.

Required Text:

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/or Examinations

- 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%)

MID-TERM AND FINAL EXAM:

- 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

- 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

attendance, participation

Grading

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

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

Class Schedule

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Oct	13	Introduction; discuss about class rules, safety issues, and social and psychological factors related to the all kinds of assaults.	
TH	Oct	15	Fundamental striking techniques	
T	Oct	20	Defensive Standing Positions and offensive Positions.	
TH	Oct	22	Application of kicks and punches with kicking paddle.	
T	Oct	27	Escaping from assaults with weapon	
TH	Oct	29	Counterattack toward vulnerable points.	
T	Nov	3	Escaping the Mount	
TH	Nov	5	Striking techniques/Mid- term exam	

T	Nov	10	Counterattack toward vulnerable points.	
TH	Nov	12	Submissions from Guard	
T	Nov	17	Submissions from Cross Body and mount	
T	Nov	19	Striking techniques	Written Exam due
TH	Nov	24	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://coursesupport.gmu.edu/>.

The Writing Center 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 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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