

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

RECR 102 001 Judo: Introduction
1 Credit Fall 2023
Mon & Wed 12:00pm-1:15pm Fairfax Campus RAC 2002
(01.23.23– 03.08.23)

Faculty

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Prerequisites/Core requisites

none

University Catalog Course Description

Introduces basic body mechanics of throwing, sweeping, grappling, and submission skills used in Judo and for self-defense. Presents the history of judo, rules of the sport, and proper safety and falling techniques.

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.
- Students are expected to have purchased a Judo-gi before the start of class
- Students will NOT wear shoes, tank tops, jeans or “cut offs” of any kind. All jewelry and accessories MUST be removed before class and stored properly. No chewing gum please.
- Consistent attendance is necessary to develop minimum acceptable performance. Attendance will be taken during each class. To earn full credit for class participation/attendance students shall adhere to the following five areas.

Course Delivery Method

This is an activity-based class.

Learner Outcomes or Objectives

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

1. Discuss briefly the history, philosophy and theory of Judo.
2. Demonstrate the basic customs and courtesies of Judo.
3. Demonstrate proper posture, movement and balance.
4. Demonstrate at least four first set throwing techniques.
5. Demonstrate proper falling techniques to include the forward roll fall.
6. Demonstrate selected pins, chokes, and arm bar techniques

Professional Standards

None

Required Texts

Hand-outs will be distributed as necessary

Suggested reading: *Kodokan Judo* by Jigoro Kano

Course Performance Evaluation

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

● Assignments and/or Examinations

Midterm exam is a written exam and a practical exam given as directed in class.

Final exam is written and a practical exam will be given as directed in class.

● Other Requirements

1. Students are required to attend class and participate. Below are the following 5 areas of the class participation/attendance grade in order to earn 5 points per day:
 - Hands on interaction with other students.
 - Actively participates in the class activity.
 - Shows genuine interest giving sufficient effort.
 - Displays good sportsmanship and manners.
 - Student is punctual for class, on time and ready to go in proper attire.

Students absences are only excused by a doctor's note unless preapproved by the instructor. Emails, phone calls, and texts do not excuse an absence. Doctor notes must be submitted immediately after returning to class.

- **Grading**

- Class Participation/Attendance (30%)
- Midterm Exam (20%) Date: 02.08.23
- Final Exam (50%) Date: 03.08.23

Grading Scale:

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

Professional Dispositions

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

Class Schedule

- 1) 01.23.23 Review syllabus, History, Etiquette, Ukemi,
- 2) 01.25.23 Ukemi, Rules, History, Newaza
- 3) 01.30.23 Ukemi, Rules, History, Newaza
- 4) 01.23.23 Ukemi, Rules, History, Tachiwaza, Newaza,
- 5) 02.01.23 Ukemi, Rules, History, Tachiwaza, Newaza,
- 6) 02.06.23 Mid-Term overview and practice
- 7) 02.08.23 Mid-Term Exam
- 8) 02.13.23 Newaza, Tai-Sabaki, Tachiwaza, Rules, History
- 9) 02.15.23 Newaza, Kumikata, Tai-Sabaki, Tachiwaza, Rules,
- 10) 02.20.23 Newaza, Tachiwaza, Tai-Sabaki
- 11) 02.22.23 History, Newaza, Tachiwaza
- 12) 02.27.23 History, Newaza, Tachiwaza
- 13) 03.01.23 History, Newaza, Tachiwaza
- 14) 03.06.23 Final overview and practice
- 15) 03.08.23 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 <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access **TimelyCare?**

Students can go to timelycare.com/gmu or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use **TimelyCare?** Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.

- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a **TimelyCare visit cost?**

TimelyCare services are available at no cost to students.