

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

RECR 101 001. Brazilian Jiu-Jitsu Intermediate
1 Credit, FALL 2023
M/W 3:00-4: 15 pm / RAC 2002-Fairfax
10/16-12/03

Faculty

Jeremiah Lafreniere

Office hours: Before / After Class

Office location: RAC 2002

Office phone: Zoom/Collaborate

Email address: jlafren4@gmu.edu

Prerequisites/Corequisites

RECR 100 or Permission of Instructor

University Catalog Course Description

Teaches students beginner-to-intermediate-level techniques in Brazilian Jiu-Jitsu. Focuses on specific 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 and intensive training and conditioning routine.

Course Overview

Note: The nature of this course incorporates both offensive and defensive movements, and these actions are accepted as a 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.
5. Gi and belt is required

Course Delivery Method

This course is an activity-based class.

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) Six basic ground positions
 - b) Escapes from mount
 - c) Escapes from cross body
 - d) Escapes from the back
 - 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 will be given as needed from the book Jiu Jitsu University by Saulo Ribeiro

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. Absences are excused only with a doctor's note presented to the instructor immediately upon return to class or scanned and emailed as an attachment.

- **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
1	Week One	Mount - Maintain, Mount – Escapes Mount - Submission	Handout if necessary
2	Week Two	Side Control – Escapes Side Control – Submission	Handout if necessary
3	Week Three	Back – Escapes Back – Submissions	Handout if necessary
4	Week Four	Guard – Sweeps Guard – Passing	Handout if necessary
5	Week Five	Guard – Submissions Sparring Concepts	Handout if necessary
6	Week Six	Intro to Takedowns Basic Takedowns	Handout if necessary

7	Week Seven		Practical 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 <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 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 <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, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, 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 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.