

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 2024
M/W 3:00-4:15 pm / RAC 2002 Fairfax
1/16-3/4

Faculty

Jeremiah Lafreniere

Office hours: Before / After Class

Office location: RAC 2002

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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 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.
1. All communication will be through GMU e-mail.
2. 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.
3. Consistent attendance is necessary to develop minimum acceptable performance. Points will be taken off for each unexcused absence.

Course Delivery Method

This course is an activity course.

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.
1. 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.

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 Examinations**

There is no mid-term exam. The final exam will be practical. 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 with a doctor's note only. The doctor's note must be presented immediately upon return to class or can be scanned and emailed to the instructor. Emails, texts, or phone calls do not excuse an absence.

- **Course Performance Evaluation Weighting**

Attendance – 60 points
 Practical Exam – 40 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

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

Course Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
1	Week One	Setting up, about Jiu-Jitsu, base and space, ranges of combat and basic positions.	Handout if needed
2	Week Two	Breakfalls, T-position, learning the flow, and the heirarchy of training priorities.	Handout if needed
3	Week Three	Punch defenses, back mount, and back mount submissions.	Handout if needed
4	Week Four	Exploring “position before submission” and “weather the storm” strategies.	Handout if needed
5	Week Five	Exploring technical pairings.	Handout if needed
6	Week Six	Learning intermediate positions and practical exam	Handout if needed

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.