

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

RECR 101 001. Brazilian Jiu-Jitsu Intermediate
1 Credit, FALL 2024
M/W 3:00-4:15 pm / RAC 2002 Fairfax

Faculty

Name: Jeremiah Lafreniere
Office Hours: Before / After Class
Office Location: RAC 2002
Office Phone: Zoom
Email Address: jlafren4@gmu.edu

Prerequisites/Corequisites

None

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

This course teaches both the offensive and defensive movements of Brazilian Jiu-Jitsu. Emphasis is placed on executing a variety of the “gentle art’s” techniques and strategies. Excessive force, violence, competitive zeal or aggression 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.

Learning Outcomes

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

1. Discuss the history and elements of Brazilian Jiu-Jitsu.
2. Explain the difference between Brazilian Jiu-Jitsu and other martial art forms.
3. Demonstrate the following ground techniques:
 - a. A variety of positions
 - b. A variety of sweeps
 - c. A variety of attacks

- d. A variety 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.

- **Assignments and Examinations**

There is no midterm exam. The final exam will be practical. Practical exams will be the 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	

Use of Generative AI

Use of Generative AI tools should be used following the fundamental principles of Mason's Academic Standards. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative AI tools.

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See <https://cehd.gmu.edu/current-students/cehd-student-guide>.

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

DATE		TOPIC	READINGS/ASSIGNMENT DUE
1	Week One	Takedowns.	Handout if needed
2	Week Two	Breakfalls, T-position, learning the flow, and the hierarchy 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 the practical exam.	Handout if needed

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University. More information can be found here:

<https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason’s Academic Standards (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 your LMS should be directed to:
 - Blackboard Learn: <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see:
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>
 - Writing Center: <https://writingcenter.gmu.edu/>
- For additional information on the College of Education and Human Development's Student Success Resources, please visit: <https://cehd.gmu.edu/students/>.

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.