

GEORGE MASON UNIVERSITY

College of Education and Human Development Physical Activity for Lifetime Wellness

**RECR 108 (001) - Self Defense: Introduction (1)
1 Credit, Spring 2023
9:00am - 10:15am / RAC 2002 - Fairfax Campus**

Faculty

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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 sparring 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. Even though this course is listed as an intermediate course, there will still be introductory elements with emphasis placed on executing proper skills and movements, but there will be more contact. Excessive force, violence, or aggression, however, are not required or expected and will not be tolerated.

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. 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. Intermediate level of rolling and falling techniques

Professional Standards: NA

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.

Grading

A= 94-100

A- = 90-83

B+ =88-89

B = 84-87

B- =80-83

C+ = 78-79

C = 74-77

C- = 70-73

D = 60-69

F =0-59

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Jan	24	Introduction; discuss about class rules, safety issues, and social and psychological factors related to the all kinds of assaults.	
TH	Jan	26	Fundamental striking techniques	
T	Jan	31	Defensive Standing Positions and offensive Positions.	
TH	Feb	2	Application of kicks and punches with kicking paddle.	
T	Feb	7	Escaping from assaults with weapon	
TH	Feb	9	Counterattack toward vulnerable points.	
T	Feb	14	Escaping the Mount	
TH	Feb	16	Striking techniques/Mid- term exam	
T	Feb	21	Counterattack toward vulnerable points.	
TH	Feb	23	Submissions from Guard	
T	Feb	28	Submissions from Cross Body and mount	
T	Mar	2	Striking techniques	
TH	March	7	Submissions from Guard	Written Exam due
T	Mar	9	Final	

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

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.