

Las Positas College  
 3000 Campus Hill Drive  
 Livermore, CA 94551-7650  
 (925) 424-1000  
 (925) 443-0742 (Fax)

## Course Outline for KIN FNF1

### FENCING - FOIL 1

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN FNF1 — FENCING - FOIL 1 — 1.00 - 2.00 units

This course is an introduction to foil. Emphasis is on the technical and tactical skills unique to foil fencing. Basic skills include the development of correct footwork, precise blade action, and sound tactical decisions.

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

#### Family: Kinesiology Fencing

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Discuss the historical aspects of this modern-day sport
- Identify the 3 different fencing weapons and their corresponding target areas
- Recite and demonstrate the rules for courtesy and safety
- Execute all footwork with precision
- Demonstrate basic blade action techniques unique to foil
- Describe offensive tactics that are used to establish 'right-of-way' rules
- Demonstrate the ability to fence in a competitive bout
- Apply knowledge of rules to officiate and judge a bout

#### V. CONTENT:

- Historical perspective of fencing, chivalry, and the use of swords
- Safety rules for handling all equipment
- Fitness preparation to strengthen body for coordination and balance
- Footwork drills to include the advance, retreat, and lunge in various combinations
- Blade work to emphasize finger-tip control for precision and accuracy
- Offensive and defensive tactical blade actions with and without footwork
- Strategies for competition and establishing 'right-of-way'
- Rules and regulations for a competitive bout
  - Directing and judging a bout
- In-class tournament

#### VI. METHODS OF INSTRUCTION:

- Demonstration** - Verbal explanation accompanied by demonstration
- Individualized Instruction** - Instruction given to the whole class with individual comments given when needed
- Classroom Activity** - Student participation in class drills and group activity

#### VII. TYPICAL ASSIGNMENTS:

- Students perform footwork drills as basic warm-up exercises.
- Students drill with partners, with emphasis on distance and blade actions (e.g. parry-riposte).
- Students work in small groups on directing and judging bouts.
- Students will demonstrate knowledge and application of fencing rules and etiquette

#### VIII. EVALUATION:

##### A. **Methods**

1. Class Participation

2. Class Performance

B. **Frequency**

1. Student participation and performance is evaluated daily

IX. TYPICAL TEXTS:

1. Rogers, Ed. *Hugh Performance Fencing: The Seventh Essential*. 1st ed., Crowood Press, 2016.
2. Thilault, Gerard. *The Academy of the Sword*. Hardcover ed., Aeon Books, 2017.
3. Access to online websites, e.g. [usfa.org](http://usfa.org); [fencing.net](http://fencing.net)

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Students will need to purchase their own fencing equipment, which includes a mask, jacket, foil, and glove.