

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

Course Outline for KIN FNB

FENCING-BEGINNING

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN FNB — FENCING-BEGINNING — 0.50 - 2.00 units

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

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Fencing

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

- A. Verbal explanation accompanied by demonstration
- B. Instruction given to the whole class with individual comments given when needed
- C. Student participation in class drills and group activity

VII. TYPICAL ASSIGNMENTS:

A. Students perform footwork drills as basic warm-up exercises. B. Students drill with partners on blade actions of parry with a direct riposte. C. Students work in small groups on directing and judging bouts.

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Other:
 - a. Student participation is evaluated daily
 - b. Demonstration of skill improvement including footwork and blade action
 - c. Knowledge and application of fencing rules and etiquette

B. Frequency

IX. TYPICAL TEXTS:

1. Bower, Muriel *Foil Fencing*. 8th ed., Brown & Benchmark, 1997.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to purchase their own fencing equipment.
- B. The minimum requirement includes a mask, jacket, foil, and glove.