

Las Positas College
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Course Outline for KIN FNE1

FENCING - EPEE 1

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN FNE1 — FENCING - EPEE 1 — 1.00 - 2.00 units

This course is an introduction to epee. Emphasis is on the technical and tactical skills unique to epee 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>
Lab Hours:	54.00	108.00
Total Hours:	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 fencing positions unique to epee
- Execute offensive tactics with point control (e.g. stop-hit)
- Apply knowledge of rules to officiate and judge a bout
- Demonstrate fencing in a competitive 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 the importance of distance
- 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 emphasizing point control to hit the forearm and other target areas.

VIII. EVALUATION:

A. **Methods**

- Class Participation
- Class Performance

B. **Frequency**

1. Student participation and performance is evaluated daily

IX. TYPICAL TEXTS:

1. Rogers, Ed. *High Performance Fencing: The Seventh Essential*. 1st ed., Crowood Press, 2016.
2. Angelo, Domenico. *The School of Fencing*. Hardcover ed., Frontline Books, 2017.
3. Access to online websites, e.g. fencing.net; usfa.org.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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