

KINE 057: FENCING

Originator

wansley

Justification / Rationale

Adjusting audit.

Effective Term

Fall 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

057

Full Course Title

Fencing

Short Title

FENCING

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

Catalog Description

This course provides beginning instruction and performance in fencing skills and body development pertinent to fencing, (with emphasis on saber fencing).

Schedule Description

This class provides instruction in fencing.

Lab Units

1.0

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Class Size Maximum

24

Required Text and Other Instructional Materials

Resource Type

Web/Other

Description

Prior to the beginning of each class meeting, handouts are distributed to the students explaining the lesson to be learned, which include all technical and tactical aspects of the attack/defense, plus a vocabulary list of all fencing terms with definitions (many fencing terms that are used are in French, the international language of fencing).

Resource Type

Instructional Materials

Description

Handouts pertaining to each lesson will be provided by the instructor as well as tutorial videos for each topic presented.

Entrance Skills

There are no entrance skills required.
This is a beginning course and all beginning fencing skills will be presented.

Course Content

- a. Fencing Etiquette
- b. The En Garde
- c. How to make an attack
- d. How to defend against an attack

Lab Content

- a. Salute
- b. En Guard Position
- c. Advance
- d. Retreat
- e. Straight Thrust
- f. Lunge
- g. Advance-Lunge
- h. Parries 2, 3, 4, 5, 6 with Riposte

Course Objectives

	Objectives
Objective 1	Demonstrate the execution of the basic en garde fencing stance.
Objective 2	Demonstrate how to advance and retreat smoothly.
Objective 3	Demonstrate correct technique of the fencing lunge.
Objective 4	Demonstrate correct technique of a simple attack.
Objective 5	Demonstrate correct technique of the three main parries (mask, chest, flank).

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Execute the correct body posture for safety and accuracy in techniques of fencing.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Participation	As with repetition and practice, participation, both mentally and physically, is necessary when engaged in learning fencing.
Observation	It is most helpful to observe how a fencing move is made. This visual understanding makes for correct physical execution of the action.
Lecture	Fencing moves and their execution will be presented and discussed.
Discussion	Any questions, comments or observations by students will be encouraged and discussed.
Demonstration, Repetition/Practice	In fencing, an action is explained and demonstrated and through repetition and practice becomes automatic.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Student participation/contribution	The students watch the coach present how to make an action and then follow along with the coach making that action. Then the coach presents how to defend against the action made and the students make the defensive action. Students are then partnered where one student will execute the attack and the other student will execute the defensive action and then the two students are now fencing.	In Class Only
Tests/Quizzes/Examinations	Rules and etiquette flow from the progression of fencing actions. For each attack or defensive action there is a reason and a fencing rule attached to it. It helps to have quizzes along the way to help remember the rule for the fencing action being used. A cumulative final is given at the end of the semester.	In Class Only

Assignments
Other In-class Assignments

- a. Class handouts.
- b. Skill practice.
- c. Video observations.

Other Out-of-class Assignments

- a. Reading assignments
- b. Class handouts.
- c. Video observations.

Grade Methods

Letter Grade Only

MIS Course Data
CIP Code

31.0501 - Sports, Kinesiology, and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

Yes

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

4/6/2021

Academic Senate Approval Date

4/22/2021

Board of Trustees Approval Date

5/21/2021

Chancellor's Office Approval Date

6/30/2021

Course Control Number

CCC000166555

