

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE/I 110X4  
Course Title: Foil Fencing  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None
- B. Catalog and Schedule Description:  
This course is designed to teach the history, rules, terminology, and skills of foil fencing. Emphasis will be on developing the basic skills of footwork, thrusts, parries, bout directing, score keeping, and judging.

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

**III. EXPECTED OUTCOMES FOR STUDENTS**

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

- A. Perform flexibility and warm up exercises
- B. Demonstrate beginning level knowledge of the rules of foil fencing
- C. Demonstrate beginning level skills in foil fencing
- D. Demonstrate beginning level knowledge of safety and injury prevention
- E. Demonstrate beginning level knowledge of fencing terminology
- F. Judge and direct practice bouts
- G. Score and tally final results for a fencing pool

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

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate an intermediate knowledge of foil fencing rules
- C. Demonstrate low intermediate level skills foil fencing
- D. Demonstrate intermediate level knowledge of safety and injury prevention
- E. Judge and direct beginning level competitive bouts

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

- A. Demonstrate advanced knowledge of foil fencing rules
- B. Demonstrate high intermediate level skills in foil fencing
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Judge and direct intermediate level competitive bouts

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

- A. Teach beginning level students the basic rules of foil fencing
- B. Teach beginning level students the basics of safety and injury prevention
- C. Demonstrate advanced level skills in foil fencing
- D. Judge and direct advanced level competitive bouts

**IV. CONTENT:**

- A. Introduction
  - 1. History of foil fencing
  - 2. Fencing terminology
- B. Safety, Hydration, and Nutrition
  - 1. Safety considerations

2. Appropriate dress
  3. Stretching
  4. Warm up
  5. Cool down
  6. Training precautions
  7. Hydration
  8. Recovery
  9. Dietary concerns
- C. Foil Rules
1. Score keeping and scoring
  2. Directing
  3. Judging
- D. Foil Skills
1. Salute
  2. En-Guarde
  3. Advance
  4. Retreat
  5. Thrust
  6. Lunge
  7. Line of target
  8. Straight attack
  9. Parries
  10. Feints
  11. Mental preparation for competition
  12. Equipment maintenance

**V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other: Group drills
- Other:

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on training for fencing competition, discuss in small groups the importance of proper hydration and nutrition.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the key components of judging and directing a fencing bout.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Analyze the importance of mental preparation for foil fencing competition.

**VII. EVALUATION:**

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation

methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

**VIII. TYPICAL TEXT(S):**

- A. Smith, John. Foil Fencing. Summersdale, 2003.
- B. Simonian, Charles. Basic Foil Fencing. Kendall Hunt, 2005.
- C. Lukovich, Istvan. Electric Foil Fencing: Advanced Competitive Training. 5K Swordplay Books, 2003

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Quality fencing shoes and pants