

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/I 115X4
Course Title: Epee and Saber Fencing
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: PE/I 110X4
- B. Catalog and Schedule Description:
This course is designed to teach the history, rules, terminology, and skills of epee and saber fencing. Emphasis will be on developing the basic skills of footwork, attacks, defenses, and directing.

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 epee and saber rules
- C. Demonstrate beginning level skills in epee and saber fencing
- D. Demonstrate beginning level knowledge of safety and injury prevention
- E. Direct practice bouts

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 epee and saber rules
- C. Demonstrate low intermediate level skills in epee and saber fencing
- D. Demonstrate intermediate level knowledge of safety and injury prevention
- E. 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 epee and saber rules
- B. Demonstrate high intermediate level skills in epee and saber fencing
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. 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 epee and saber fencing
- B. Teach beginning level students the basics of safety and injury prevention
- C. Demonstrate advanced level skills in epee and saber fencing
- D. Direct advanced level competitive bouts

IV. CONTENT:

- A. Introduction
 - 1. History of epee and saber fencing
- 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. Epee Rules
 1. Scoring
 2. No right way/offensive mode
 2. Unlimited target
 3. Double touch
- D. Epee Skills
 1. En-Gaurde position
 2. Footwork
 3. Thrusts
 4. Parries
 5. Beats
 6. Mental preparation for competition
 7. Equipment maintenance
- D. Saber Rules
 1. Scoring
 2. Right of way
- E. Saber Skills
 1. En-Guarde
 2. Footwork
 3. Cuts
 4. Parries and reposte
 5. Feints and feint attacks
 6. Beat attacks
 7. Stop cut
 8. Point in line
 9. Mental preparation for competition
 10. 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: Compare and contrast the differences in mental preparation recommended for epee and saber fencing.

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. Vass, Imre. Epee Fencing: A Complete System. 5K Swordplay Books, 2003.
- B. Cheris, Elaine. Fencing Steps to Success. Human Kinetics, 2001.
- C. Perez-Reverte, Arturo. The Fencing Master. Harvest Books, 2004.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Quality fencing shoes and pants