

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 131 - FENCING I (1 CR.)

COURSE DESCRIPTION

Presents the skills and techniques of foil fencing emphasizing footwork, terminology, rules, strategies of offensive and defensive movements. Lecture 1 hour. Laboratory 1 hour. Total 2 hours per week.

GENERAL COURSE PURPOSE

The purpose of this course is to expose students to the art of fencing and applying the skills they learn to friendly competition with classmates.

COURSE OBJECTIVES

Upon completion of this course the student will be able to:

- A. perform the basic skills
- B. demonstrate proper techniques for addressing one's opponent
- C. understand the terminology involved in fencing
- D. demonstrate proper rules of etiquette

MAJOR TOPICS TO BE INCLUDED

- A. Footwork: advance, lunge, recovery, retreat
- B. Fencing positions: on guard, lines of engagement, absence of blades, attention, grip, salute, thrust, lateral parry, riposte, disengage
- C. Rules of officiating: target areas, directing and judging, right of way
- D. Terminology: equipment, safety factors
- E. Conditioning: warm-ups