

**PHYED 68.3 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 68.3 Title: SABRE - ADV.

Full Title: Advanced Sabre

Last Reviewed: 2/10/2003

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	17.5	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 12.3

**Catalog Description:**

Students will learn advanced skills and techniques of sabre fencing. Students will learn advanced strategies for competition, individual lesson skills, both giving and taking, and advanced refereeing skills in bouts using competitive electronic scoring.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 68.2 ( or PE 12.2)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This class will follow a formal which includes daily warm-up, footwork practice, paired off drills on advanced skills and techniques of sabre fencing and free bouting. The class also includes daily refereed bouts with the students acting as referees, and theory lectures concerning strategy and tactics. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 68.2 ( or PE 12.2)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	Fall 2011
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	Fall 2011

### **CID:**

#### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

1. Set up opponents' actions and execute the solutions.
2. Demonstrate advanced attacks, defense and counterattacks as a response to cues provided by the coach.
3. Understand the electric scoring apparatus and equipment and perform maintenance.
4. Be familiar with complicated right of way issues and call them correctly while refereeing.

### **Topics and Scope:**

- I. Footwork
  - A. Change of direction
    1. Footwork precision for optional reaction time
    2. Luring the opponent with patterns
  - B. Acceleration
    1. Establishing footwork rhythm and breaking it
    2. Stop start
    3. Increased speed off the feint
  - C. Complex combinations
    1. Jump advance lunge
    2. Advance advance jump lunge
  - D. Renewed Attack
    1. Jump lunge, forward recovery, jump lunge
    2. Advance lunge, forward recovery, jump lunge
- II. Strategy and Tactics
  - A. Approaching competition
    1. Direct elimination bouts

- 2. Analyzing opponents
- B. Counter time
  - 1. False attack, invitation
  - 2. False feint riposte, invitation
  - 3. False counterattack, invitation
- C. Creating favorable situations
  - 1. Limiting opponents' options
  - 2. Using the piste
- III. Drills
  - A. Individual lessons
    - 1. German style
    - 2. Gammes (preconceived exercises for speed and accuracy)
    - 3. Group footwork, taking and leading
- IV. Attacks Advanced
  - A. Feint, cut same line
  - B. Body feint
  - C. Feint by footwork
  - D. Cut with opposition
- V. Defense - Advanced
  - A. Defense by distance
  - B. Defense by line
  - C. Managing the opponent
- VI. Counterattacks - Advanced
  - A. Arrest - quarte parry
  - B. Time thrust
  - C. Beat, feint in time
- VII. Tournaments
  - A. Managing a tournament
  - B. Direct elimination format
  - C. Referee at an advanced level
- VIII. Equipment maintenance
  - A. Inner workings of electric apparatus
  - B. Weapon up-keep
  - C. Blade replacement

**Assignment:**

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Other

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance

Other Category  
30 - 60%

**Representative Textbooks and Materials:**