

CATALOG INFORMATION

Dept and Nbr: KCOMB 6.1 Title: BEGINNING SABRE FENCING
Full Title: Beginning Sabre Fencing
Last Reviewed: 12/12/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PHYED 83.1

Catalog Description:
This class provides instruction on beginning sabre fencing skills. Activities include daily warm-up, footwork practice, paired off drills on new actions and free bouting. The class also includes occasional refereed bouts with the students acting as judges.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This class provides instruction on beginning sabre fencing skills. Activities include daily warm-up, footwork practice, paired off drills on new actions and free bouting. The class also includes occasional refereed bouts with the students acting as judges. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2011	Inactive:	Fall 2023
UC Transfer:	Transferable	Effective:	Fall 2011	Inactive:	Fall 2023

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Apply basic sabre footwork.
2. Execute basic attacks, defenses, and counterattacks.
3. Demonstrate an understanding of sabre rules and concepts for competition.

Objectives:

Upon completion of this course students will be able to:

1. Identify the parts of the sabre, describe the blade and the uses of each part, identify the target and the dimensions of the piste.
2. Demonstrate basic attacks and defense as a response to instructional cues.
3. Understand and explain basic strategies and techniques in response to the opponent.
4. Follow the basic rules and safety concerns.

Topics and Scope:

1. Footwork
 - a. First position
 - b. On guard
 - c. Advance
 - d. Retreat
 - e. Lunge
 - f. Jump
2. The Sabre
 - a. Piste, targets
 - b. Dimensions
 - c. Holding the weapon
3. Basic attacks
 - a. Point
 - b. Cuts

4. Basic defense
5. Introduction to strategies
6. Rules and Safety

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities.

1. Physical training and conditioning
2. Practice and competition in intermediate foil fencing
3. Establishing individual goals
4. Quizzes (2 - 4)
5. Performance Exams (2-4)

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 - 30%

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

Quizzes: Multiple choice / true false

Exams
30 - 40%

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

Attendance and Participation

Other Category
40 - 50%

Representative Textbooks and Materials:

Instructor prepared materials