



Syllabus

HPE 109 Fencing

General Information

Date October 3rd, 2023

Department Health Science and Human Performance

Course Prefix HPE

Course Number 109

Course Title Fencing

Course Information

Catalog Description A beginning course in Fencing with emphasis on the history of the sport, as well as introducing the student to basic foil techniques such as footwork, offensive and defensive maneuvers, and limited bouts

Credit Hours 1

Lecture Contact Hours 0.5

Lab Contact Hours 1.5

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

None

Co-requisites

None

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed categories

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

None

Course Learning Outcomes

Course Learning Outcomes

1. Understand the history of fencing
2. Apply and execute basic fencing footwork
3. Recognize and implement basic fencing techniques
4. Implement proper safety techniques while participating in fencing
5. Organize, plan, and judge a fencing bout

Outline of Topics Covered

The history of Fencing The importance of safety Basic footwork and holding the foil properly
Basic Fencing techniques The attack The retreat The parry The riposte The disengage Directing
a Fencing bout Supervised competition