George Mason University  
Department of Health, Fitness and Recreation Resources  

PHED Fencing I  
Fall 2010

Day/Time: T - 12:00 – 2:30                Email Address: FENCE@VAFinc.com  
Instructor: Alexandre Ryjik/Bill Grandy                            Phone Number: 703-321-4922  
Office Location: N/A                         Fax Number: 703-321-3585  
Office Hours: By Appointment  
Pre-requisites: None

COURSE DESCRIPTION:  This course gives the beginning student basic knowledge of the sport of fencing and teaches the fundamental movements required in the sport. Students should expect to learn some officiating and etiquette of the sport and acquire the ability to fence at the novice level. The instructor may utilize any combination of the following: instructional videos, written handouts, guest fencers for demonstrations, drills, group and individual instruction.

EQUIPMENT RENTAL FEE IS $49. This include the mask, jacket, foil and a glove.

COURSE OBJECTIVES
By the completion of this course students should be able to:

• Identify certain dates and events throughout the history of fencing.  
• Identify the three swords and corresponding target areas for each sword of the sport of fencing.  
• Perform the basic skills of foil fencing: advance, retreat, lunge, recover and footwork movements.  
• Effectively utilize the basic skills in a fencing bout: parries, beats, disengage and handwork movements.  
• Understand the basic strategy involved in offensive and defensive foil work.  
• Know basic rules of officiating and direct basic fencing bouts by explaining fencing concepts such as right of way and strategies of a fencing bout.  
• Know and appreciate the proper use of fencing etiquette.  
• Enjoy and appreciate fencing as a life-long individual sport.  
• Increase one’s physical abilities in areas of coordination, endurance, balance, strength and power, flexibility, agility and quickness.

TEXT

ADDITIONAL READINGS
**REQUIREMENTS**

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.

2. Must have an active GMU e-mail account.

3. Comfortable athletic attire: long athletic warm up or sweatpants, t-shirt, and athletic shoes. You may bring a towel and water bottle. Student without appropriate athletic attire will not get credit for class.

4. Attendance and participation is required and is essential to develop fencing skills.

5. Students are expected to attend class (and observe) even if they are unable to participate due to a physical reason.

6. Students must be on time and not leave before the end of class. Students arriving late will not be allowed to participate in class and may not get credit for the class. Students leaving prior to the end of class will not receive credit for attending that class.

7. Absences are not acceptable, with the exception of a religious holiday with prior notification.

8. Absolutely no cell phone use during class.

9. No gum chewing or eating during class.

**GRADING**

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<th>REQUIREMENTS</th>
<th>GRADING SCALE</th>
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<td>Attendance and participation (50%).</td>
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<td>Final (50%): The final is a multiple choice exam.</td>
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**EXTRA CREDIT:** Visit and observe competitive fencing at the Virginia Academy of Fencing for at least ½ hour, Monday to Friday, 8 pm to 10 pm, or on Saturday or Sunday, 11 am to 2 pm. A one page written report must be submitted. VAF is located only 6 miles from the campus at 5401-B Port Royal Road, Springfield, Virginia; 22151.

This course is designed to improve health and wellness and quality of life. It is part of an increasing number of activities available through the Department of Health Fitness and Recreation Resources. For further information about other courses or degree programs, please contact Sandy Smith at (703) 993-2060.

- All students are held to the standards of the George Mason University Honor Code [See http://www.gmu.edu/catalog/apolicies/#Anchor12]
- University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- For additional School of Recreation, Health, and Tourism information, please visit the website at http://rht.gmu.edu