

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 113 (001) - Fencing (1)
1 Credit, Spring 2017
T 12:00 - 2:30 / RAC - Fairfax Campus

Faculty

Name: **Alexandre Ryjik**

Office hours: As Needed

Office location: Cage Gym side B

Office phone: 703.321.4922

Email address: Fence@VAfince.com

Prerequisites/Corequisites

None

University Catalog Course Description

Gives the beginning student basic knowledge of the sport of fencing and teaches the fundamental movements so students can fence at a novice level. Teaches basic officiating and etiquette of the sport.

Course Overview

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor
2. All communication will be through e-mail.
3. Equipment Rental (\$49) (mask, jacket, foil, glove)
4. Comfortable athletic attire (long warm up pants, T-shirt, and athletic shoes). You may bring a towel and a water bottle.
5. Attendance and participation is necessary to develop the skills for a quality grade.
6. Students are expected to attend class (and watch) even if they are not able to participate.
7. Students must be on time and not leave before the end of class. Students arriving late will not be permitted to participate in the class.
8. Absences will be excused only in the following instances: a) a written medical excuse from a physician; b) a religious holiday is taken and the instructor notified in advance.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Identify the three swords and corresponding target areas for each sword of the sport of fencing.
2. Execute advance, retreat, lunge, crossover and jump footwork movements.
3. Execute parries 4, 6, 2, 5 and defensive handwork movements.
4. Explain basic fencing concepts such as right of way and strategic techniques such as the invitation, complex attack and disengage.
5. Describe how to properly use and care for fencing equipment.
6. Direct a fencing bout.

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:
N/A

Required Texts

None

Recommended-Garret, M., et. al. (1994), Fencing, University Press.-Recommended

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**
Written and Practical. The written exam will be a multiple choice tests covering all the content taught over the course of the semester.
- **Other Requirements**
Skill competencies will be evaluated throughout lab exercises.
- **Course Performance Evaluation Weighting**
Lab Exercises (50%)
Final (50%)

- **Grading Policies**

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Course schedule

Week 1: Overview of syllabus and requirements for class

Week 2: History of fencing, types of swords, equipment

Week 3: Footwork: Advance, Retreat, Lunge

Week 4: Handwork: Parry, Riposte

Week 5: Rules: Right of Way, Orientation of the fencing strip

Week 6: Directing

Week 7: Final Exam

EXTRA CREDIT: Visit and observe competitive fencing for at least ½ hour on any Monday – Friday from 6 pm to 8 pm on Saturday from 11 am – 2 pm at the Virginia Academy of Fencing. A one page written report must be submitted. VAF is located at 5401-B Port Royal Road, Springfield, Virginia.

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Assessment Rubric(s)

N/A

