

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

RECR 113 001, Fencing  
1 Credit, Fall 2023  
T 12:00-2:30 RAC 1200 B Fairfax Campus  
8/22/23 – 10/3/23

Faculty:

Name: Alexandre Ryjik

Office Hours: Before and After class

Email: aryjik@gmu.edu

### **Prerequisites/Corequisites**

None

### **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. Equipment Rental (\$49)
3. Comfortable athletic attire (long warm up pants, T-shirt, and athletic shoes). You may bring a towel and a water bottle.
4. Regular attendance is required for this class. Students who have two or more unexcused absences will have their grade reduce by one letter grade. Absences are excused with a doctor's note submitted immediately upon returning to class.
5. Students are expected to attend class (and watch) even if they are not able to participate.
6. 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.
7. No cell phone use during 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 is an activity-based class.

### **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 other strategic techniques such as invitation, complex attack, and disengage.
5. Describe how to properly use and care for fencing equipment.
6. Ability to referee a fencing bout.

## Professional Standards N/A

**Required Text:** none

**Recommended Text:** Garret, M., et. al. (1994), Fencing, University Press.

## Course Performance Evaluation

Students are expected to attend all classes and submit all assignments on time in the manner outlined by the instructor.

- **Assignments and Examinations**

(50%) The written exam will be a multiple-choice test covering all the content taught over the course of the semester.

1. Identifying swords and target areas.
2. Basic fencing concepts
3. Rules and etiquette of fencing

(50%) Attendance and participation-students are expected to attend class and participate every day.

Attendance and participation are only excused with a health care providers note submitted immediately upon returning to class.

- **Course Performance Evaluation Weighting**

Final (50%)

Attendance and Participation (50%)

**EXTRA CREDIT:** There will be an opportunity to complete an extra credit assignment, with a submission of a 1-page written report.

- **Grading Policies**

### Grading Scale

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

See <https://cehd.gmu.edu/students/policies-procedures/>

## 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

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 <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

### **How can students access **TimelyCare**?**

Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

**Who can use **TimelyCare**?** Any enrolled Mason student.

### **What services are available?**

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

### **How much does a **TimelyCare** visit cost?**

**TimelyCare** services are available at no cost to students.