PE 14A  Beginning Fencing (meets General Education requirements)                             2 hours per week .5 units
Instructor: Coleen Lee-Wheat
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Office: PE51G
Office Hours: MW 10:30-11:30am; 8:45am-9:30am  T,Th, Fridays by appt

Class Description: Instructors will guide students through fundamental techniques/skills utilizing the French foil. Students will learn the rules and regulations governing fencing competition. Fundamental exercise physiology, physiological benefits, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and/or genetics will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female champions, Olympics, PANAM, and World Championships may also be touched upon.

Class Objectives:
To develop basic footwork;
To develop basic offensive and defensive skills;
To assess offensive and defensive situations and determine when to apply specific techniques;
To gain a basic understanding and ability to apply basic concepts of exercise physiology, nutrition, flexibility and strength to improve one’s physical condition in order to fence at a more advanced level;
To be able to understand and execute basic strategies;
To briefly examine the various styles of fencing and the evolution of “civilized” competition for males and females of all ages and nationalities;
To be able to reiterate/recognize and execute the rules of competition and etiquette;
To have a great time and gain at least one friend.

Attendance Policy:
The Warm-up will start at 35 minutes after the hour. It is very important to participate in the warm-up. Class lesson starts at 40 minutes after the hour. Excessive tardiness is unacceptable. One can miss class two times without penalty. A grade penalty will be imposed starting the third absence. You should call me at the above number or email me, if you have or will be expecting a long term absence. You can make-up to 4 class hours -- see me about the details.

Every student is responsible for the paperwork processes relative to dropping the class. An “F” grade may result if procedures are not followed.

Attire and equipment: Tee-shirts and comfortable shorts or sweats. Dress pants, bare feet and any form of sandal etc. are not acceptable. All fencing equipment is supplied. You can purchase your own—see www.amfence.com. Locker room and shower facilities are located in the pool complex. Students are required to bring their own locks, towels, soap etc. Sorry the lockers are not large enough to store foils all quarter nor during the school day. See attendants in the locker room areas for an assigned locker space.

Grading Scale: 100-88 % = A  87-78% = B  77-68 % = C  67-58 % = D  below 57% = F
60% of the grade = attendance
15% of the grade = skills evaluation
15% written assignments
and 10% written final

Required Texts:
Fahey, Insel and Roth.  BRIEF ED. Fit and Well.  8th ed. Mayfield Pub.: Mtn. View, 2009
Recommended Texts: see attached list of fencing texts

Please note: if you have a current medical problem (joints, illness, seizures etc) you should inform the instructor!!
You must have a current EMAIL address filed with the admissions office.

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