



## **NS NIS PATIALA**

### **SYLLABUS FOR DIPLOMA IN SPORTS COACHING**

<b>DISCIPLINE:</b>	<b>FENCING</b>
<b>COURSE CODE:</b>	<b>FE 08</b>



<b>Total Credits: 24</b>	<b>Semester - I</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		<b>80</b>	<b>20</b>	<b>300</b>	<b>30</b>	<b>12</b>
		<b>(L- Lecture, P- Practical, SW-Self Work, FW- Field Work)</b>				
	<b>Semester -II</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		<b>80</b>	<b>20</b>	<b>300</b>	<b>30</b>	<b>12</b>
		<b>(L-Lecture, P- Practical, SW-Self Work, FW-Field Work)</b>				

### **COURSE OBJECTIVES:**

- **To impart knowledge and develop the concept of coaching skills in fencing.**
- **To enrich the performance skills for demonstration and explanation of techniques to the athletes and bring these techniques into practice.**
- **To educate about the Technical Rules and its exploitation in order to develop the techno tactical abilities of the athletes.**
- **To educate about the Material Rules of fencing to generate relevant awareness about equipment and its maintenance.**
- **To explain about the Organizational Rules that would develop their skills to organize domestic and international events.**
- **To explain the requisite of a fencer for talent identification in the respective sport.**
- **To enable the coaches to design the training programme for their athletes as per**

**their requirements.**

- **To explain the performance factors for fencing: Motor Qualities, Techniques and Tactics.**
- **To ensure that they can do the performance assessment by using qualitative and quantitative methods for development of fencing.**

### **LEARNING OUTCOMES:**

- **It will enable the students to understand the basic concept of coaching and its philosophy to be a successful coach.**
- **It will enable the students to learn the proper basic and advance fencing techniques and mechanism behind each technique.**
- **This will enable them to learn the various offensives, defensive and counter offensive actions of fencing.**
- **It will enhance the student's skills to design training programmes, develop motor qualities, techniques and tactics.**
- **They will remember the fencing terminologies used world wide**

### **SKILLS DEVELOPED:**

- **Leadership skill**
- **Critical thinking**
- **Decision making**

- **Effective communication**
- **Problem solving**
- **Interpersonal relationship**
- **Team work**
- **Work ethics**
- **Designing of Planning & Preiodisation**
- **Managerial Skills**
- **Coaching & Teaching Methodology**
- **Uses of various means and methods / training aids for better execution of training**

## LIST OF FACULTIES

### In House Faculty

Name	Designation	Experience	Qualifications
Sh. Ashok Kumar	Fencing Coach	23-Years	1. MA (English) 2. Dip. in Sports Coaching 3. IOC Olympic Solidarity Course for Coaches 4. IOC Olympic Solidarity Course for TOs 5. International Referee (FIE) 6. International Coaching Course – ICC (FIE Level III - F, E, S), Budapest, Hungary 7. AtLETyC (Athlete Learning Entrepreneurship) 8. FIE Level II – Foil, Budapest, Hungary
Sh. Nitish Nav	Fencing Coach	7-Years	1. M.P. Ed (Master of Physical Education) 2. B.P. Ed (Bachelor of Physical education) 3. BCA (Bachelor of Computer Application) 4. Diploma in Sports Coaching

## THEORY I

**(Total Credit: 4)**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/ Class room	Faculty
1.	History and Terminology of Fencing	L	5	Theory Room	Sh. Ashok Kumar  Sh. Nitish Nav
	a. History & Development of Fencing <ul style="list-style-type: none"> <li>. Ancient</li> <li>. Medieval</li> <li>. Modern</li> </ul> b. Terminology.				
2.	Basics of all three Weapons	L	10	Theory Room	Sh. Nitish Nav & Sh. Ashok Kumar          Sh. Ashok Kumar
	a. Footwork in fencing <ul style="list-style-type: none"> <li>i. Definition</li> <li>ii. Importance &amp; characteristics of Footwork.</li> <li>iii. Types of Footwork</li> <li>iv. Foot-movements and their execution</li> <li>v. Teaching methods of Footwork               <ul style="list-style-type: none"> <li>• Individual</li> <li>• Pair</li> <li>• Group</li> </ul> </li> </ul> b. Foot work in Foil c. Footwork in Epee d. Footwork in Sabre e. Holding of Weapon (The Grip) f. Target Exercises				

<b>3.</b>	<b>Basic Offensive Action in Fencing</b>				
	<b>a. Engagements &amp; change of the engagements</b> <b>b. Simple Attacks</b> <b>c. Attacks on the Blade</b> <b>d. Takings of the Blade</b>	L	10	Theory Room	<b>Sh. Nitish Nav</b> <b>Sh. Ashok Kumar</b> <b>Sh. Ashok Kumar</b> <b>Sh. Ashok Kumar</b>
<b>4.</b>	<b>Basic Defensive Actions in Fencing</b>				
	<b>a. Types of Defensive Actions</b> <b>b. Simple Parries and Classification</b> <b>c. The Riposte and Counter Riposte</b>	L	10	Theory Room	<b>Sh. Nitish Nav</b>
<b>5.</b>	<b>Technical Rules</b>				
	<b>a. General rules and rules common to all three weapons.</b> <b>b. The Conventions of Fencing</b> . Foil . Epee . Sabre  <b>c. Refereeing &amp; Judging</b>	L	24	Theory Room	<b>Sh. Ashok Kumar</b>  <b>Sh. Ashok Kumar</b> <b>Sh. Nitish Nav</b> <b>Sh. Sagar Lagu</b>
<b>6.</b>	<b>Disciplinary rules for Competitions</b>				
	<b>a. Application</b> <b>b. The Disciplinary Authorities and their competence</b> <b>c. Penalties</b> <b>d. The Penalties and Competent Juridical Authorities</b> <b>e. Procedure</b>	L	12	Theory Room	<b>Sh. Lohit N &amp;</b> <b>Sh. Ashok Kumar</b>

7.	Organizational Rules	L	16	Theory Room	Sh. Nitish Nav
8.	Administrative Rules & Status Rules	L	5	Theory Room	Sh. Nitish Nav Smt. Charanjit Kaur
	<ul style="list-style-type: none"> <li>Administrative Rules:               <ul style="list-style-type: none"> <li>a. Licenses and nationality</li> <li>b. International Calendar of Events</li> <li>c. FIE Code of Ethics</li> </ul> </li> <li>Status Rules:               <ul style="list-style-type: none"> <li>a. Basic Principles</li> <li>b. Commissions</li> </ul> </li> </ul>				

## PRACTICAL - I

**Total Credit:8**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/ Class room	Faculty
1.	<ul style="list-style-type: none"> <li>• Structural and orderly exercise:</li> <li style="padding-left: 20px;">a. <b>Organization of the class</b></li> <li style="padding-left: 20px;">b. <b>Marching in different formations</b></li> <li>• Warming up:</li> <li style="padding-left: 20px;">a. <b>General warming up exercises</b></li> <li style="padding-left: 20px;">b. <b>Specific warming up exercises</b></li> <li>Warming Down</li> <li style="padding-left: 20px;">a. <b>During Training</b></li> <li style="padding-left: 20px;">b. <b>During Competition</b></li> <li>Recreational games</li> </ul>	P	30	FOP	Sh. Nitish Nav & Sh. Ashok Kumar
2.	<ul style="list-style-type: none"> <li>• Development of physical fitness components:</li> <li style="padding-left: 20px;">a. <b>Endurance</b></li> <li style="padding-left: 20px;">b. <b>Strength</b></li> <li style="padding-left: 20px;">c. <b>Speed</b></li> <li style="padding-left: 20px;">d. <b>Agility</b></li> <li style="padding-left: 20px;">e. <b>Flexibility</b></li> <li>• Development of Tempo:</li> <li style="padding-left: 20px;">a. <b>General Tempo</b></li> <li style="padding-left: 20px;">b. <b>Specific Tempo</b></li> </ul>	P	50	FOP	Sh. Nitish Nav & Sh. Ashok Kumar



3.	<ul style="list-style-type: none"> <li>• Fencing Basic Stance and Footwork:               <ul style="list-style-type: none"> <li>a. <b>The Fencers “<i>Enguarde</i>” (with &amp; without weapon)</b></li> <li>b. <b>Foot movements: (with &amp; without weapon)</b> <ul style="list-style-type: none"> <li>❖ Advance and retreat</li> <li>❖ Double Step Forward &amp; Backward</li> <li>❖ Cross Leg Forward &amp; Backward</li> <li>❖ Jump Forward &amp; Backward</li> <li>❖ Appel</li> <li>❖ The lunge &amp; recovery</li> <li>❖ The balestra</li> <li>❖ The fleche</li> <li>❖ Distance apart</li> <li>❖ Breaking</li> </ul> </li> <li>c. <b>Combination of foot movements</b></li> <li>d. <b>Footwork with various tools</b></li> <li>e. <b>Holding of weapons &amp; hand position in all three weapons</b></li> <li>f. <b>The salute</b></li> </ul> </li> </ul>	P	75	FOP	Sh. Nitish Nav & Sh. Ashok Kumar
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	<ul style="list-style-type: none"> <li>The Lines and Hand Positions:</li> <li>a. High outside</li> <li>b. High inside</li> <li>c. Low outside</li> <li>d. Low inside</li> <li>Fencing distance:</li> <li>a. Close quarter distance</li> <li>b. Close distance</li> <li>c. Middle distance</li> <li>d. Long distance</li> <li>Target exercise:</li> <li>a. Wall lunging pad</li> <li>b. Dummy</li> </ul>				
4.	<ul style="list-style-type: none"> <li><b>Preparatory actions:</b></li> <li>a. The Engagement</li> <li>b. Change of Engagement</li> <li><b>Offensive Actions:</b></li> <li>a. Simple Attacks               <ul style="list-style-type: none"> <li>i. Direct / Straight</li> <li>ii. Indirect / Disengagement</li> <li>iii. Cut Over / Cupe</li> </ul> </li> </ul>	P	04		Sh. Ashok Kumar & Sh. Nitish Nav
		P	28	FOP	
5.	<ul style="list-style-type: none"> <li><b>Defensive actions:</b></li> <li>a. Simple Parries               <ul style="list-style-type: none"> <li>❖ Types of Parries</li> <li>❖ Classification of Parries</li> </ul> </li> <li>b. The Successive Parries               <ul style="list-style-type: none"> <li>❖ Double Parries</li> <li>❖ Mixed Parries</li> <li>❖ Combined Parries</li> </ul> </li> </ul>	P	28	FOP	Sh. Ashok Kumar & Sh. Nitish Nav

6.	<ul style="list-style-type: none"> <li>• <b>The Blade Actions:</b> <ul style="list-style-type: none"> <li>a. <b>The Attack on the Blade</b> <ul style="list-style-type: none"> <li>❖ <b>The Pressure</b></li> <li>❖ <b>The Beat</b></li> <li>❖ <b>The Froissement</b></li> </ul> </li> <li>b. <b>The Taking of the Blade:</b> <ul style="list-style-type: none"> <li>❖ <b>The Opposition</b></li> <li>❖ <b>The Croise</b></li> <li>❖ <b>The Bind</b></li> <li>❖ <b>The Enveloppement</b></li> </ul> </li> </ul> </li> </ul>	P	30	FOP	Sh. Nitish Nav & Sh. Ashok Kumar
7.	<b>Organization of competition:</b> <ul style="list-style-type: none"> <li>a. <b>Rules of the FIE/FAI</b></li> <li>b. <b>Mechanism of officiating</b></li> </ul>	P & T	25	FOP	Sh. Nitish Nav & Sh. Ashok Kumar
8.	<b>Pedagogic practice: Teaching &amp; training of techniques</b>	P & FW	30	FOP	Sh. Nitish Nav & Sh. Ashok Kumar

## DETAILED SYLLABUS - SEMESTER II

### THEORY II

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	<b>Event Specific Footwork</b>	L & T	10	Theory Room	Sh. Nitish Nav
	<b>a. Definition, Importance in training.</b> <b>b. Different Types of Footwork training.</b>				
2.	<b>Advance Offensive, Defensive and Counter Offensive Actions in Fencing</b>	L	12	Theory Room	Sh. Nitish Nav & Sh. Ashok Kumar
3.	<b>Technical and Tactical Development</b>			Theory Room	Sh. Nitish Nav
	<ul style="list-style-type: none"> <li>• Technical Training in Fencing</li> <li>a. Individual</li> <li>b. Partner</li> </ul> a Tactics and Strategies <ul style="list-style-type: none"> <li>• Characteristics, various situations</li> </ul> <li>b Advantages and disadvantages (Taller &amp; Shorter fencers)</li> <li>c. Individual &amp; Team</li> <li>d. Psychological Preparation</li>				Sh. Ashok Kumar

	<b>Individual Lesson</b>			<b>Theory Room</b>	
	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Types</li> <li>• <b>Importance</b></li> </ul>				<b>Sh. Ashok Kumar</b>
	<b>Qualities to develop in a Fencer</b>			<b>Theory Room</b>	<b>Sh. Ashok Kumar</b>
	<b>PHYSICAL -</b> (Sensory, Nervous, muscular & Functional)  <b>INTELECTUAL –</b> (Intelligence, Judgement)  <b>ETHICAL –</b> (Strength of will, Honesty)				
<b>4.</b>	<b>Planning &amp; Periodization in Fencing</b>				
	<b>a. Definition &amp; Principles</b> <b>b. Types and formulation</b> <b>c. Long Term Development Plan</b>	L	5	<b>Theory Room</b>	<b>Sh. Nitish Nav</b>
<b>5.</b>	<b>Talent Identification in Fencing</b>				
	<b>a. Definition, Principles</b> <b>b. General and Specific Motor Abilities</b> <b>c. Tests and Parameters</b>	L	4	<b>Theory Room</b>	<b>Sh. Ashok Kumar</b>
<b>6.</b>	<b>Material Rules</b>				
	<b>Part – I</b> Fencers weapon and equipment: <b>a. Weapons (Foil, Epee, Sabre)</b> <b>b. Equipment and clothing</b> <b>c. Checking of material</b>			<b>Theory Room</b>	<b>Sh. Nitish Nav</b>

	<b>Part – II</b> <b>Fitting and Material provided</b> <b>by the organizers:</b> <ul style="list-style-type: none"> <li>a. <b>Scoring Apparatus</b></li> <li>b. <b>Spools, cables and their connections</b></li> <li>c. <b>Conductive Pistes</b></li> <li>d. <b>Source of electrical current</b></li> <li>e. <b>External Lamps</b></li> </ul>	L	16	Theory Room	
7.	Video Analysis (During Training & Competition)	L, T & SW	18	Theory Room	Sh. Nitish Nav Sh. Ashok Kumar
	a. <b>Technical Aspects</b> b. <b>Tactical Aspects</b>				
8.	Latest Amendments / Development and Current Trends in Fencing	L & T	3	Theory Room	Sh. Nitish Nav Sh. Ashok Kumar

## PRACTICAL II

**Total Credit: 8**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	The Special Footwork for all three weapons a. <b>Development of Specific Motor Qualities through footwork</b> b. <b>Development of Sense of Distance</b> c. <b>Development of Tactics</b>	P	50	FOP	Sh. Nitish Nav Sh. Ashok Kumar
2.	The Compound Attacks a. <b>The Fast Feint</b> b. <b>The Combined Feint</b> c. <b>The Foot with Foot Raised</b> d. <b>Flick Feint</b> e. <b>The Feint of a Simple Attack.</b> f. <b>The Feint of a Compound Attack</b>	P	45	FOP	Sh. Nitish Nav Sh. Ashok Kumar
3.	The Counter Attacks a. <b>The Stop Hit/Cut</b> b. <b>The Time Hit</b> c. <b>The Derobement</b> d. <b>The Esquive</b>	P	45	FOP	Sh. Nitish Nav Sh. Ashok Kumar
4.	The Renewed Attacks a. <b>Remise</b> b. <b>Redoublement</b> c. <b>Reprise</b>	P	45	FOP	Sh. Nitish Nav Sh. Ashok Kumar

5.	<b>a. The Second Intention Attack</b> <b>b. Feint in Temp</b> <b>c. Counter Tempo</b>	P	25	FOP	<b>Sh. Ashok Kumar</b> <b>Sh. Nitish Nav</b>
6.	<b>Technical and Tactical Development</b>  <ul style="list-style-type: none"> <li>• <b>Technical Development</b> <ul style="list-style-type: none"> <li>a. <b>Individual Training</b></li> <li>b. <b>Partner/Pair/Group Training</b></li> <li>c. <b>Individual Lesson</b></li> </ul> </li> <li>• <b>Construction of Individual Lesson</b> <ul style="list-style-type: none"> <li>a. <b>Basic Lesson</b></li> <li>b. <b>Developmental Lesson</b></li> <li>c. <b>Advance Lesson</b></li> </ul> </li> <li>• <b>Strategy and Tactical Training</b> <ul style="list-style-type: none"> <li>a. <b>Footwork</b></li> <li>b. <b>Partner Training</b></li> <li>c. <b>Individual Lesson</b></li> </ul> </li> </ul>	P	40	FOP	<b>Sh. Ashok Kumar</b> <b>Sh. Nitish Nav</b>
7.	<b>Tests and measurements:</b> <ul style="list-style-type: none"> <li>a. <b>Motor abilities tests</b></li> <li>b. <b>Skill tests</b></li> <li>c. <b>Anthropometrical measurement</b></li> </ul>	P & FW	15	FOP	<b>Sh. Ashok Kumar</b> <b>Sh. Nitish Nav</b>
8.	<b>Pedagogic practice:</b> <b>Teaching &amp; training of techniques</b>	P & FW	35	FOP	<b>Sh. Ashok Kumar</b> <b>Sh. Nitish Nav</b>



## Training Books, Journals, Online Resources Prescribed for Trainees

**Henry DeSilva (2002).** *Fencing The Skill of the game.* **The Crowood Press, The Crowood Press Ltd., Ramsbury, Melbourne, Wiltshire SNB2HR**

**Istvan Lukhovich (1986).** *Fencing.* **Corvina Alfoldi Printing House, Debrecen, Hungary.**

**Istavanfi, Csaba (1997).** *Training Theory and Methodology.* **Hungarian University of Physical Education**

**Laszlo Szabo (1997).** *Fencing and the Master.* **Corvinakiado Franking Printing House Budapest, CO 2019-h-8284**

**Maitre Thirioux (1997).** *The Fencers Workbook I-Foil.* **Melbourne, Australia.**

*Fencing Step to success.* **Human Kinetics**

**Singh, Hardayal (1997).** *Science of Sports Training.* **DVS Publications, 100 TK, Giri Nagar, Kalkaji, New Delhi**

**Terence Kingston.** *Combat Manual (Epee).* **Director of Coaching, British Fencing Association.**

**Vladimir Dryukov (1996).**

- a) Long Term Planning in Fencing**
- b) Method to be adopted for scouting talent in fencing**
- c) Basics of judgment in fencing**
- d) Teaching and coaching in Foil fencing**
- e) Teaching and coaching in Epee fencing**
- f) Teaching and coaching in Sabre fencing**

**Dr. Berndt Barth/Katrin Barth.** *Fencing Training.* **Oxford Meyer und Meyer (UK), (2003)**

**Dr. Berndt Barth/Katrin Barth.** *Fencing Learning.* **Oxford Meyer und Meyer (UK), (2003)**

**Escrime International. FIE.**

<b>ASSESSMENT</b>			
	<b>Semester 1</b>	<b>Semester 2</b>	<b>Internal/External %</b>
<b>Theory Monthly Assessments</b>	<b>Monthly Assessment using Online Testing Tools with Multiple Choice questions &amp; Descriptive questions, Quiz of covered topics during the month</b>  <b>Total – 4 Assessments</b>	<b>Monthly Assessment using Online Testing Tools with Multiple Choice questions &amp; Descriptive questions, Quiz of covered topics during the month</b>  <b>Total – 4 Assessments</b>	<b>15 % marks of total Theory marks as internal assessment on the basis of the marks scored in monthly assessment by adding all the score</b>  <b>Test data will be recorded for reference</b>
<b>Monthly Practical/Lab/Field Assessments</b>	<b>Monthly Assessment Practical demonstration &amp; Execution of learnt techniques</b>  <b>Total – 5 Assessments</b>	<b>Monthly Assessment Practical demonstration &amp; Execution of learnt techniques</b>  <b>Total – 5 Assessments</b>	<b>30 % marks of total Practical marks as internal assessment on the basis of the marks scored in monthly assessment by adding all the scores.</b>  <b>Test data will be recorded for reference</b>

<b>Monthly Assignments</b>	<b>1 Assignment per month</b>  <b>1. August -1</b> <b>2. September -1</b> <b>3. October -1</b> <b>4. November -1</b>  <b>Total – 4 Assignments</b>	<b>1 Assignment per month</b>  <b>1. January – 1</b> <b>2. February -1</b> <b>3. March- 1</b> <b>4. April -1</b>  <b>Total – 4 Assignments</b>	<b>15 % marks of total Theory marks as internal assessment on the basis of the marks scored in monthly assessment by adding all the score</b>  <b>Quiz &amp; Assignment data will be recorded for reference</b>
<b>Theory Exam</b>	<b>At the end of semester – I</b>	<b>At the end of semester – II</b>	<b>70 % of total score in Theory</b>
<b>Practical Exam</b>	<b>At the end of semester – I</b>	<b>At the end of semester – II</b>	<b>70 % of total Score in Practical</b>

