Demonstrator # 1

Introduction to Fencing

Activity title:

Introduction to Fencing

Subject:

Sports Training (informal)

Student age: 8 years to 16 years

10 years to 15 years (Beginners Epée Class)

Estimated duration:

60 minutes: 15 min introduction, 5 min discussion of rules of fencing, 10 min discussion on how SensVest works, 20 min practical, 10 min summary

Learning content

The aim of this activity is to devise a method of teaching novice fencing trainees (i.e., with no prior knowledge in fencing) about the various different techniques of the sport, as we as well as fighting styles with the foil, sabre and épée. With the use of the KLiC SensVest technology these activities can be developed to work with the trainee(s) on a more physical level, to understand their strengths and flaws more easily, and for the sports coach to be readily able to help correct those flaws and enhance the strengths.

Learning objectives

At the end of the activity the trainees should be able:

- To have a good basic understanding of the sport of fencing;
- To know the rules of fencing, and the difference between épée, foil and sabre;
- To learn the basics of épée (through grip, posture, lunge and parry);
- To reflect on own strengths and weaknesses about grip, posture, lunge and parry.
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Inquiry-based character (if applicable)

The inquiry-based aim of the practical activity and the reflection session following it is to make trainees to understand the following misconceptions:

1. incorrect posture;
2. orientation of stance;
3. suitable targets for the varying sword styles.

Applied technology (if any)

The goal of the SensVest and the arm/leg accelerometers is to capture the data from the trainee wearing the vest and comparing their data to that of an expert in the field for posture, lunge and parry. With the comparison it should be easily ascertained how to improve the performance of the trainee.

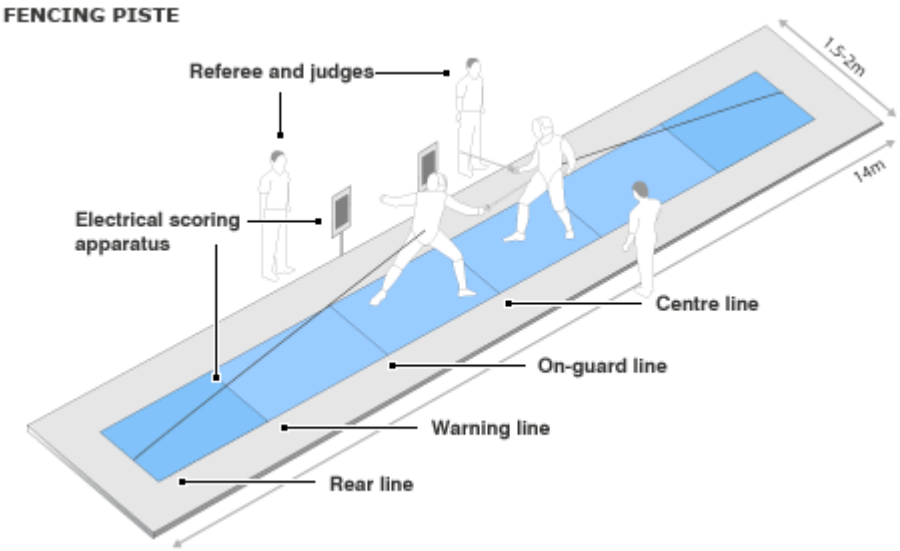
Materials needed

KLiC arm/leg accelerometer mounted onto the trainee, KLiC base station, KLiC software on a compatible computer, cord, épée, fencing wears, fencing helmet.

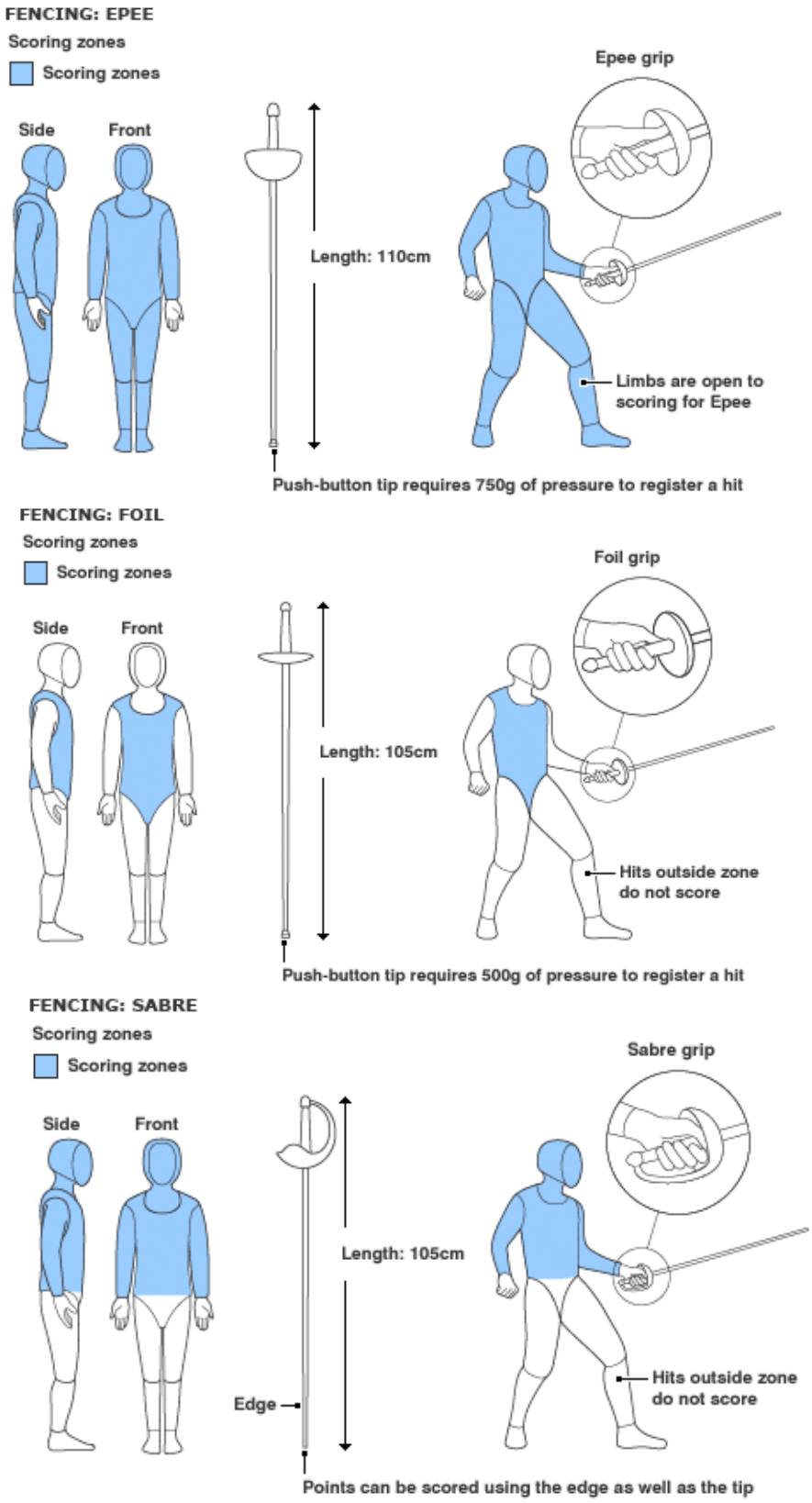
Description of Activities

Note: all Images reproduced from http://news.bbc.co.uk/sport1/hi/olympics/fencing/

15 min - Start of the class the student(s) will be presented with the SensVest
5 min - A brief discussion on the fencing piste, the rules of the game, technology, referees and the differences between the three weapons (épée, foil and sabre) and the scoring zones for each type.



10 min - A quick explanation on how the SensVest collects the data from the wearer and then transmits it to the workstation. From there it can be briefly explained how the data can be reviewed for épée.
20 min - Practical exercise in fencing teaching the basics about épée grip, posture, lunge and parry.
10 min - Summary going over the topics of the session and discussion on the comprehension of what has been understood.



Assessment (if applicable)

Use of KLiC data to assess posture, lunge and parry.

Teacher's Notes