

# International Fencing Coaches Association

## Syllabuses for Theory Examinations

The IFCA Prévôt and Maître Coaching Awards consist of both a practical and theoretical elements. The details of the practical examinations are dealt with separately.

### **Prévôt Award - Syllabuses for the Theory Examination**

**General Topics, Theory, Rules and Regulations** - Maximum time allowed 1 hour and 30 minutes.

#### **Part 1: General Topics.** (*Recommended time 20 minutes*)

This section of the examination has the objective of testing the ability of candidates to write a short essay from a choice of topics. Assessment of the candidate's ability to logically structure his/her essay will be made. Accuracy of spelling and the use of grammatically correct English are also assessed.

#### **Part 2: Theory** (*Recommended time 25 minutes*)

Definitions of all fencing movements and actions. Key components required for the teaching/coaching of all fencing movements and actions. The concepts of tactics, timing and distance control for all fencing movements and actions.

#### **Part 3: Rules and Regulations** (*Recommended time 15 minutes*)

All rules and regulations relating to combat that a Referee may need to apply whilst conducting a bout.

#### **Part 4: Anatomy and Physiology** (*Recommended time 30 minutes*)

##### **Preface**

The following syllabus has been designed to describe the kind of knowledge required.

It is very difficult to indicate the exact depth of knowledge required, but specimen examination papers are available and candidates would be well advised to study them.

Candidates may wish to consider undertaking a course in first aid for the value of such practical knowledge in the course of their coaching career.

##### **Introduction**

The objects of requiring a coach to have some knowledge of anatomy and physiology are:

- 1 To understand how the body works in dynamic action
- 2 To understand how training methods affect the body's functions
- 3 To be able, from such knowledge, to sense and appreciate exercises and activities that strengthen and promote efficiency
- 4 To understand the work of people who do research into physical fitness and efficiency
- 5 To avoid injuries that could have been prevented by a basic knowledge of body function
- 6 To evaluate the advances of techniques and methods to produce greater skill and fitness

##### **The Structure of the body**

The Skeleton and its Functions.

- Types of Bones.
- Types of joints and their structure.

The main skeletal muscles of the body and their functions.

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An understanding of the levers involved.

Connective tissue - tendons, ligaments, and cartilage.

Terminology of movement - flexion, extension, adduction, abduction, etc.

Terminology of muscle action - concentric, eccentric, isometric, isotonic, etc.

The Skin - structure and function in relation to its role in the regulation of body temperature.

**Examination Options** – in the interest of inclusivity and flexibility, it will be possible to substitute some parts of the examination with a written thesis. The alternatives are listed below.

	General Topics	Theory	Rules and Regulations	Anatomy and Physiology
a.	Written Examination	Written Examination	Written Examination	Written Examination
b.	Thesis A written thesis of between 2500 and 3500 words in length. Topic to be selected from an approved list.	Written Examination	Written Examination	Written Examination
c.	Written Examination	Written Examination	Written Examination	Thesis A written thesis of between 2500 and 3500 words in length. Topic to be selected from an approved list.

### Exemptions

At the discretion of the examiners, exemptions may be granted part of the examination as detailed below:

1. Rules and Regulations
  - a. Nationally recognized Referring Award
  - b. At the discretion of the examiners, the written exam may be taken as a practical exam of the examiner is an FIE Referee and the examination is held at National Competition
  
2. Anatomy and Physiology
  - a. Recognised medial qualification
  - b. Recognised professional qualification in osteopathy or physiotherapy
  - c. An appropriate national school leaving exam in the topic (e.g. British O level) or a pre-medical college diploma
  
3. General Topics
  - a. Previous publications may be submitted for consideration by examiners but will not guarantee exception

# International Fencing Coaches Association

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### Maître Award Syllabuses for the Theory Examination

**General Topics, Theory, Rules and Regulations** - Maximum Time Allowed 2 hours

#### **Part 1: General Topics.** (*Recommended Time 35 minutes*)

This section, like that of the Prévôt Examination, has the objective of testing the ability of candidates to write a short essay from a choice of topics. Assessment of the candidate's ability to logically structure his/her essay will be made. Accuracy of spelling and the use of grammatically correct English are also assessed. The topics will, however, be more specific and answers will require a greater depth of background knowledge than that of the Prévôt Examination.

#### **Part 2: Theory** (*Recommended Time 35 minutes*)

Definitions of all fencing movements and actions.

Key components required for the teaching/coaching of all fencing movements and actions.

The concepts of tactics, timing and distance control for all fencing movements and actions.

The structure and planning of training sessions: days, weekends, courses, squad camps etc.

#### **Part 3: Rules and Regulations** (*Recommended Time 20 minutes*)

All rules and regulations that a Referee may need to apply during the conduct of a bout. Rules and regulations concerning the organisation of competitions.

#### **Part 4: Anatomy and Physiology** (*Recommended Time 30 minutes*)

##### **Preface**

The following syllabus has been designed to describe the kind of knowledge required.

It is very difficult to indicate the exact depth of knowledge required, but specimen examination papers are available and candidates would be well advised to study them.

Candidates may consider undertaking a course in first-aid for the value of such practical knowledge in the course of their coaching career.

##### **Introduction**

The objects of requiring a coach to have some knowledge of anatomy and physiology are:

1. To understand how the body works in dynamic action
2. To understand how training methods affect the body's functions
3. To be able, from such knowledge, to sense and appreciate exercises and activities that strengthen and promote efficiency
4. To understand the work of people who do research into physical fitness and efficiency
5. To avoid injuries that could have been prevented by a basic knowledge of body function
6. To evaluate the advances of techniques and methods to produce greater skill and fitness

##### **The Structure of the body**

As for the Prévôt Examination with the inclusion of muscle attachments (origins and insertions).

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### The Circulatory System

Composition and functions of the blood. Blood cells and their origin. Blood Groups. The heart, its position, structure and function. General structure and functions of the principal blood vessels. Regulation of heart rate and pulse.

Coagulation of the blood and repair of tissues. Lymph

### The Respiratory System

The mechanism of breathing. Lungs. Tissue Respiration and the release of energy. Difference between inspired and expired air.

### The Digestive System

The structure and functions of the alimentary canal and associated organs.

### The Reproductive System

Position, structure and functions of the reproductive organs. The menstrual cycle, ovulation. Fertilization and an outline of foetal development to include implantation.

### The Nervous System

A study of the nervous system - brain, spinal cord and sense organs. Voluntary and reflex actions.

### The Endocrine System

A simple study of endocrine glands, hormones and their functions.

**Examination Options** – in the interest of inclusivity and flexibility, it will be possible to substitute some parts of the examination with a written thesis. The alternatives are listed below.

	General Topics	Theory	Rules and Regulations	Anatomy and Physiology
a.	Written Examination	Written Examination	Written Examination	Written Examination
b.	Thesis A written thesis of between 5000 and 7000 words in length. Topic to be selected from an approved list.	Written Examination	Written Examination	Written Examination
c.	Written Examination	Written Examination	Written Examination	Thesis A written thesis of between 5000 and 7000 words in length. Topic to be selected from an approved list.

### Exemptions

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1. Rules and Regulations

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- a. FIE Referring Award
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