

NCAL 419E: STAGE COMBAT FOR OLDER ADULTS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Winter 2026
Units:	0
Hours:	1.5 lecture, 1.5 laboratory per week (36 total per quarter)
Advisory:	Course includes rigorous physical activity.
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- Apply stage combat choreography precepts into practical performance circumstances.
- Employ working knowledge of the procedures, safety premises, terminology and execution of hand-to-hand and small weapons stage combat techniques universally employed in the entertainment industry.

Description

This noncredit course is targeted towards older adults. Introduction to the concepts and practice of choreographed hand-to-hand and small weapons combat for stage and camera using techniques with emphasis on safety concepts and universal industry maneuver standards required for all stage combat circumstances.

Course Objectives

The student will be able to:

1. Demonstrate knowledge of the procedures, safety premises, terminology, and execution of hand-to-hand stage combat techniques universally employed in the entertainment industry.
2. Basically apply the above-listed stage combat choreography precepts into practical performance circumstances.

Course Content

1. Introduction of maneuvers, necessary preparation, flow of sequencing maneuvers, industry terminology
 - a. Roles of instigator and target or offense and defense
2. Incorporated movement elements, including balance, posture, center of gravity, pace, energy expression, emotion, force, partner weight sharing, and cooperation
 - a. Synthesis of indicated techniques
 - b. Include premises of selling the fight
 - c. Application to character and other acting demands

Lab Content

1. Practice and development of introduced maneuvers and techniques.
2. Development of cooperative learning assignments and final presentation.

Special Facilities and/or Equipment

1. Clothes that do not inhibit movement, preferably tights and/or non-loose-fitting sweats.
2. Room with an open space for movement; audio-visual equipment and mirrors; tumbling mats.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Quizzes targeting techniques and industry terminology
Effective fight choreography scores
Incorporation of premises and execution into final project presentations

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Oral presentations
Laboratory
Demonstration
Peer observation/evaluation
Through structured lecture, teacher demonstrations and guided student rehearsal, the student will explore and apply the techniques of study to formal, rehearsed work
Students will actively, practically enhance stage combat awareness and skills through exposure to topics

Representative Text(s) and Other Materials

Instructor handout packet.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Cooperative development of original support scene leading to final combat sequence.
2. Self-analysis journal recording notations and reflecting on growth of dexterity.

Discipline(s)

Theater Arts