

PHYE 9B Beginning Dinghy Sailing
Physical Education
Department of Athletics & Recreation
UC Santa Cruz

Course Summary:

Physical Education is an academic program within the Department of Athletics & Recreation. Physical Education courses offer students opportunities to learn and improve skills in a variety of active disciplines while gaining knowledge about the relationship between physical fitness and holistic wellness. With these progressive experiences, students are more equipped to make healthy choices, integrate into active communities and expand one's personal development.

Introductory course in practical boating safety using 15' sailboats. Students will learn boat rigging, nomenclature, seamanship, proper boat-handling techniques, and general boating and aquatic safety. Knot tying and capsized recovery techniques will also be taught. Prerequisite(s): Basic swimming ability.

Evaluations:

Evaluations are based on:

- 40% Quality participation:
 - Active and engaged
 - Positive contributions to class environment
 - Progressive effort in practicing skills
- 40% Attendance:
 - On time
 - Ready to go at class start time
- 20% Assignments:
 - Timely completion
 - Demonstrated grasp of material

Student Learning Outcomes:

We intend for students in this course to...

Learn...	Parts of the boat Basic sailing nomenclature Sailing Theory Basic sailing knots Rules of the road
Practice...	Proper boat handling Basic sail trim Stopping and starting on the water Self-rescue techniques
Experience...	Boat balance Safe boating practices

	Wind and ocean conditions
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Class Schedule

Subject to revision as the quarter progresses.

Week	Topics	Reading/Assignment
1	Proper life jacket usage, dock safety, parts of the boat, proper boat rigging, proper boat launching and recovery	Parts of Boat (Pages 7, 8) Quest Rigging Video
2	Rigging and nomenclature review, proper tiller - mainsheet exchange, No-Go zone, tacking, how to start and stop the boat, how to depart and return to the dock. Sail figure 8 course. Capsize drill	Tacking (Page 19) Capsize Recovery (Pages 25, 26)
3	Review tacking and introduce jibing. Learn how to tie 6 different knots	Gybing (Page 21)
4	Upwind and downwind sailing and how it equates to sailing in the channel. Work up and down the channel. Rules of the road.	Upwind Sailing (Page 20) Rules of the Road (Pages 22-24)
5	Challenges of departure and return from harbor to the bay. Discuss towing procedure. Follow the leader drill in the bay.	Santa Cruz Harbor Mouth
6	Discuss addition of the jib sail and how it affects lift with the main sail. Dangers associated with second sail. Continued channel work with both sails.	
7	Bay sailing with both sails. Introduce sailing around buoys. Emphasis on boat balance.	
8	Destination sailing to wharf, Steamer Lane, Mile buoy, and back to harbor.	