

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

Instructor: BLANK
Email: BLANK
Phone: (831) 459-5076
Office hours: By appointment

Course times: BLANK

Location: Athletics-Recreation, FF Dock, Santa Cruz Harbor

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.

Course includes a review of basic sailing with an emphasis on further development and refinement of small-boat sailing techniques. Prerequisite(s): Successful completion of PHYE 9B or equivalent skills.

Evaluations:

Evaluations are based on:

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| 40% | Quality participation: <ul style="list-style-type: none">● Active and engaged● Positive contributions to class environment● Progressive effort in practicing skills |
| 40% | Attendance: <ul style="list-style-type: none">● On time● Ready to go at class start time |
| 20% | Assignments: <ul style="list-style-type: none">● Timely completion● Demonstrated grasp of material |

Special Accommodations:

UC Santa Cruz is committed to creating an academic environment that supports its diverse student body. If you are a student with a disability who requires accommodations to achieve equal access in this course, please submit your "Accommodation Authorization Letter" from the Disability Resource Center (DRC) to me privately during my office hours or by appointment, as soon as possible. If you have not already done so, I encourage you to learn more about the many services offered by the DRC. You can visit their website (<http://drc.ucsc.edu/index.html>), make an appointment, and meet in-person with a DRC staff member. The phone number is 831-459-2089 or email drc@ucsc.edu.

Student Learning Outcomes:

We intend for students in this course to...

Learn...	Right of way with other vessels Proper communication internally and externally Sail theory Powering up versus depowering Points of sail Intro to racing
Practice...	Hiking out Reefing Heaving to Sailing backwards Controlled jibes
Experience...	Blindfolded sailing Sailing in stronger winds Improved boat handling Greater understanding of wind, swell, and fog as they relate to sailing

Class Schedule

Subject to revision as the quarter progresses.

Week	Topics	Reading/Assignment
1	Right of way. Points of sail. Sailing review of Beginning sailing. Proper communication techniques. Capsize drill	
2	Wind, swell, and fog in Santa Cruz. Depowering boat, when, why, how. Reefing. Buoy work on the bay.	
3	Boat balance versus boat heel- rudderless sailing. Tacking and jibing on the whistle.	
4	Backward sailing, blindfolded sailing around course. Introduction to racing.	
5	Course efficiency. Reading the wind on the water. Long sail to Mile Buoy and back, focusing on tacking on shifts.	
6	Detailed look at boat control prior to race start. Right of way while racing.	

7	Heavy wind jibe techniques - chicken jibe. Downwind efficiency, leeway, use of vang, centerboard usage.	
8	Racing followed by destination sailing.	