

**PHYE 9D Advanced 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.

This course is for students interested in high-performance dinghy sailing. Learn to sail solo in the Olympic-class Laser or fly the spinnaker on the RS Vision. Wetsuits are required.

Prerequisite(s): Successful completion of PHE 9C or equivalent skills.

**Evaluations:**

Evaluations are based on:

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|-----|---|
| 50% | Quality participation: <ul style="list-style-type: none"> <li>● Active and engaged</li> <li>● Positive contributions to class environment</li> <li>● Progressive effort in practicing skills</li> </ul> |
| 50% | Attendance: <ul style="list-style-type: none"> <li>● On time</li> <li>● Ready to go at class start time</li> </ul>  |

**STUDENT HOURS FOR CLASS:**

This is a 20-hour, no-credit PE class, progressive in nature. Students are expected to miss no more than two classes in order to receive a passing grade.

**Student Learning Outcomes:**

We intend for students in this course to...

Learn...	Rigging on Lasers and Visions Sail Shape and adjusting controls Advanced upwind and downwind sailing techniques
Practice...	Self-rescue techniques Dry capsizes Effective hiking in stronger winds
Experience...	Sailing with an asymmetrical spinnaker Establishing and maintaining a plane while sailing

## Class Schedule

Subject to revision as the quarter progresses.

Week	Topics	Reading/Assignment
1	Proper Laser and Vision rigging Modification of main sheet / tiller exchange. Laser boat balance Turning-basin practice 2.5 hours	website video
2	Self rescue techniques, including dry capsize. Buoy-work in bay with capsize practice. 2.5 hours	
3	Sail shape and adjusting controls. Proper daggerboard usage. 2.5 hours	
4	Asymmetrical spinnaker technique on Visions. Set, trim, douse. 2.5 hours	
5	Efficient upwind and downwind sailing in heavier wind. Revisit boat balance 2.5 hours	
6	Racing tactics. 2.5 hours	
7	Establishing and maintaining a plane 2.5 hours	
8	Final review 2.5 hours	