

PHYE 9S Beginning Keelboat 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.

Course transitions from the 15’ dinghies to 22’ to 30’ keelboats. Focus will be on boat-handling skills and teamwork. Prerequisite(s): Prerequisite(s): Successful completion of PHYE 9C or equivalent skills.

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...	Keelboat rigging Proper winch etiquette Docking procedures - how to handle dock lines VHF Communication Small outboard usage
Practice...	Figure-eight person-overboard retrieval Anchoring techniques Controlled high-wind jibes Depowering and reefing
Experience...	Sailing on larger vessels with 4-5 students Sailing further distances in variable wind conditions

Class Schedule

Subject to revision as the quarter progresses.

Week	Topics	Reading/Assignment
1	Compare/contrast dinghies versus keelboats. Small outboard usage Depart and return to dock safely Winch etiquette	
2	Reefing discussion Tacking and jibing techniques on keelboat in various conditions Post-sail boat prepping for return to slip. VHF introduction.	
3	Debrief previous week's sail and docking. Refinement of steering and sail trimming.	
4	Person-overboard discussion and practice.	
5	VHF discussion — Mayday, Pan-Pan, Securite. Heaving to Chicken jibe	
6	Anchoring — types of anchors, ocean-bottom characteristics, scope Sailing backwards	
7	Reefing, POB, backward sailing, heaving to, chicken jibe, heavy-wind jibing review.	
8	Skills challenge between multiple boats.	