

PHYE 9T Intermediate 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.

Further development and refinement of boat-handling techniques, including advanced maneuvering, person-overboard retrieval, using the Genoa and introduction to the use of spinnakers. Prerequisite(s): Prerequisite(s): Successful completion of PHYE 9S 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 |

Student Learning Outcomes:

We intend for students in this course to...

Learn...	How to use larger head sails How to pack a spinnaker How to raise, control, and douse spinnaker
Practice...	Downwind control Steering down swells Flying a spinnaker
Experience...	The power of sailing with a spinnaker Sailing in heavy wind

Class Schedule

Subject to revision as the quarter progresses.

Week	Topics	Reading/Assignment
1	Introduction of the Genoa Upwind and downwind techniques with Genoa	
2	Review of heavy wind techniques and POB recovery	
3	Refinement of jibing skills with emphasis on steering down swells.	Spinnaker tips and techniques
4	Introduction of symmetrical spinnakers. Learn how to pack spinnaker Rigging of boat for spinnaker sailing Dockside hoist, jibing, and dousing of spinnaker	
5	Broaching and Death Roll avoidance. Review roles of all positions on boat for spinnaker sailing and review spinnaker sail trim. Set spinnaker, trim, and douse.	
6	Review previous week's spinnaker sail, with emphasis on proper steering. Set spinnaker, complete multiple jibes, leeward douse.	
7	Review previous week's spinnaker sail, with emphasis on trimming down swells. Set spinnaker, complete multiple jibes, windward douse.	
8	Review previous week's spinnaker sail. Set spinnaker multiple times, ensuring proper trim, douse without spinnaker touching the water	