

**PHYE 9X Advanced 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.

Designed for the experienced sailor who desires to bareboat larger vessels in the future. Focus is on managing boat systems, navigation, anchoring and passagemaking on a 34’ sailboat.

Prerequisite(s): Prerequisite(s): Successful completion of PHYE 9T and 40 or more hours of keelboat usage. Instructor approval only.

**Evaluations:**

Evaluations are based on:

- 50%            Quality participation:
  - Active and engaged
  - Positive contributions to class environment
  - Progressive effort in practicing skills
- 50%            Attendance:
  - On time
  - Ready to go at class start time

**Student Learning Outcomes:**

We intend for students in this course to...

Learn...	Chart reading and navigation Function and troubleshooting of all boat systems Large-vessel docking techniques How to overcome propwalk
Practice...	Anchoring and mooring ball retrieval Docking in multiple situations Sailing a larger sailboat in various wind conditions
Experience...	Planning and participating in a trip across Monterey Bay. Sailing among whales and dolphins in the outer reaches of the bay. Large swell and wind conditions on the bay.

**Class Schedule**

Subject to revision as the quarter progresses.

Week	Topics
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1	Explore vessel, looking for thru-hulls. Fresh water system, head and holding tank, electrical system, diesel engine introduction and troubleshooting. Standing and running rigging differences from smaller keelboats. 2.5 hours
2	Propwalk effect on boat. Proper use of dock lines and fenders. Departure and return to home dock. Establishing steerage in reverse. Turning radius. Back and fill in close quarters. Stopping range and use of engine. 2.5 hours
3	Docking alongside ties, into windward, downwind, and broadside slips. Proper use of spring lines. 2.5 hours
4	Anchoring by wharf. Retrieving mooring ball pendant. Sailing larger vessel. 2.5 hours
5	Navigation in harbor meeting room. Chart reading, two and three-position fixes, running fixes. Understanding compass variation and deviation. True vs. magnetic courses. Plotting courses. 2.5 hours
6	Backing into slips. Review of close quarter boat handling techniques 2.5 hours
7	Monterey Bay crossing. Students to identify course, manage helm and sail trim, plot position every 30 minutes. Contact Monterey harbormaster for slip assignment and dock vessel. 4.0 hours
8	Return trip across Monterey Bay to Santa Cruz, continuing navigation practice and managing any adverse weather conditions. 4.0 hours

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