

KIN A136: INTRODUCTION TO SAILING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Introduces the novice to the fundamentals of sailing through dockside lectures and hands-on experience in Lido 14 dinghies. Points of sail, basic terminology, tacking, jibing, theory, and safety are emphasized. Enrollment Limitation: MARA A136; students who complete KIN A136 may not enroll in or receive credit for MARA A136. REREQUISITE: Ability to swim 50 yards and tread water for five minutes. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Perform a variety of skills specific to control the speed and direction of a Lido 14 sailboat in a safe and efficient manner.
2. Understand the balance between wind direction and performing skills as a competent skipper or crew in a recreational activity.

Course Objectives

- 1. Rig and down rig a Lido 14 dinghy.
- 2. Demonstrate how to right a capsized boat.
- 3. Demonstrate a basic knowledge of boating safety.
- 4. Identify the various parts of a small boat (by name).
- 5. Demonstrate how to tie the four basic sailing knots.
- 6. Demonstrate a basic understanding of sailing theory.
- 7. Sail a dinghy on all points of sail.
- 8. Sail to and away from a dock.
- 9. Jibe and tack successfully.
- 10. Demonstrate a basic knowledge of right of way rules.

- 11. Sail a buoyed course, incorporating all points of sail, with sheets and sails properly used to the most advantageous position, which requires critical thinking in order to plan ahead and thus not endanger the vessel.
- 12. Write a clear analysis of why a sailboat moves, and describe what limits its speed and direction.

Lecture Content

A. Identify Lido 14 parts
B. Rig and down rig boat
C. Points of sail
D. Tacking and jibing
E. Capsizes recovery
F. Docking under sail
G. Basic rules of the road
H. Reach to reach sailing
I. Determining wind angles
J. Review for final
K. Written and practical examination

Lab Content

I. Orientation, overview, facility tour
Mastery of basic sailing knots/hitches
Rig and downrig Lido 14
Departure and docking
II. Points of sail
Reach-to-reach sailing
Tacking
III. Capsizes recovery
Gybing
IV. Right of way
Introduction of jib
Mid-term evaluation
V. Helm technique
Tiller extension use
VI. Jib telltales and windshifts
The understanding of sailing
Beneath a bridge
VII. Racing rules/procedures with video
Practice racing starts
Three race regatta
VIII. Five race regatta

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and discussion; chalkboard lecture sessions; video lectures; practical demonstration; student participation with drills.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. Assigned from text, handouts, publications

Writing Assignments

Written analysis

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Written analysis

Demonstration of Critical Thinking

Write an analysis of movement, speed, and direction; demonstrate proficiency in sailing, knots, safety.

Required Writing, Problem Solving, Skills Demonstration

Write an analysis of movement, speed, and direction; demonstrate proficiency in sailing, knots, safety.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Bird, L. Sails in the Sun, ed. Orange Coast College (latest), 1987 Rationale: .

Other Resources

1. handouts, various U.S. Coast Guard publications