

# KIN A137: INTRODUCTION TO KEEL BOATS

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 intermediate sailor to the fundamentals of sailing through dockside lectures and hands-on experience in Shields 30 sloops. Points of sail, basic terminology, tacking, jibing, theory, and safety are emphasized. Enrollment Limitation: MARA A137; students who complete KIN A137 may not enroll in or receive credit for MARA A137. PREREQUISITE: KIN A136 or MARA A136 or equivalent experience; and the ability to swim 50 yards and tread water for five minutes; and basic sailing ability; These skills will be validated the first week of class. 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 Shield 30 keelboat 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 Shields sloop.
2. Get underway and dock under sail.
3. Demonstrate a basic knowledge of boating safety.
4. Identify and operate on-board gear and lines.
5. Steer and trim sails under all points of sail.
6. Reduce sail by reefing.
7. Discuss anchoring theory and procedures.
8. Demonstrate a basic understanding of right-of-way rules.
9. Successfully complete a man overboard drill.

- 10. Describe helm theory.
- 11. Recognize variant rig.
- 12. Utilize navigational aids to maneuver in Newport Harbor.
- 13. Write a clear analysis of why a sailboat moves and describe what limits its speed and direction.

## Lecture Content

I. Orientation, overview, facility tour  
Review of basics from MARA A136 or KIN A136  
Advanced mastery of basic sailing knots/hitches  
Identify shields parts and rigging procedures  
Departure and docking II. Winch techniques and sail shape  
Close course sailing  
Telltales theory and wind shifts III. Helm theory (center of effort with center of lateral resistance)  
Sailing without using tiller (sails only)  
Reefing the main sail IV. Anchoring techniques and practice  
Short and narrow channel tacking techniques  
Written midterm exam V. Variant rig identification (sloops, cutters, ketches, yaluls, schooners)  
Person overboard techniques/practice VI. Aids to navigation/chart viewing/identification  
Ocean sailing VII. Racing procedures and strategy  
Starts  
Racing - regatta VIII. Long course sailing regatta  
Written final exam

## Lab Content

I. Orientation, overview, facility tour  
Review of basics from MARA A136 / KIN 136  
Advanced mastery of basic sailing knots/hitches  
Identify shields parts and rigging procedures  
Departure and docking II. Winch techniques and sail shape  
Close course sailing  
Telltales theory and wind shifts III. Helm theory (center of effort with center of lateral resistance)  
Sailing without using tiller (sails only)  
Reefing the main sail IV. Anchoring techniques and practice  
Short and narrow channel tacking techniques  
Mid-term evaluation V. Variant rig identification (sloops, cutters, ketches, yaluls, schooners)  
Person overboard techniques/practice VI. Aids to navigation/chart viewing/identification  
Ocean sailing VII. Racing procedures and strategy  
Starts  
Racing - regatta VIII. Long course sailing regatta  
Final Exam

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and discussion (with whiteboard); video discussion; practical demonstrations; student participation with drills

## Reading Assignments

Weekly reading assignment from required text.

## Writing Assignments

written analysis, mid-term and final exams

## Out-of-class Assignments

Weekly reading assignment from required text.

## 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

### **Textbooks Resources**

1. Required US Sailing Association. Basic Keelboat, ed. United States Sailing Association, 1998 Rationale: .