

KIN A138: INTRODUCTION TO OCEAN 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 fundamentals of ocean sailing through dockside lectures and hands-on experience aboard large sailing vessels. Sail handling, winch operation, steering, reefing, line handling are emphasized. Enrollment Limitation: MARA A138; students who complete KIN A138 may not enroll in or receive credit for MARA A138. PREREQUISITE: Ability to swim 50 yards and tread water for five minutes; knowledge of basic sailing principles; 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 advanced skills specific to control the speed and direction of a shields or other keelboat in a safe and efficient manner on the ocean.
2. Understand the balance between wind direction and performing skills as a competent skipper or crew in a recreational activity.

Course Objectives

- 1. Organize sheets, halyards, sails, so that the vessel can be properly prepared to go to sea.
- 2. Demonstrate a basic knowledge of boating safety.
- 3. Identify and operate gear specific to large vessels.
- 4. Steer and trim sails under all points of sail.
- 5. Reef and change headsails under way.
- 6. Handle a variety of gear including running backstays, hydraulic vang, baby stay adjustments, backstay adjustment, grinders

- 7. Read and utilize wind/sail instruments.
- 8. Sail a spinnaker with competence and confidence.

Lecture Content

I. Video review Advanced mastery of basic sailing knots and hitches Deck layout, winch operation, mast layout, halyard operation, hoisting and sheeting techniques Big boat safety equipment - sail II. Mainsail reefing Headsail changes Man overboard drill III. Double headsail sailing IV. Down wind sailing Wing and wing pole techniques V. Spinnaker introduction Hoisting and dousing and trimming techniques VI. Spinnaker gybing VII. Spinnaker changes VIII. Big boat racing strategy and organization

Lab Content

See course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and discussion (with chalkboard); video/discussion; practical demonstration; student participation with drills

Reading Assignments

Assigned from handouts

Writing Assignments

written exams

Out-of-class Assignments

practice for sailing proficiency

Demonstration of Critical Thinking

written exams

Required Writing, Problem Solving, Skills Demonstration

written exams, sailing proficiency demonstrations

Other Resources

1. handouts provided and distributed by the instructor