

MARA A136: INTRODUCTION TO SAILING

Item	Value
Curriculum Committee Approval Date	03/13/2019
Top Code	095900 - Marine Technology
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: KIN A136; students who complete MARA A136 may not enroll in or receive credit for KIN A136. PREREQUISITE: Ability to swim 50 yards and tread water for five minutes; This prerequisite will be validated in class during the first week of the course. 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 controlling 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

Identify Lido 14 parts Rig and down rig boat Points of sail Tacking and jibing Capsize recovery Docking under sail Basic rules of the road Reach to reach sailing Determining wind angles 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. Capsize 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 Review for final Written and practical examination Taking the course two times enhances skills by supervised repetition and practice.

Lab Content

see course content

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

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

Writing Assignments

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

Out-of-class Assignments

Demonstration of Critical Thinking

Midterm and final written exams reflecting practical experience, as well as knowledge from text (written especially for this course)

Required Writing, Problem Solving, Skills Demonstration

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

Textbooks Resources

1. Required Bird, Lydia. Sails in the Sun. OCC Lido 14 manual ? booklet , ed. OCC, 1987 Rationale: -

Other Resources

1. Class handouts 2. Various U.S. Coast Guard publications.