

# MARA A137: INTERMEDIATE SAILING - INTRO TO KEEL BOATS

| 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),<br>• 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: KIN A137; students who complete MARA A137 may not enroll in or receive credit for KIN A137. Students completing MARA A137 may not receive credit for KIN A137. PREREQUISITE: MARA A136 or KIN A136; and 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 A147 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 Review for final IX. Written final examination Spinnaker demonstration Recreational sail Taking the course two times enhances skills by supervised repetition and practice.

## Lab Content

I. Winch techniques - Safety and Handling of winches Close quarters sailing Telltales theory and wind shifts - Adjusting sails and courses to conditions II. Helm theory (center of effort with center of lateral resistance) Sailing without using tiller (sails only), completing tacks and jibes Reefing the main sail III. Anchoring techniques and practice Short and narrow channel tacking techniques Written midterm exam IV. Variant rig identification (sloops, cutters, ketches, yaluls, schooners) Person overboard techniques/practice V. Aids to navigation/ chart viewing/ identification Ocean sailing VI. Racing procedures and strategy Starts and Basic Racing Strategy VII. Long course sailing regatta utilizing sail trim and shape, wind strategies,

## Method(s) of Instruction

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

## Instructional Techniques

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

## Reading Assignments

Weekly assignments in required text.

## Writing Assignments

Write an analysis of movement, speed, and direction;

## Out-of-class Assignments

Weekly text assignments

### **Demonstration of Critical Thinking**

Attendance, participation, demonstration of acquired skills, improvement reflected by sailing ability, mid-term and final written exams reflecting practical experience as well as knowledge from text.

### **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: -

### **Other Resources**

1. US Sailing Association. Basic Keelboat United States Sailing Association, 1998 latest.