

MARA A138: INTRODUCTION TO OCEAN SAILING

Item	Value
Curriculum Committee Approval Date	12/02/2020
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 fundamentals of ocean sailing through dockside lectures and hands-on experience aboard large sailing vessels. Sail handling, winch operation, steering, reefing, and line handling are emphasized. Enrollment Limitation: KIN A138; students who complete MARA A138 may not enroll in or receive credit for KIN A138. PREREQUISITE: Ability to swim 50 yards and tread water for five minutes; Knowledge of basic sailing principles; 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 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)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

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

Reading Assignments

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Writing Assignments

Sailing proficiency demonstrations

Out-of-class Assignments

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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 (written especially for this course).

Required Writing, Problem Solving, Skills Demonstration

Sailing proficiency demonstrations

Other Resources

1. Handouts to be provided and distributed by the instructor.