

# **UCSC Physical Education**

## **PHYE 9S Beginning Keelboat Sailing**

### **SYLLABUS**

#### **Course Overview**

Coeducational. This is a continuing-education class in our sailing program. We will continue to focus on boating safety and proper boat handling skills in a keelboat. PHYE 9C is the prerequisite for this course. Students must have passed PHYE 9C – Intermediate Dinghy or have equivalent experience in order to qualify for this course.

#### **Course Objectives**

Students will be introduced to our keelboat fleet, review familiar terms, and learn new nomenclature. They should be able to tie a bowline while rigging and be able to identify differences between dinghies and keelboats. Students should be able to rig the keelboats, know how to handle lines around winches, and know how to start and operate a small outboard engine. They should be able to communicate boat to boat via hand held VHF radio. They should understand the concept of depowering and know how to reef at the dock or while underway. Students should know how to successfully complete a person-overboard retrieval drill within two attempts. Students will understand anchoring, the different types of anchors available, and will understand the concept of anchoring a sailboat with out an engine. Students will know how to scull the boat backwards into a slip.

#### **Students Learn**

- Rigging
- Proper winch etiquette
- VHF communication
- Small outboard engine procedures
- Sail trim
- Depowering and reefing
- How to handle dock lines
- Figure-eight person-overboard retrieval
- Anchoring techniques
- Controlled high-wind jibes
- Docking procedures

These skills are necessary to learn in order for students to pass this course PHYE 9S. Throughout the course students participate in an inclusive and safe learning environment with equal and consistent hands on learning and instruction for each participant.

At the end of the course students are expected to demonstrate the following skills:

- Rig a keelboat
- Reef while hove to and while underway
- Proper handling of dock lines and docking procedures
- Successful completion of figure-eight recovery procedure within two attempts
- Successfully sail backwards
- Strong communication with other crew members
- Know how to start and handle an outboard engine
- Proper communication via VHF hand-held radios

### **Prerequisites**

PHYE 9C

### **Class Format**

The class will meet once a week for eight weeks, class time is two and a half hours, totaling twenty hours of instruction per quarter. Each class requires active hands on participation, a new skill/concept will be introduced each class, building on the skills and concepts introduced the previous week. The new skill/concept will be introduced at the beginning of the class via whiteboard discussion on the dock and then the duration of the class will be used to practice the skill/concept using an interactive exercise. We will conclude each class with a short debrief of the skills taught and practiced that day.

Class participation is required and students who attend class regularly achieve the best results. Students must attend 6 of the 8 classes to pass, missing more than 2 classes will result in a no pass.

### **Course Evaluation**

Physical Education courses are Pass/No Pass.

**Attendance – 50%**

**Participation – 30%**

**Final Exam – 20%**

**Texts** Course material may be distributed at the discretion of the instructor

Skills	Below Expectations 2-4 points	Approaching Expectations 4-6 points	Meets Expectations 6-8 points	Exceeds Expectations 8-10 points
Rigging	Can not rig any of the keelboats, unfamiliar with lines and procedures	Knows rigging procedure but still requires assistance	Knows rigging well, does not need assistance	Can rig any of the keelboats and assists others in rigging
Depowering/ Reefing	Does not understand basic depowering procedures and cannot demonstrate them	Understands depowering procedures but needs assistance as to when and how to use	Can depower a keelboat using appropriate steps	Can depower any of the keelboats while assisting others
Person Overboard Recovery	Can not complete person over board recovery and does not know figure-eight recovery procedure	Understands figure-eight recovery procedure can get back to "person" in the water but does not come to a complete stop	Can complete person overboard recovery within two attempts	Can complete person overboard recovery on first attempt in various wind conditions
Docking/ Outboard engine procedures	Does not understand docking procedures and can not operate outboard engine	Understands docking procedures but can not demonstrate and still has difficulty with engine operations	Adequately demonstrates proper docking procedures and engine operations	Can dock proficiently in most conditions and assists others with docking and engine operations
Communication	Does not understand basic communication between skipper and crew	Understands basic communication but lacks proper demonstration	Understands proper communication and adequately demonstrates command of boat	Understands communication and why it is essential and assists other is proper procedures