

UCSC Physical Education

PHYE 9X Advanced 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 with an introduction to boat systems, inboard engine, different types of docking procedures, anchoring and navigation. PHYE 9T is the prerequisite for this course. Students must have passed PHYE 9T – Intermediate Keelboat or have equivalent experience in order to qualify for this course.

Course Objectives

Students will be introduced to a new boat in the keelboat fleet and learn new nomenclature. They should be proficient in rigging. Students should be proficient with skills and procedures learned in the beginning and intermediate keelboat classes. Students will learn about the diesel inboard-engine. Students will learn about boat systems and will be asked to identify and find the different thru hulls in the boat. Students will be introduced different docking procedures and using prop walk to their advantage. Students will learn and demonstrate a back and fill. Students will learn and demonstrate anchoring. Students will learn how to plot a course using a nautical chart. Students will plot a course and navigate to Monterey.

Students Learn

- Boat systems
- Docking using prop walk
- Back and fill
- Proper use of spring lines
- Anchoring
- Basic navigation using a chart

These skills are necessary to learn in order for students to pass this course PHYE 9X. 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:

- Identify thru hulls
- Dock in various conditions and situations
- Demonstrate a back and fill
- Properly set an anchor
- Plot a course on a chart

Prerequisites

PHYE 9T

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 skills/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
Identify thru-hulls and systems	Cannot identify thru hulls and lacks understanding of systems	Can identify some of the thru hulls and has general understand of systems	Can identify thru hulls and solid understanding of systems	Can identify thru hulls and solid understanding of systems able to trouble shoot problems
Docking	Doesn't take prop walk into effect and has a hard time docking	Understands prop walk but still struggles to control boat while docking	Understands prop walk and can dock the boat in various ways	Can dock boat in various conditions and various situations
Back and Fill	Lacks understanding of what a back and fill is and cannot demonstrate skill	Understands what a back and fill is but has difficulty demonstrating skill	Understands back and fill and can adequately demonstrate skill	Understands back and fill and can use the skill in tight boat handling situations
Anchoring	Lacks understanding and cannot set an anchor	Understands anchoring concept but has a hard time demonstrating	Adequately understands and demonstrates anchoring	Can proficiently anchor in various conditions
Navigation	Lack understanding of basic navigation concepts	Understands basic navigation concepts but has difficulty plotting a course	Understand and can demonstrate basic navigation skills	Demonstrates navigation skills adequately and can assist others