

UCSC Physical Education

PHYE 9D Advanced Dinghy Sailing

SYLLABUS

Course Overview

Coeducational. This is a continuing-education class in our dinghy-sailing program. We will continue to focus on boating safety and proper boat handling skills. 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 different boats and will review sailing nomenclature. They should be able to tie a bowline while rigging. They will be taught a modification of the mainsheet tiller exchange and be able to handle the tiller extension differently while maintaining boat control. They should be able to hike more efficiently and aggressively keeping the boat flat in stronger winds. Students should know how to read and properly fly tell tales for maximum sail efficiency. Students should understand how to use control lines for upwind and downwind and different wind conditions. Students will learn how to rig and use an asymmetrical spinnaker. Students will learn about planning, what it is and how to use swell to achieve results.

Students Learn

- Rigging the Lasers and Visions
- Self rescue techniques
- Dry capsizes
- Boat handling
- Sail trim
- Sail shape and adjusting controls
- Upwind vs. downwind sailing techniques
- How to effectively hike
- Establishing and maintaining a plane while sailing
- Racing techniques and rules
- Sailing with an asymmetrical spinnaker

These skills are necessary to learn in order for students to pass this course PHYE 9D. 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 Laser and Vision
- Maintain control through tacks and jibes
- Effectively hike
- Demonstrate how to read tell tales
- Be able to rig and fly a spinnaker

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 8 classes to pass, while 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 Laser or Vision without assistance | Can rig Vision but needs assistance with some of Laser rigging | Can rig Vision and Laser without assistance | Can rig the Lasers and Visions and assists others in rigging |
| Boat control through tacks and jibes | Looses control of boat through tacks and jibes most of the time | Can control tacks but still struggles with control through jibes | Maintains boat control through tacks and jibes | Boat control through tacks and jibes in wind exceeding 14 knots of wind |
| Hiking, boat balance, and body positioning | Does not get body outside of gunwhale while hiking and does not have body in dynamic position | Starts to move body outboard but is it using legs or abs | Moves body outboard adequately hiking using leg and abdominal muscles, keeping the boat powered up flat and controlled | Uses hiking to keep boat flat in all wind conditions, knows how to move body around to keep boat balanced not only inboard/outboard but forward and aft as well |
| Sail trim and tell tales | Does not read tell tales and is consistently off on sail trim | Has proper trim and flies tell tales 50% of time on water | Has proper trim and flies tell tales 75% of time on water | Has proper trim and flies tell tales 100% of time on water in all conditions, pinching to depower when necessary |
| Rigging and sailing with the asymmetrical spinnaker | Cannot rig spinnaker without help and has a hard time sailing with it | Can rig with some assistance and can sail with minimal mistakes | Can rig with out assistance and sail with spinnaker with out mistakes | Helps other rig and can sail with spinnaker maintaining control in various wind conditions |