

## **UCSC Physical Education**

### **PHYE 9T Intermediate 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 emphasis on controlled downwind tactics. PHYE 9S is the prerequisite for this course. Students must have passed PHYE 9S – Beginning Keel boat or have equivalent experience in order to qualify for this course.

#### **Course Objectives**

Students will continue to gain confidence with the keelboat fleet and will review and learn new nomenclature. They should be proficient in rigging. Students should be proficient with tacks and jibes in various wind conditions. They should be able to reef. They should be able to successfully complete the person-overboard retrieval. Students will focus on downwind-sailing techniques and demonstrate control while steering down swell and managing jibes. Students will be introduced to a genoa and be able to manage a larger headsail. Students will be introduced to a spinnaker along with proper handling procedures. Students will learn crew roles and positions needed to successfully set and sail with the spinnaker. Students will learn proper dousing procedures with the spinnaker. Students will learn and understand the different positions on the boat involved with successfully flying the spinnaker. Students will practice with the spinnaker on dock and then eventually set and fly the spinnaker on Monterey Bay, switching positions to gain confidence in all areas of the boat.

#### **Students Learn**

- Downwind control
- Steering down swell
- Controlling larger head sails
- How to pack a spinnaker
- Set and douse a spinnaker
- Fly a spinnaker
- Jibe a symmetrical spinnaker
- Boat positions with the spinnaker

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

- Pack a spinnaker
- Rig all lines having to do with spinnaker
- Manage boat downwind with spinnaker as skipper
- Properly trim the spinnaker and guy
- Properly handle the topping lift, fore guy and mid ship lines
- Properly demonstrate fore deck responsibilities i.e. hoist, jibe the spinnaker pole, mane the jib, and douse the spinnaker

### **Prerequisites**

PHYE 9S

### **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	Barely understands concepts and does not know how to pack a spinnaker, set pole or any lines	Understands rigging concept but can not complete without assistance	Understands rigging and can adequately rig everything	Can rig adequately and assists others in rigging
Downwind control	Has a very hard time controlling steering downwind and down swell	Has boat control downwind most of the time but still lacks focus and confidence	Has adequate boat control downwind, down swell and good command of boat	Has solid boat control in various conditions and solid command of boat while assisting others
Jibing with a spinnaker	Lacks understanding of proper commands and protocol on jibing with a spinnaker	Understand proper commands and protocol of jibes but has a hard time adequately demonstrating procedures	Understands commands and protocol and adequately demonstrates procedure while maintaining control	Can jibe with a spinnaker in various conditions while maintaining control and assisting others
Foredock responsibilities	Lacks understanding about foredeck responsibilities	Understands foredeck responsibilities but has difficulty demonstrating procedures	Adequately understands and demonstrates foredeck responsibilities	Can proficiently demonstrate foredeck responsibilities in various conditions while assisting others
Trimming a spinnaker	Lack understanding of basic spinnaker trimming concepts	Understands basic spinnaker trimming concepts but has difficulty demonstrating them	Understand and can demonstrate proper trimming	Demonstrates proper trimming in various conditions while assisting others