

UCSC Physical Education
PHYE 9B Beginning Dinghy Sailing

SYLLABUS

Course Overview

Coeducational. This course is our introductory class in our sailing program. We will focus on boating safety and proper boat handling skills. No prior sailing experience is necessary as we teach boating basics with an emphasis on safe techniques.

Course Objectives

Students will learn to identify the parts of the dinghy, basic sailing nomenclature, and be able to rig a dinghy on their own. They should be able to identify the wind direction and recognize the no-go sailing zone. They should be able to properly and safely demonstrate the mainsheet-tiller exchange and safely move around the boat. They should be able to depart and return to the dock in a safe, controlled manner. Students will learn and demonstrate how to right a capsized boat. They should understand what tacking and jibing are and be able to perform both while out on the water. Understand boat balance and move body weight around accordingly. They should be able to tie basic sailing knots. Students will know how to safely navigate the Santa Cruz Yacht Harbor channel and harbor mouth. They should be able to safely start and stop the boat using the wind. Lastly, students should understand and demonstrate basic sail trim.

Students Learn

- Rigging
- Nomenclature
- Sailing theory
- Proper boat handling
- Basic sailing knots
- Departing and returning to the dock
- Boat balance
- Basic sail trim
- Tacking and Jibing
- Stopping and starting on the water
- Safe boating practices
- Self-rescue techniques
- Rules of the road
- Wind and ocean conditions

These skills are necessary to learn in order for students to move on and be proficient in the next course level in the sailing program, PHYE 9C, Intermediate Dinghy Sailing. 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 and locate the wind direction and no-go sailing zone
- Properly rig a RS Quest
- Tie a figure-8 stopper knot
- Successfully complete and tack and jibe and be able to define each
- Depart and return to a dock in a safe and controlled manner

Prerequisites

None required.

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.

Class participation is required and students who attend class regularly achieve the best results. Students must attend 6 of the 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
Locate wind and no go zone	Can not locate wind direction or no go zone	Can sometimes locate the wind direction but still can't stay out of no go zone	Can locate wind direction and stay out of no go zone	Can locate wind direction in all conditions and always stays out of no go zone.
Rigging	Cannot rig Quest on own at the end of quarter	Can rig Quest mostly	Can rig Quest with out assistance	Rigs Quest quickly and understands function of all lines and parts
Tacking	Cannot tack and doesn't understand basic concept	Can tacks sometimes but most of time does not get through no go zone	Can tack proficiently and understands concept	Can tack upwind proficiently in various wind conditions without assistance
Jibing	Cannot jibe and does not understand concept	Can jibe sometimes but still needs verbal assistance	Can safely and proficiently jibe and understands concept	Can safely jibe in various wind conditions without assistance