

UCSC Physical Education

PHYE 9C Intermediate 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 9B is the prerequisite class for this course. Students must have passed PHYE 9B – Beginning Dinghy or have equivalent experience in order to qualify for this course.

Course Objectives

Students will review the parts of the boat, basic sailing nomenclature, and must be able to rig a dinghy on their own. They should be able to identify points of sail and know basic right of way rules. They should be able to properly and safely tack, jibe, head up and fall off in moderate wind and know the commands for each. They should be able to tack their way upwind on their own and know what a controlled jibe is and how to properly demonstrate one. Students will learn how heave-to and sail backwards. They should understand boat balance, boat heel, and be able to keep the boat flat using their body. They should know how to depower the boat in high wind conditions. Students will be taught basic sailboat racing techniques and should be able to get around a short racecourse. Lastly, students should understand and demonstrate a more concrete understanding of sail trim.

Students Learn

- Right of Way
- Detailed discussion of rules of the road
- Points of sail
- Sailing in stronger winds
- Improvement of boat handling skills
- Hiking out
- Sail theory
- Sail trim
- Powering up vs. depowering
- How to and when to reef
- Heaving to
- Backwards sailing
- Blind folded sailing
- Intro to racing

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 9D, Advanced Dinghy Sailing and PHYE 9S Beginning Keelboat 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 demonstrate points of sail on the water
- Reef while underway
- Tie a proper bowline
- Demonstrate how to heave to
- Know how to and demonstrate sailing backwards
- Be able to get themselves around a racecourse
- Be able to safely navigate the Santa Cruz harbor mouth

Prerequisites

PHYE 9B

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 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
Points of Sail	Cannot identify any points of sail and but knows what they are	Can identify and demonstrate most points of sail	Can demonstrate and identify all points of sail with proper sail trim	Can demonstrate and identify all points of sail in any wind condition with proper sail trim
Depowering/ Reefing	Somewhat understands what depowering is but cannot demonstrate it	Understands what it is but does not depower when needed	Understands the depowering process and can demonstrate when it is needed and how to do it	Depowers before overpowered and can demonstrate two ways to reef on the water
Heave to/ Sailing Backwards	Does not know how to do skills or what it is used for	Understands the concept but cannot demonstrate it	Understands concept and can demonstrate both within two attempts	Understands concept and can demonstrate both in various conditions
Getting around a course	Can not sail around all three buoys in course	Can sail around course with some assistance	Can sail around all three buoys without verbal assistance	Can sail around course every time in various conditions with proper sail trim