San José State University  
Kinesiology  
Fall 2019, KIN 9A Beginning Sailing

Contact Information

Instructor: Shirley H. M. Reekie, PhD
Office Location: SPX 173K
Telephone: 408 924 3020 (faster response if you contact me by email)
Email: shirley.reekie@sjsu.edu
Office Hours: Before or after class, by arrangement
Class Meetings & location: SPX pool first two meetings; then Vasona Lake (for directions, see below)

Prerequisites:
1. Swim 100 yards without stopping (any “style”!)
2. Stay above water for 5 minutes (any unaided method)
3. Successfully right and climb aboard capsized boat
Testing for this will likely be at the second class meeting, which is mandatory. Wear swimsuit.

Check out the class video: https://www.youtube.com/watch?v=FmUv_I-Mcfs

Course Description

Basic skills and safety knowledge in small boats for those with little or no sailing experience.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

• Knowledge of fundamental skills, techniques, related to sailing (including knots and all safety checks)
• Proficiency in execution of the sailing skills covered (rigging, sailing on all points of sailing, coming about/gybing under control, sail around triangular course, man overboard rescue)
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with sailing (“rules of the road” and racing rules)
• An understanding of the mental and physical health benefits to be derived from sailing
• An understanding of the weather concerns related to sailing to act appropriately/safely
• A basic theoretical understanding of the differences of sailing on tidal water vs lakes
Activity Program Learning Outcomes

After successful completion of the class, students will be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.
- KIN/AT majors only should consider the links between this activity class and scholarship in the field of Kinesiology.

Text/Readings

*Sailing Made Simple* textbook sent electronically. You should read assigned chapters both before and after class. I’ve consistently found that READING it is the key to students doing better in this class!! Occasional quizzes, given at 12:30, will be based on readings and no make ups will be given.

Course Content

a. types of boats, their evolution/history
b. terminology of sails and hulls
c. knots - figure eight, clove hitch, bowline, cleating, sheet bend, round turn and two half hitches, square knot, coiling, heaving a line, hanging up line attached and unattached
d. theory of sailing
e. weather considerations; dressing appropriately
f. rigging, launching, de-rigging, docking/beaching
g. reaching, beating, running, getting in/out irons, sailing backwards, and by the lee
h. coming about, gybing, centerboard use, course sailing; commands
i. US Coast Guard regulations, safety considerations, distress signals; DMV registration
j. capsize drill; self rescue
k. man overboard drill
l. basic racing strategy and basic rules; "rules of the road"
m. additional considerations when sailing on tidal/saltwater
n. benefits of regular physical exercise, physical and mental

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. **Do NOT take out with you on the water anything that cannot get wet.** Leave cell phones, wallets, etc. in your own safe place; keys may be left in the sailing shed. Interactions with classmates and the instructor are expected to be respectful at all times.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
- If you have pre-existing medical or physical problem you should consult your physician
before participating in this class and alert the instructor to any required limitations.
• Report any accidents or equipment breakage to the instructor immediately so that I can repair it for your use before the next class.

Course Requirements, Assignments, and Grading

Grading
Active participation* 20% (2 pts per class)
Quizzes based on readings 10% (as needed at start of class)
Midterm (written) and knot test #1 10% (date TBD)
Final (written) and knot test #2 20% (date TBD)
Practical evaluation on water 30% (date TBD)
Knot tying 10% (5% at midterm, 5% at final)

Grades: A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = less than 60%

No extra credit is available; no make ups will be granted except for serious and compelling reasons supported by documentation.

*Active participation means participating in the entire class (being on time, staying until the end) and actively sailing on the water/participating in alternative activity if required by weather

University Policies
Information pertaining to university programs and policies designed to facilitate student success can be found here:
http://www.sjsu.edu/gup/syllabusinfo/

Class meeting information (after 2nd class)
Meeting Place: Lake Vasona Park, Los Gatos--approx. 25 mins from SJSU. Take 280 North to 17 South (toward Santa Cruz), exit at Lark Ave in Los Gatos. Turn right at light on Lark. At second light, turn left onto University Ave and go approx. 1 mile (lake is on left). To park free, park on University by big park gates (always closed), or to pay, continue to Blossom Hill, turn left, then left into park and pay at booth. Head for sailing center, with dock. My cellphone number given out in class.
Time: 12:30-3:20; class meets 3 hrs for at least 10 wks (weather permitting).
Equipment: SJSU Sunfish boats provided.
Transportation: Students must make their own arrangements.
Clothing: Always bring a change of clothes and a towel. You will get wet, sometimes very wet! T-shirt, shorts, and old tennis shoes with good grip are recommended. LIFEJACKETS MUST BE WORN AT ALL TIMES WHEN ON THE WATER.
Course Calendar (subject to change with fair notice by announcement in class and/or email; also, largely dependent upon weather)

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<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
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<tbody>
<tr>
<td>1</td>
<td>Introductions; syllabus explanation</td>
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<tr>
<td>2</td>
<td>In indoor pool for swim test, treading water test, and possible capsize recovery drill (depends on construction at SJSU and ability to get boat to pool); watch video on sailing basics</td>
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<tr>
<td>3</td>
<td>Use of space at lake; storage; care of equipment; basic rigging; first sail: reaching and coming about; capsize recovery drill if not already completed</td>
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<td>4</td>
<td>Recap basic rigging; recap reaching; recap coming about; beating, running</td>
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<tr>
<td>5</td>
<td>Recap all above; gybing under control</td>
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<td>6</td>
<td>Approx time for written midterm (you will be notified in previous class and by email) and knot tying test #1</td>
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<td>7</td>
<td>Improving technique; use of tiller extension</td>
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<tr>
<td>8</td>
<td>Sail around triangular course; use of centerboard</td>
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<td>9</td>
<td>Basic racing and basic rules of racing and “Rules of the Road” and when each applies</td>
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<td>10</td>
<td>Review; sailing on tidal waters (theoretical)</td>
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<td>11</td>
<td>Practical skills testing #1</td>
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<td>12</td>
<td>Practical skills testing #2</td>
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<td>13</td>
<td>Practical skills testing #3</td>
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<td>14</td>
<td>Make up</td>
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<td>15</td>
<td>Witten final and knot tying test #2</td>
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