

San José State University
Kinesiology
Beginning Sailing KIN 9A, Section 1, Spring, 2015

Instructor: Shirley H. M. Reekie, PhD
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Office Hours: By arrangement; by email; by phone
Class Days/Time: Thursdays, 1:30-4:20
Classroom: At Lake Cunningham (see below for directions)
Prerequisites: See below

Course Description

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

Prerequisites (tested in outdoor pool Thurs Jan 29)

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

You must show you can meet these requirements before sailing. **Attendance at this class is mandatory.** Meet at outdoor pool with swimsuit on underneath regular clothes. Brief lecture first. Meet at lake weekly thereafter.

Course Goals and Student Learning Objectives

Upon successful completion of this course, students will be able to:

1. rig and prepare for sailing a small sailboat, with all knots correct and safety equipment ready
2. helm and crew a small sailboat on all points of sailing in calm to moderate wind and be able to safely execute coming about and gybing, such that a prescribed course can be followed
3. understand and show basic "rules of the road" for cruising and racing
4. complete and successfully recover a "man overboard"
5. show awareness of weather considerations and act appropriately and safely

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, derigging, 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. capsized drill; self rescue
- k. man overboard drill
- l. basic racing strategy and basic rules; "rules of the road"
- m. benefits of regular physical exercise, physical and mental

Required Texts/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!! Pop quizzes, given at 1:30, will be based on readings.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/ Click on [Late Drop Policy](#) to see it. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](#).

Assignments and Grading Policy (SLO's are on department website)

Active participation SLO # 1, 4	20% (2 pts per class)
Pop quizzes based on readings SLO # 2, 3	10% (as needed at start of class)
Midterm (written) SLO # 2, 3	10% (date TBD)
Final (written) SLO# 2, 3	20% last day of regular class (May 8)
Practical evaluation on water SLO # 1	30% (dates TBD)
Knot tying SLO # 2	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.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San José State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this

class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](#) (DRC) to establish a record of their disability.

Class meeting information

Meeting Place: Lake Cunningham Regional Park--approx. 10 mins from SJSU. Take 280 South, continue on 680, take Capitol Expressway South. After Reid Hillview Airport on right, take a left on Tully (Eastridge Mall is diagonally opposite). Park is on left in 500 yards--sign says Lake Cunningham Park/Raging Waters. Inside park, follow signs to Marina. Park in designated area. Parking is free if you display windshield pass (sent separately).

Time: 1:30-4:20; 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.**

Tentative schedule

Week 2: meeting and testing in pool (required attendance)

Weeks 3-5: learning basic rigging and basic sailing maneuvers

c. Week 6: midterm

Weeks 7-13: improving technique, basic racing; final practical assessments; written final