

**San José State University
Department of Kinesiology
KIN 9A , Beginning Sailing Spring 2012,**

Instructor:	Chris May
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Office Hours:	Monday and Wednesday 10:30am-11:25am Tuesday & Thursday 8:00am-8:25am Wednesday 1:30-4:20pm
Class Days/Time:	
Classroom:	SPX 82- Lake Cunningham
Prerequisites:	Swim test (100 yard any stroke(s) no time – 5 minute float/tread
Course Fees:	\$20. Cash or check made out to SJSU KIN sailing by 3 rd week of class.

Course Description

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

Course Goals and Student Learning Objectives

The course goals and student learning objectives include the student sailing a small dinghy and all related skills necessary to accomplish that.

Course Content Learning Outcomes

Includes determining wind direction and strength, rigging and de-rigging a small sailing dinghy, steering and handling a small sailing dinghy including sailing a specific course and docking or beaching the craft, safety

Activity Program Learning Outcomes (APLOs)

After the completion of the class, the student shall be able to

1. demonstrate the acquisition and application of motor skills appropriate to the specific activity.

2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
4. demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Text

Reekie, Shirley H.M **Sailing Made Simple.** Champaign, IL: Leisure Press, 1986

* Copy available in the Associated Students Print Shop

Other equipment

Non-slip sandals or older athletic shoes, hat, sunglasses, fingerless gloves, and a spare set of clothing.

Classroom Protocol

Anytime a student is on the dock or a sailboat he or she must where an approved personal flotation device. Only students registered in this section may participate. It is recommended that you leave all items of value locked in your vehicle. The first portion of class is dedicated to lecture and reviewing of the skills for that session. After the first two class sessions, the class will meet at Lake Cunningham Regional Park. (10-15minutes from SJSU)

Directions: 280 South to 680. Exit Capitol Expressway south. After Reid Hillview airport, turn left onto Tully. Make left ¼ mile into Lake Cunningham/Raging Waters. Follow signs to the Marina. Park.

Transportation: Students need to provide there own transportation. Car pooling is encouraged.

Weather: there is a possibility of class being cancelled due to rain. Communication via email is important. Typically, the instructor will make the decision the day before class.

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 section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. 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 at <http://www.sjsu.edu/advising/>.

Grading Policy

Knot tying test	10%	A+ = 99-100%	C+= 78-79%
Midterm	20%	A = 92-98%	C= 72-77
Sailing Practicum	50%	A- = 90-92	C-= 70-71
Final Exam	<u>20%</u>	B+ = 88-89	D+= 68-69
	100%	B = 82-87	D-= 60-62
		B- = 80-81	F= 59% and below

* Sailing practicum is where students individual demonstrate sailing skills including rigging and sailing a specific course.

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, 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 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) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

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. Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	On campus 1/25/12	Introduction, course policies and procedures, video, and knot tying introduction.

Week	Date	Topics, Readings, Assignments, Deadlines
2	On Campus 2/1/12	Swim test, rigging demonstration, knot tying review, and capsize drill
3	Lake Cunningham	Facilities introduction, knot tying test. Approach, tacking , sailing up wind, sailing downwind, beaching, sail practice
4	Lake Cunningham	Review types of turns – come about, gibing, sail practice
5	Lake Cunningham	Midterm – accidental gybing, man over board, on water repairs
6	Lake Cunningham	Sailing a course - Race
7	Lake Cunningham	Sailing Practicum
8	Lake Cunningham	Sailing Practicum
9	Lake Cunningham	Sailing Practicum
10	Lake Cunningham	Final Exam