# San José State University Kinesiology Fall 2016, KIN 9A Beginning Sailing

## Contact Information

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| 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: | Thursdays, 1:30-2:30 PM |
| Class Meetings & location | SPX pool first two meetings; then Lake Cunningham (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 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 sailingskills 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

## Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall 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.

## 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!! Pop quizzes, given at 1:30, 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, 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. capsize 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

## 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 problems 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.

## Course Requirements, Assignments, and Grading

Grading

Active participation\* 20% (2 pts per class)

Pop quizzes based on readings 10% (as needed at start of class)

Midterm and knot test #1 (written) 10% (date TBD)

Final and knot test #2 (written) 20% last day of regular class

Practical evaluation on water 30% (dates 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**

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.**

## Course Calendar (subject to change with fair notice by announcement in class and/or email; also, largely dependent upon weather)

| **Week** | **Course Content (Assignments, Exams/Quizzes, ...)** |
| --- | --- |
| 1 | Introductions; syllabus explanation |
| 2 | In indoor pool for swim test, treading water test, and capsize recovery drill |
| 3 | Use of space at lake; storage; care of equipment; basic rigging; first sail: reaching and coming about |
| 4 | Recap basic rigging; recap reaching; recap coming about; beating, running |
| 5 | Recap all above; gybing under control |
| 6 | Approx time for midterm (you will be notified in previous class and by email) |
| 7 | Improving technique; use of tiller extension |
| 8 | Sail around triangular course; use of centerboard |
| 9 | Basic racing and basic rules of racing and “Rules of the Road” and when each applies |
| 10 | Review |
| 11 | Practical skills testing #1 |
| 12 | Practical skills testing #2 |
| 13 | Practical skills testing #3 |
| 14 | Make up |
| 15 | Witten final and knot tying test |