

San José State University
Kinesiology
Spring 2021, KIN 9A Beginning Sailing

Contact Information

Instructor:	Shirley H. M. Reekie, PhD
Office Location:	SPX 173K (but my office hours will be by appt online)
Telephone:	Please contact me by email; cell number given out in class
Email:	shirley.reekie@sjsu.edu
Office Hours:	Via Zoom, by arrangement or after class
Class Meetings & location:	SUREC pool then Vasona Lake (for directions, see below)
Prerequisites:	<ol style="list-style-type: none">1. Swim 100 yards without stopping (any “style”!)2. Stay above water for 5 minutes (any unaided method)

These tests will likely be on Feb 17, and attendance at this class is **mandatory**. Come dressed in swimsuit and leave immediately after. No access to restrooms or locker rooms. More details nearer the time.

Note: usually, we conduct a capsize/righting test in the pool on the same day as the swim test. That is not possible with social distancing so the capsize test will be AT THE LAKE once the water/air temperatures are warm enough. I will let you know in advance when this is and I will be in attendance nearby in a kayak.

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

MOVING REMOTE: This course is scheduled to meet face-to-face after Feb 15 for the remainder of the spring semester. But, if Santa Clara County of Public Health Department shifts back to shelter-in-place given an increase in COVID-19 positive cases, this class could move to a fully-online modality for the remainder of the semester. If this becomes the case, in order to meet the learning outcomes of this course, we will do the following: meet via Zoom at the scheduled time, with meetings recorded for anyone unable to meet synchronously. Assessment regarding the practical aspect of sailing will be based on your ability shown to that point. Theoretical aspects of sailing (rules, boat parts, knot tying, weather considerations, history, tides/currents, health benefits etc.) will form the majority of classes moved to online and will be assessed accordingly.

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 to your email address and on Canvas. 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.

Additionally, the videos sent by email should be watched as appropriate to learning.

Course Content

- a. types of boats, their evolution/history
- b. terminology of sails and hulls
- c. knots - figure eight, clove hitch, bowline, cleating, square knot, coiling, heaving a line, coiling/hanging up a line
- 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

* SOCIAL DISTANCING (6' APART) IS REQUIRED AT ALL TIMES. You can and should help one another lift boats but keep 6' apart—boats are 14' long and you will sail alone, in your own boat. MASKS MUST BE WORN ON LAND AT ALL TIMES.

* 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% (up to 2 pts per class)
Quizzes based on readings	10%
Midterm (written) and knot test #1	15% (date TBD) (10% for midterm, 5% for knots)
Final (written) and knot test #2	25% (date TBD) (20% for final, 5% for knots)
Practical evaluation on water	30%

(Knots may be assessed via Zoom; exams may be open book in own time; assessment done each day)

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. You can always determine your grade "so far" by referring to this if you keep a record of your results.

*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/COVID restrictions.

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 swim test completed)

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, next dock. My cellphone number given out in class.

- Time: 12:30-3:20; class meets 3 hrs for alternate weeks for each student.
 Equipment: SJSU Sunfish boats, life jackets etc, 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, ...)
Jan 27	<p>On Zoom: Introductions; syllabus explanation; COVID issues; watch videos on sailing basics; read chapters 1-3 AND answer questions at the end ready for next class</p> <p>Imagine <u>you</u> doing this soon! https://www.youtube.com/watch?v=snKLjcgKJfg What makes sailboat work https://www.youtube.com/watch?v=cWXHHaZtxqQ Rigging a Sunfish part 1 https://www.youtube.com/watch?v=9fuaFe5DKmk Rigging a Sunfish part 2 https://www.youtube.com/watch?v=oEOAPEop6Ck</p> <p>Bring rope/string/shoelace to next two Zoom classes</p>
Feb 3	<p>On Zoom: How a boat sails; basic knots (clove hitch; cleating: have rope/string with you for class); review chapters 1-3 questions; read chapter 4-5 AND answer questions at the end ready for next class</p> <p>Wind direction: https://video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=yhsst_emea&hspart=domaindev&p=video+of+how+to+find+wind+direction+for+sailing#id=1&vid=f11b235776cce63ef715e1be2ae9b213&action=click Part 1 How to sail: https://www.youtube.com/watch?v=yI-k5UXDyHQ&t=61s Part 2 Where to sit: https://www.youtube.com/watch?v=h9R20btCeVc&t=36s Part 3 Sails: https://www.youtube.com/watch?v=YAndx81N2uQ Part 4 Turning around: https://www.youtube.com/watch?v=W3yv1olHMCA Part 5 Simple maneuvers: https://www.youtube.com/watch?v=Wx1vCgd9Dhc Part 6 Common mistakes: https://www.youtube.com/watch?v=VmDmd44pBSA Part 7 Key learning points: https://www.youtube.com/watch?v=rxTbidjwuAE</p> <p>Bring rope/string/shoelace to next Zoom class</p>
Feb 10	<p>On Zoom: Recap how to find wind direction; how to change course; where to sit; knots (bowline); read chapter 6 AND answer questions at the end ready for first class on the water!</p> <p>How a boat turns https://www.youtube.com/watch?v=h9R20btCeVc&t=33s Coming about https://www.youtube.com/watch?v=gMEOex9GQWU&t=100s</p>

Week	Course Content (Assignments, Exams/Quizzes, ...)
	How sails work https://www.youtube.com/watch?v=YAndx81N2uQ How a boat sails https://www.youtube.com/watch?v=YAndx81N2uQ&t=9s First sail https://www.youtube.com/watch?v=yI-k5UXDyHQ Key learning points https://www.youtube.com/watch?v=rxTbidjwuAE Capsize recovery https://www.youtube.com/watch?v=R35mdMsxbfk
Feb 17	In SUREC pool for swim test, treading water test; time of your arrival sent by email; arrive dressed to swim and leave wet! No indoor use of any room. Turn in quiz. Watch the video series “before your first time on the water” before next class.
Feb 24	Use of space at lake; storage; care of equipment; basic rigging; first sail: reaching and coming about; COVID 19 procedures; read chapter 7 before next class
Mar 3	Recap basic rigging; recap reaching; recap coming about; beating, running. review all knots so far; getting out of irons in detail; read chapter 8 before next class; watch all gybing videos
Mar 10	Recap all above; gybing under control; add knots--bowline, square knot, coiling, heaving a line, coiling/hanging up a line; read chapter 9 before next class
Mar 17	Review all knots; use of centerboard; read chapter 10 before next class
Mar 24	Sail around triangular course; review all; read chapter 11 before next class
Apr 7	On Zoom: review and catch up; sailing on tidal waters (theory); midterm open book and knots via Zoom; watch videos “before your first race”
Apr 14	Basic racing and basic rules of racing and “Rules of the Road” and when each applies; man overboard; capsize/recovery drill at lake if warm enough
Apr 21	Review all and preparation for practical on-water skills test
Apr 28	Practical skills testing #1 You will also be assessed every day during the course in case this assessment is not possible for any reason.
May 5	Practical skills testing #2 You will also be assessed every day during the course in case this assessment is not possible for any reason.
May 12	Practical skills testing #3 (make up day for anyone who missed other assessment days) and/or free sail. You will also be assessed every day during the course in case this assessment is not possible for any reason. Written final in class, if allowed.

Midterm and final may be open book. Knot tying tests may be via Zoom.

We will watch these together in the first class meeting

Imagine you doing this soon! <https://www.youtube.com/watch?v=snKLjicqKJfg>
What makes sailboat work 6 essentials <https://www.youtube.com/watch?v=cWXHHaZtxqQ>
Rigging a Sunfish part 1 <https://www.youtube.com/watch?v=9fuaFe5DKmk>
Rigging a Sunfish part 2 <https://www.youtube.com/watch?v=oEOAPEop6Ck>
Before next class: read text chapters 1-3 AND do the questions at the end of each chapter

We will watch these together in the second class but you are welcome to watch before too

How to find wind direction: https://video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=yhsst_emea&hspart=domaindev&p=video+of+how+to+find+wind+direction+for+sailing#id=1&vid=f11b235776cce63ef715e1be2ae9b213&action=click
Part 1 How to sail single handed: <https://www.youtube.com/watch?v=yI-k5UXDyHQ&t=61s>
Part 2 Where to sit: <https://www.youtube.com/watch?v=h9R20btCeVc&t=36s>
Part 3 Sails: <https://www.youtube.com/watch?v=YAndx81N2uQ>
Part 4 Turning around: <https://www.youtube.com/watch?v=W3yvloIHMcA>
Part 5 Simple maneuvers: <https://www.youtube.com/watch?v=Wx1vCgd9Dhc>
Part 6 Common mistakes: <https://www.youtube.com/watch?v=VmDmd44pBSA>
Part 7 Key learning points: <https://www.youtube.com/watch?v=rxTbidjwuAE>
Before next class: read text chapters 4-5 AND do the questions at the end of each chapter

We will watch these together in the third class but you are welcome to watch before too

How a boat turns <https://www.youtube.com/watch?v=h9R20btCeVc&t=33s>
Coming about/tacking <https://www.youtube.com/watch?v=gMEOex9GQWU&t=100s>
How sails work <https://www.youtube.com/watch?v=YAndx81N2uQ>
How a boat sails <https://www.youtube.com/watch?v=YAndx81N2uQ&t=9s>
First sail <https://www.youtube.com/watch?v=yI-k5UXDyHQ>
Key learning points from first sail <https://www.youtube.com/watch?v=rxTbidjwuAE>
Capsize recovery <https://www.youtube.com/watch?v=R35mdMsxbfk>
Before first class on water: read chapter 6

Watch these before your first time on water (each is approx. 2 mins)

https://www.youtube.com/watch?v=gr_n3HFnxQ8 Beach launching in general
<https://www.youtube.com/watch?v=UVc25M0jHkM> Launching with cross wind
<https://www.youtube.com/watch?v=aDJMbetmEtE> Launching with onshore wind
<https://www.youtube.com/watch?v=T5ME6WCE9BY> Launching with offshore wind
<https://www.youtube.com/watch?v=Dflz7rPyVBM> Launching common mistakes
<https://www.youtube.com/watch?v=IibVJBdnTBE> Beach landing common mistakes
<https://www.youtube.com/watch?v=R35mdMsxbfk> Capsize recovery
<https://www.youtube.com/watch?v=h9R20btCeVc> Where to sit
<https://www.youtube.com/watch?v=W3yvloIHMcA> Turning around

Watch these 8 before gybing class (each is approx. 2 mins)

<https://www.youtube.com/watch?v=2IQssAvdAa8> Gybing in general
<https://www.youtube.com/watch?v=rtYCG7Aho4o> Gybing in detail theory
https://www.youtube.com/watch?v=7Iea3zx_Igw Gybing land drill
<https://www.youtube.com/watch?v=rtYCG7Aho4o&t=42s> Gybing in detail afloat
<https://www.youtube.com/watch?v=qIC9Y7mF2x0> Gybing common mistakes
<https://www.youtube.com/watch?v=VoX9JPddFCU> Key points of gybing
<https://www.youtube.com/watch?v=Wx1vCgd9Dhc> Maneuvering
<https://www.youtube.com/watch?v=VmDmd44pBSA> Common mistakes

Watch these before your first race class:

<https://www.youtube.com/watch?v=V1XGzEfJxf4> Club Sunfish fleet race start

<https://www.youtube.com/watch?v=-btLizwL4tk> Club Sunfish fleet race start and race

<https://www.youtube.com/watch?v=nw9G3cEFHWE> Sunfish nationals

<https://www.youtube.com/watch?v=MOFWQbZyK7s> Laser Olympic race, watch start from 14:45

<https://www.youtube.com/watch?v=rblXrxBFps> Sunfish match race (1 vs 1)

Other sailing videos:

<https://www.youtube.com/watch?v=Bjg3QVqmXng> righting two-person boat

<https://www.youtube.com/watch?v=sbmJf0GDdgY> righting single-handed boat

<https://www.sailboat.tv/single-handed> single handed sailing

https://www.youtube.com/watch?v=EfJIu_moZaE Getting started in small boat sailing

<https://www.youtube.com/watch?v=b477nzyJum0> Beginner's guide

<https://cedarlakeecc.com/wp-content/uploads/2016/10/cedar-lake-sailing-club-sunfish-sailing-guide-rev-h.pdf> Overall Sunfish guide

<https://www.youtube.com/watch?v=hKQtCyJSxq8> Quite exciting at the start + theory

<https://www.youtube.com/watch?v=WjBYRUZbU4Y> How to sail in a simple big boat (limited relevance but same principles)