

**San José State University**  
**Kinesiology**  
**Spring 2022 (rev), 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:	408 924 3020 but please contact me by email; also, my cell number given out in class
Email:	<a href="mailto:shirley.reekie@sjsu.edu">shirley.reekie@sjsu.edu</a>
Office Hours:	Via Zoom by arrangement, or after class
Class Meetings & location:	Jan 26 Zoom (important you are present!) Feb 2 SPX 180 (mandatory session, pool near courtyard) Feb 9 Zoom (important you are present!) Feb 16 onward Vasona Lake (for directions, see below)
Prerequisites:	<ol style="list-style-type: none"><li>1. Swim 100 yards without stopping (any “style”!)</li><li>2. Stay above water for 5 minutes (any unaided method)</li></ol> <p>This test will be Feb 2, and attendance at this class is <b>mandatory</b>. Come dressed in swimsuit and leave immediately after. Bring towels!</p>

**Note: usually, we conduct a capsize/righting test in the pool on the same day as the swim test. That is currently not possible owing to COVID and other issues, so the capsize test will be AT THE LAKE as soon as the air/water temperature are reasonable. 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](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 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 listed on the syllabus 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. capsized 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) MAY BE REQUIRED.** You can and should help one another lift boats but may have to keep 6’ apart—boats are 14’ long. At present, the plan is to sail two to a boat; if we are required to by SCC or SJSU, we may move to one person per boat and alternate week of instruction. **MASKS MAY HAVE BE WORN ON LAND.**

\* 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 (only) 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 (unannounced)	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%

(dates of exams determined later as depend on weather; one week's notice will be given)

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 (all classes 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/marina, next dock.

Time: 12:30-3:20; class meets 3 hrs.

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 recommended. **LIFEJACKETS MUST BE WORN, AND PROPERLY ADJUSTED, (ie done up) 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 26 Zoom	<p>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! <a href="https://www.youtube.com/watch?v=snKLjicqKJfg">https://www.youtube.com/watch?v=snKLjicqKJfg</a>            What makes sailboat work  <a href="https://www.youtube.com/watch?v=cWXHHztxqQ">https://www.youtube.com/watch?v=cWXHHztxqQ</a>            Rigging a Sunfish part 1 <a href="https://www.youtube.com/watch?v=9fuaFe5DKmk">https://www.youtube.com/watch?v=9fuaFe5DKmk</a>            Rigging a Sunfish part 2 <a href="https://www.youtube.com/watch?v=oEOAPEop6Ck">https://www.youtube.com/watch?v=oEOAPEop6Ck</a></p>
Feb 2 SPX 180 pool near courtyard	<p>* Swim 100 yards without stopping, any style but do NOT touch ends of bottom or sides of pool (no time limit)            *tread water/float for 5 minutes unaided            * Knots: clove hitch, cleating (you must be familiar with these before next class!)</p> <p>Review chapters 1-3 and read chapters 4-6 before next class</p>
Feb 9 Zoom	<p>How a boat sails; how to find wind direction; review chapters 4-6; read AND answer questions at the end ready for next class; basic rigging; reaching and coming about</p> <p>Wind direction: <a href="https://video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&amp;hsimp=yhsst_emea&amp;hspart=domaindev&amp;p=video+of+how+to+find+wind+direction+for+sailing#id=1&amp;vid=f11b235776cce63ef715e1be2ae9b213&amp;action=click">https://video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&amp;hsimp=yhsst_emea&amp;hspart=domaindev&amp;p=video+of+how+to+find+wind+direction+for+sailing#id=1&amp;vid=f11b235776cce63ef715e1be2ae9b213&amp;action=click</a>            Part 1 How to sail: <a href="https://www.youtube.com/watch?v=yI-k5UXDyHQ&amp;t=61s">https://www.youtube.com/watch?v=yI-k5UXDyHQ&amp;t=61s</a>            Part 2 Where to sit: <a href="https://www.youtube.com/watch?v=h9R20btCeVc&amp;t=36s">https://www.youtube.com/watch?v=h9R20btCeVc&amp;t=36s</a>            Part 3 Sails: <a href="https://www.youtube.com/watch?v=YAndx81N2uQ">https://www.youtube.com/watch?v=YAndx81N2uQ</a>            Part 4 Turning around: <a href="https://www.youtube.com/watch?v=W3yv1oIHMcA">https://www.youtube.com/watch?v=W3yv1oIHMcA</a>            Part 5 Simple maneuvers: <a href="https://www.youtube.com/watch?v=Wx1vCgd9Dhc">https://www.youtube.com/watch?v=Wx1vCgd9Dhc</a>            Part 6 Common mistakes:  <a href="https://www.youtube.com/watch?v=VmDmd44pBSA">https://www.youtube.com/watch?v=VmDmd44pBSA</a>            Part 7 Key learning points: <a href="https://www.youtube.com/watch?v=rxTbidjwuAE">https://www.youtube.com/watch?v=rxTbidjwuAE</a>            Read chapter 7 before next class</p>
Feb 16 At Vasona Reservoir From now on	<p>Recap how to find wind direction; how to change course; where to sit; beating and running; knots (bowline); read chapter 7 AND answer questions at the end ready for class; possible alternate (intentional!) capsizing day</p> <p>How a boat turns <a href="https://www.youtube.com/watch?v=h9R20btCeVc&amp;t=33s">https://www.youtube.com/watch?v=h9R20btCeVc&amp;t=33s</a>            Coming about <a href="https://www.youtube.com/watch?v=gMEOex9GQWU&amp;t=100s">https://www.youtube.com/watch?v=gMEOex9GQWU&amp;t=100s</a>            How sails work <a href="https://www.youtube.com/watch?v=YAndx81N2uQ">https://www.youtube.com/watch?v=YAndx81N2uQ</a>            How a boat sails <a href="https://www.youtube.com/watch?v=YAndx81N2uQ&amp;t=9s">https://www.youtube.com/watch?v=YAndx81N2uQ&amp;t=9s</a>            First sail <a href="https://www.youtube.com/watch?v=yI-k5UXDyHQ">https://www.youtube.com/watch?v=yI-k5UXDyHQ</a></p>

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Key learning points <a href="https://www.youtube.com/watch?v=rxTbidjwuAE">https://www.youtube.com/watch?v=rxTbidjwuAE</a> Capsize recovery <a href="https://www.youtube.com/watch?v=R35mdMsxbfk">https://www.youtube.com/watch?v=R35mdMsxbfk</a> Read chapter 8 before next class
Feb 23	Getting out of irons in detail; review chapter 8; watch all gybing videos; gybing under control; knots: square knot, coiling/ hanging up a coil. Read chapter 9 before next class <a href="https://www.youtube.com/watch?v=2IQssAvdAa8">https://www.youtube.com/watch?v=2IQssAvdAa8</a> Gybing in general <a href="https://www.youtube.com/watch?v=rtYCG7Aho4o">https://www.youtube.com/watch?v=rtYCG7Aho4o</a> Gybing in detail theory <a href="https://www.youtube.com/watch?v=7Iea3zx_Igw">https://www.youtube.com/watch?v=7Iea3zx_Igw</a> Gybing land drill <a href="https://www.youtube.com/watch?v=rtYCG7Aho4o&amp;t=42s">https://www.youtube.com/watch?v=rtYCG7Aho4o&amp;t=42s</a> Gybing in detail afloat <a href="https://www.youtube.com/watch?v=qIC9Y7mF2x0">https://www.youtube.com/watch?v=qIC9Y7mF2x0</a> Gybing common mistakes <a href="https://www.youtube.com/watch?v=VoX9JPddFCU">https://www.youtube.com/watch?v=VoX9JPddFCU</a> Key points of gybing <a href="https://www.youtube.com/watch?v=Wx1vCgd9Dhc">https://www.youtube.com/watch?v=Wx1vCgd9Dhc</a> Maneuvering <a href="https://www.youtube.com/watch?v=VmDmd44pBSA">https://www.youtube.com/watch?v=VmDmd44pBSA</a> Common mistakes
Mar 2	Review all knots; use of centerboard; review chapter 9 and read chapter 10 before next class
Mar 9	? Midterm (may need to be rescheduled according to weather on previous days); read chapter 11 before next class
Mar 16	Sail around triangular course; review all; review chapter 11
Mar 23	Additional info for sailing on tidal waters (theory); watch videos “before your first race”; basic racing and basic rules of racing and “Rules of the Road” and when each applies; man overboard; review chapters 1-11 <a href="https://www.youtube.com/watch?v=V1XGzEfJxf4">https://www.youtube.com/watch?v=V1XGzEfJxf4</a> Club Sunfish fleet race start <a href="https://www.youtube.com/watch?v=-btLizwL4tk">https://www.youtube.com/watch?v=-btLizwL4tk</a> Club Sunfish fleet race start and race <a href="https://www.youtube.com/watch?v=nw9G3cEFHWE">https://www.youtube.com/watch?v=nw9G3cEFHWE</a> Sunfish nationals <a href="https://www.youtube.com/watch?v=MOFWQbZYK7s">https://www.youtube.com/watch?v=MOFWQbZYK7s</a> Laser Olympic race, watch start from 14:45 <a href="https://www.youtube.com/watch?v=rblXrxbFPs">https://www.youtube.com/watch?v=rblXrxbFPs</a> Sunfish match race (1 vs 1)
Mar 30	No class—Spring Break
April 6	Review all and preparation for practical on-water skills test; additional short races
April 13	Practical skills testing #1 You will also be assessed every day during the course in case this assessment is not possible for any reason
April 20	Practical skills testing #2 You will also be assessed every day during the course in case this assessment is not possible for any reason
April 27	Practical skills testing #3 You will also be assessed every day during the course in case this assessment is not possible for any reason

Week	Course Content (Assignments, Exams/Quizzes, ...)
May 4	Make up day
May 11	Written final and rope/knot test

***Watch before capsized class***

<https://www.youtube.com/watch?v=R35mdMsxbfk> Capsized recovery

***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](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)