



PE 1515

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1515

Title: Sailing

Catalog Description:

In this course, students learn sailing theory, sailing nomenclature, parts of the boat, how to launch and retrieve the boat, how to rig and trim the boat for various points of sail. There will be various types of sailing boats so students will receive experience on keel boats, catamaran, sailing canoe, dinghies, and board sailing. This course may be repeated for credit.

General Education Requirements: N/A

Semesters Offered: Fall 1

Credit/Time Requirement: Credit: 1; Lecture: 10; Lab: 20

Clock/Hour Requirements: 30

Offered for Non-Credit: No

Justification:

Lifetime recreational activities such as sailing develop physical skills and provide productive leisure time activities that form the basis of a healthful life-style. This is important in a society with so many health dangers associated with sedentary life-styles. This course fulfills and elective credit at Utah State University and Weber State University (PE 1515)

Student Learning Outcomes:

Students will be able to:

- Demonstrate an understanding of sailing terminology to include parts of the boat, sail rigging, points of sail, and navigation.
- Demonstrate an understanding of how to transport, launch, and retrieve a sailboat.
- Demonstrate an understanding of how to rig the sailboat from a unrigged sailboat on the trailer to a fully functional sailing boat on the water.
- Demonstrate an understanding of how to read where the wind is coming from and how to set a navigational course to reach a desired destination based on where the wind is coming from.
- Demonstrate an understanding of sailing theory. (How a sailboat works)
- Demonstrate an understanding of man over board rescue techniques.
- Demonstrate an understanding of how to heave to.
- Demonstrate an understanding of how to lay a hull
- Demonstrate an understanding of how to set and retrieve the anchor.
- Demonstrate an understanding of how to sail different types of sailing craft. (keel boats, catamaran, s

ailing canoe and kayak, dinghy, and board sailing)

Content:

Students learn by hands on experiential experiences on the various boats combined with studying the theories prior to actually launching the boats. They will transfer these theories into real time supervised practice on the boats. They will learn to set the sails for various points of sail. (close hauled, close reach, reach, broad reach, and running before the wind). They will learn to set a course, navigate, set and retrieve an anchor, laws regarding lights, right of way on the water etc.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Sailing can be moderately to extremely vigorous and physically demanding depending upon the wind conditions and the type of sailing craft involved. It requires strength, agility, and focus to manage the power of the wind in the various sail rigs. The physical requirements for sailing help form the foundation of fitness. The productive use of leisure time is an essential element of a wellness oriented lifestyle.

Key Performance Indicators:

Student Learning Outcomes will be assessed by two or more of the following Key Performance Indicators:

- Written test covering terms, theory, skills, and techniques.
- Practical assessment through demonstrating proficiency.
- Demonstrated ability to rig, launch and retrieve, unrig and transport the boats.

Representative Text and/or Supplies:

Instructor supplied packet.

Optimum Class Size: 12

Maximum Class Size: 13

Signatures:

I hereby submit this course syllabus:

Bob Trythall, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)