I. Course Description (from catalog)
   KINE-1105 – Sailing Introduction to Sailing Instruction and practice in skills and safety involved in sailing. May be repeated once for credit by non-Kinesiology majors. Materials fee required.

II. Rationale
   Introduce students into the world of sailing. According to the Surgeon General’s report, regular physical activity is a part of a healthy lifestyle. Sailing can be a lifelong physical activity.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
   N/A

IV. TExES Competencies
   N/A.

V. Course Objectives/Learning Outcomes
   This course is designed to enable students to:

   1. Comprehend and Demonstrate knowledge of all points of sail.
   2. Comprehend safety knowledge surrounding all aspects of sailing.
   3. Demonstrate the knowledge of the right terminology of the parts of the boat.
   4. Demonstrate the skill of rigging.
   5. Comprehend and Demonstrate ability to sail upwind and downwind.
   6. Demonstrate the skill of starting and stopping.
   7. Demonstrate the skill of tacking/jibing and tiller movement.
   8. Demonstrate the skill of returning to dock.
   9. Demonstrate the skill of up-righting a capsized boat.

VI. Course Topics
   The major topics to be considered are:
   A. Understanding of the sport of sailing and be able to sail both upwind and downwind.
   B. Terminology and Parts of Sailboat
   C. Safety in the sport of sailing
D. Rigging and de-rigging a sailboat.

VII. Instructional Methods and Activities

Methods and activities for instruction include:
A. Traditional Experiences lecture/discussion, demonstration, drill and videos.
B. Field Experiences: Sailing of Club 420 boats with a partner.

VIII. Evaluation and Grade Assignment

The methods of evaluation and the criteria for grade assignment are:

Attendance and Participation ............................................................. 40 pts.
Parts of a Sailboat ........................................................................... 5 pts.
Points of Sail ................................................................................... 5 pts.
Midterm ............................................................................................ 20 pts.
Swim Test .......................................................................................... 0 pts.
Rigging and De-Rigging a Sailboat ................................................... 20 pts.
Capsize Test .................................................................................... 30 pts.
Sailing Around a Course ................................................................. 50 pts.
1 Final Exam ................................................................................... 30 pts.
Total ................................................................................................. 200 pts.

You will have multiple chances with your partner to sail around the course and to upright a boat after capsizing.

A. Methods and Percentage of Final Course Grade Each Assessment Constitutes
1. Traditional Assessment  60 pts.
2. Performance Assessment 140 pts.

B. Grading Scale

180-200 = A; 160-179 = B; 140 – 159 = C; 120 – 139 = D; Below 120 F

IX. Course Schedule and Policies

A: Class Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading*¹</th>
<th>Activity*²</th>
<th>Quiz or Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/23</td>
<td>Introduction &amp; Review of Course</td>
<td>Chapter 1 - You as a sailor,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chapter 2 - Safety and You.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(We will review in class.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/30</td>
<td>Parts of a Sailboat &amp;</td>
<td>Chapter 3- Parts of</td>
<td>Demonstration</td>
<td>Swim Test with</td>
</tr>
<tr>
<td>Date</td>
<td>Topic</td>
<td>Chapters</td>
<td>Additional Information</td>
<td>Notes</td>
</tr>
<tr>
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<td>----------------------------------------------------------------------------------------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>2/6</td>
<td>Review of Rigging and Knots. Wind Awareness and How Sails Work</td>
<td>Chapter 4 - Wind Awareness. Chapter 5 - How Sails Work.</td>
<td>Practice Rigging Boats and Tying knots. Additionally learn how to de-rig the boat and put equipment away.</td>
<td>Parts of a Sailboat</td>
</tr>
<tr>
<td>2/13</td>
<td>First Time in boats Sailing Directions, Sailing Upwind and Downwind</td>
<td>Chapter 7 - Your First Sail, Chapter 8 - Sailing Directions</td>
<td>Go out without sail up. Work with steering and body movement as well as learning how to sail under tow.</td>
<td>Rigging and De-rigging a Sailboat</td>
</tr>
<tr>
<td>2/20</td>
<td>Capsize and Recovery</td>
<td>Chapter 11- Capsize Recovery Chapter 12 - Overboard Recovery</td>
<td>Demonstration of Capsizing a boat and righting it.</td>
<td>Points of Sail</td>
</tr>
<tr>
<td>2/27</td>
<td>First Sail</td>
<td>Chapter 14: Improving your skills, Chapter 15 Right of Way</td>
<td>Righting a capsized boat.</td>
<td></td>
</tr>
<tr>
<td>3/6</td>
<td>Continue Practice with Sailing Reaches</td>
<td>Review Chapter 9 - Sailing Upwind, Chapter 10 - Sailing Downwind</td>
<td>Righting a capsized Boat. (if needed)</td>
<td></td>
</tr>
<tr>
<td>3/20</td>
<td>Midterm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/27</td>
<td>Sailing Upwind and Downwind. Weather, Tides and Currents</td>
<td>Chapter 17 – Weather Tides and Currents.</td>
<td>Practice Sailing Upwind and Downwind</td>
<td>Righting a capsized boat. (if needed)</td>
</tr>
<tr>
<td>4/3</td>
<td>Sailing Upwind and Downwind</td>
<td></td>
<td>Practice Sailing</td>
<td></td>
</tr>
<tr>
<td>4/10</td>
<td>Improve techniques in Sailing Around a Course</td>
<td></td>
<td>Practice Sailing</td>
<td></td>
</tr>
<tr>
<td>4/17</td>
<td>Continue to work on sailing techniques</td>
<td></td>
<td>Practice Sailing</td>
<td></td>
</tr>
</tbody>
</table>
4/24  Continue to work on sailing techniques  Practice Sailing  Ability to Sail Around the Course
5/1  Continue to work on sailing techniques  Practice Sailing  Ability to Sail Around the Course

*1 Reading should be completed before the class.
*2 Activity may be altered due to weather conditions.

B. Class Policies

Attendance: Students are allowed 1 unexcused absence. Each additional non-excused absence is 5 pts. off your final grade. Excused absences must have proper documentation. Being late to class three times will count as one absence. Non-participation will count as an absence unless to injury or illness.

Cell phones must be turned off by the beginning of class and remain so for the duration of the class.

With sailing, you most likely will get wet. The chances of dropping items overboard are also good. **We are not responsible for items lost or destroyed.**

At the end of class, boats must be de-rigged and sails put away appropriately. Failure to do so will result in 5 pts. off your final grade. I will make sure that we come in from sailing with sufficient time to de-rig before the end of the class.

X. Textbook


XI. Bibliography


XII. Grade Appeals

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or
guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.