

PALS 168
Introduction to Ocean Sailing
COURSE SYLLABUS
Spring 2022

Course Number and Title: PALS 168 Sailing

Instructor: Jason Cox, jason@sailingmyrtlebeach.com

Class Times and Locations:

Week 1: Saturday, 9:00 – 12:00 noon;
Williams-Brice Classroom 116

Weeks 2 through 5: Saturdays, 9:00 – 4:00 pm;
Cricket Cove Marina, Dock B5-B8, Little River, SC

Weeks 6 & 7: Saturday, 9:00 – 4:00 pm
Reserved for written test & inclement weather/make-up day
Cricket Cove Marina, Dock B5-B8, Little River, SC

Catalog Description:

An introduction to the basics of keelboat, ocean sailing. Instruction involves sailing theory, nautical terminology, boating safety, and fundamental sailing skills. The course requires both classroom instruction and experiential sailing sessions. Water/boat instruction of on-dock and on-boat skills are practiced on a boat at an off-campus marina.

Prerequisites: None

Credits Awarded:

One (1) credit hour. Course may be taken up to two times for academic credit.

Course Objectives

- Obtain knowledge of fundamental seamanship skills, techniques, and safety as related to sailing
- Show proficiency in execution of the sailing skills covered (helming, sail trim on all points of sailing, tacking/gybing under control, heaving-to, departure and landing, and knots)
- Demonstrate an understanding of the “rules of the road” related to maritime law and boating safety
- Discuss an understanding of the mental and physical health benefits, leadership and teamwork to be derived from sailing
- Show an understanding of the weather concerns related to sailing to act appropriately/safely

Student Learning Outcomes

Upon successful completion of this course, it is expected that the student will be able to:

1. Demonstrate an understanding of boating safety rules.
2. Demonstrate the following knots: Cleat Hitch, Clove Hitch, Round-Turn & Two Half-Hitches, Square/Reef Knot, Figure 8/Stopper Knot, Bowline, and Rolling Hitch.
3. Demonstrate the following basic sailing skills: Tacking, Jibing (Gybing), Heading Up/Bearing Away, Sail Trim of the Appropriate Point of Sail.

4. Demonstrate the proper procedure for heaving-to.
5. Demonstrate a written knowledge of basic sailing terms and an understanding of basic sailing theory and techniques.
6. Act as a crew member on a 26' - 39' sloop-rigged keelboat by day, in light to moderate winds and sea conditions, while using their knowledge of basic sailing terminology, parts and functions, helm commands, basic sail trim, points of sail, seamanship and safety including basic navigation rules to avoid collisions and hazards.

Course Readings

- Sailing Made Easy, American Sailing Association
- Supplemental Materials will be provided by the instructor

Lab Fee

This course entails a \$100 lab fee.

Tentative Course Outline

MODULE ONE

1. Review course syllabus, schedule for classes, and waiver signing
2. 1-2 minute sailing video
3. Course handouts
4. Introduction to sailing and theory
5. Points of sail and basic sail trim theory
6. Sailing knots (7) and their uses
7. Sailing Assignments and days will be given at this initial meeting.

MODULE TWO

1. Boating safety and recovery procedures
2. Nomenclature
3. Dock procedures – departure and return
4. Aids to Navigation
5. Rules of the Road
6. Hoisting Sails
7. Helming
8. Points of Sail (Sail Trim)

MODULE THREE

1. Knot Quiz
2. Review
3. Tacking
4. Jibing/Gybing
5. Heaving-To

MODULE FOUR

1. Reserve day for inclement weather; Make up skills

MODULE FIVE

1. Final Exam

Instructional Methodologies

The instructional methods for this course will be split between classroom work and real on-boat sailing experience.

Instructional Method

1. Lecture and/or Direct Skill Instruction 25%
2. Practice and Activity Time 60%
3. Assessments/Direct Feedback 15%

Course Requirements for Grading

Students will be required to complete one quiz at the end of Module 3 relating to knots. A hands-on skills assessment over the course of Modules 2 and 3 relating to basic sailing maneuvers. Finally, a written exam will be given during Module 5.

Assessment Category

Minimum % of grade

- | | |
|--|-----|
| 1. Written exam and knot quiz | 25% |
| 2. Basic skills and concepts | 25% |
| 3. Active and successful participation | 50% |

Examples of assessments include:

Knowledge of concepts:

Quizzes

Acquisition of basic physical skills:

Skill tests, instructor assessments (on-boat)

Active and successful participation:

Participation checks, behavioral rubrics (e.g. dress, attitude, effort, teamwork)

Grading Scale

A	=	100% - 90%
B+	=	89% - 87%
B	=	86% - 80%
C+	=	79% - 77%
C	=	76% - 70%
D+	=	69% - 67%
D	=	66% - 60%
F	=	below 60%

Attendance Policy for Physically Active Living (PALS) Courses

Since the course is experiential and based on active student participation, the following attendance policy applies to this PALS course

Class one day per week for up to 7 weeks. Students are required to attend the first week, 2 sailing session days, and one test day (week 6 or 7). These days can be signed up for during the Week 1 class.

Unexcused Absences

1
2

Adjustment

2 letter grades
Course Failure

Absences can be made up at the discretion of the instructor. Weeks 6 & 7 of instruction has been allotted as a test and/or make-up day for anyone who misses a class from Week 2 to Week 5. Make-ups are substantial experiences that occur outside of class time but clearly align with course objectives/learning

outcomes (as determined by the instructor). Should there be available spots on other sail days from Week 2 to Week 5, the student will be allowed to join dependent upon slots available on that boat, that day.

Late Enrollment: No students are allowed to enroll in this PALS class after the first day of classes due to the outlay of the course. Students are also responsible for making up any missed material or skills tests at a time deemed appropriate by the instructor.

Late arrivals or early departures: During sailing, the boat will leave the dock at approximately 9:00 am. If the student fails to arrive before that time and misses the boat, the student will be counted absent.

Non-participation: Full participation in physical activities is expected. Non-participation is treated as an absence. Please discuss specific situations with the instructor should you have concerns or hesitations. Sailing is a physically demanding sport and requires attention, focus and physical exertion commiserate with sailing activities. **In the case that the student can't physically participate, he or she should drop the course.**

Deadline for dropping with grade of W: TBA

Dress Policy for Physically Active Living (PALS) Courses

All students must attend each class dressed appropriately for the activity. Appropriate attire for this physical activity is defined as:

Seasonal appropriate clothing is highly recommended. Bring layers as it is typically cooler on the water than on land. Sport clothing that is still comfortable if wet. This includes quick dry clothing, shorts or comfortable pants/jeans, closed toed shoes (no flip-flops or similar), long sleeve shirt or t-shirt for sun protection, hat, sunglasses, sunscreen and water while out on the boat. Foul weather/rain gear is recommended.

Students who are not dressed appropriately (e.g. dress shoes, etc.) for the activity are subject to penalties for a) non-participation (attendance policy); or b) less successful participation (assessment category).