PEHD 130-086
Intermediate Sailing

Spring 2010, March 3-April 26, 16 classes
Colin Bentley Office Hours: 1000
216-8450 Office: Sailing Center

Course Description: The course is designed to provide instruction in intermediate skills
of sailing and to provide the student with lifetime sports skills.

Course Text:
The New Book of Sail Trim, Ed. Ken Textor, and the basic class text as reference.

Course Objectives:
1. Develop intermediate sailing skills
2. Develop a working knowledge of sail controls and their affect on sail shape.
3. Develop an appreciation of sailing as a lifetime sport.

Course Requirements:
1. Demonstrate as basic skills:
   - Proper rigging and bending on of sails on a J-22
   - Proper preparation of reef knot, bowline, half hitches, figure of eight, clove hitch, belay to a cleat, and coil a line.
   - Sail around a port triangle demonstrating tacking, beating to windward, jibing, heading up, bear off, reaching, and sail trim.
2. Demonstrate proper procedures for leaving and returning to the dock
3. Demonstrate the proper procedures for stopping the boat, sailing backward, and getting out of irons on either tack.
4. Demonstrate the proper procedures for man overboard recovery.
5. Demonstrate the proper use of the vang, cunningham,outhaul, fairleaders, luff tension, and backstay for prevailing conditions
6. Demonstrate working knowledge of the use of the spinnaker

Grading Criteria:

Attendance: Attendance is required. You may miss one class without being penalized. For each additional unexcused absence your grade will be reduced by 2 points. Excused absences must be approved by the Instructor or by the Office of the Undergraduate Dean.
Make-Up Tests: Make-ups will not be given for an unexcused absence. Excused make-up tests will be given the next class period attended by the student.

Honor System: The College of Charleston Honor System is recognized in the course. For specific details of responsibility and penalty, see page 44 of the Student Handbook.

Evaluation Criteria and Scale

1. Basic Skills 10% 93-100 A
2. Intermediate Skills 60% 89-92 A-
3. Two written quizzes 30% 87-89 B+
82-86 B
78-81 C+
74-77 C
70-73 C-
68-69 D+
64-67 D
62-63 D-
Below 62 F

Bonus Points: You may earn up to 5 bonus points if you complete a report. The topic must be approved by the instructor. A minimum of 2 pages, typed, double spaced, and at least three sources is required. The format should be: An opening introducing the topic, a paragraph from each source on the topic, and a closing. The sources must be referenced in a bibliography.