COLLEGE OF CHARLESTON

PEHD 118

BASIC SAILING

Spring 2010 Exp.II

Time: T, TR 1:00-3:30pm
Place: Sailing Complex, Patriots Point
Instructor: Howard Cromwell
Office Location: Sailing Complex
Office Phone: 216-8450
Office Hours: 9:30-11:00
Email: Cromwellh@cofc.edu
Prerequisites: None

Course Description: Instruction is given in the basics of sailing and the student is taught a lifetime sports skill useful in the community which will contribute to physical, mental, and social growth. Attention is given to the development of skills for the safe and responsible operation of sailboats, as well as instruction in the proper care and maintenance of sailing vessels.

Text: Start Sailing Right, U.S. Sailing Association

Sailing Site: College of Charleston Sailing Complex, Patriots Point Marina, Mt. Pleasant, SC. located adjacent to the Destroyer Laffey. 216-8450 Marina

Dates: March 4- April 22 (15 Class meetings)

Course Objective:
The student will be able to:
1. Demonstrate the proper rigging and bending on of sails of J-22 class sailboat.
2. Demonstrate the proper preparation of the following:
   a. Reef Knot  b. Half Hitches  c. Figure of Eight
   b. Bowline  c. Clove Hitch  f. Line Coil
   c. Belay to a cleat
3. Demonstrate while sailing around a port triangle of buoys as both crew and helmsman, the following basic sailing skills.
   a. Tacking
   b. Jibing
   c. Beating to Windward
   d. Heading Up/Bearing Off
   e. Reaching
   f. Sail Trim of the Appropriate Point of Sail
   g. Proper seated position
4. Demonstrate the Proper Procedure for Man Overboard retrieval.
5. Demonstrate the Proper Procedure for Getting Out of Irons.
6. Demonstrate a written knowledge of basic sailing terms and an understanding of basic sailing theory and techniques by taking three written quizzes.

Course Requirements:
5% Rigging
5% Knots and Line
30% Quizzes
60% Basic Sailing Skills
### Quizzes:
- **Quiz 1**: 5 pts - Pages 6 and 7, 28 and 29 of text, 2nd day of class
- **Quiz 2**: 12.5 pts - through page 61 of Text, Lectures (use the glossary!!)
- **Quiz 3**: 12.5 pts - Entire Text, Lectures

### Evaluation Criteria and Scale

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<thead>
<tr>
<th>Evaluation</th>
<th>Points</th>
<th>Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>5 pts</td>
<td>93-100</td>
<td>A</td>
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<tr>
<td>Exam 2</td>
<td>12.5 pts</td>
<td>89-92</td>
<td>B+</td>
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<tr>
<td>Exam 3</td>
<td>12.5 pts</td>
<td>83-89</td>
<td>B</td>
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<tr>
<td>Rigging</td>
<td>5 pts</td>
<td>78-82</td>
<td>C+</td>
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<tr>
<td>Knots and Line</td>
<td>5 pts</td>
<td>74-77</td>
<td>C</td>
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<td>Daily Skills Average</td>
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<td>70-73</td>
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<td>Below 69</td>
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### Bonus Points:
You may earn up to 5 bonus points if you successfully complete a report. The topic must be approved by the instructor. Length: Minimum 2 pages, typed, double spaced. Sources: Three. Format: An opening introducing the topic, a paragraph from each source on the topic, and a closing. Three sources must be listed in bibliographic format.

### 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 this course. For specific details of responsibility and penalty, see page 44 of the Student Handbook.