BASIC SAILING
PEAC 118-02 and PEAC 118-04 Syllabus

Fall Express I (PEAC 118-02) & II (PEAC 118-04) Tuesdays & Thursdays Fall 2016

Time: T/TR 1:00-4:00pm
Place: Sailing Complex, Patriots Point
Instructor: Jacob Raymond
Office Location: Sailing Complex
Office Phone: 216-8450
Email: jdraymon@g.cofc.edu
Office Hours: Mondays 10:00am -1:00pm and by appointment
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: Basic Keelboat, U.S. Sailing Association

Sailing Site: College of Charleston J. Stewart Walker Sailing Center, located in the Charleston Harbor Resort and Marina at 20 Patriots Point Rd. in Mt. Pleasant, SC 29464.

Dates:
August 23rd Class first
August 30th Quiz #1
September 6th Midterm
September 12th Quiz #2
September 27th Final Day to do Rigging and Knot
Test October 11th Final Exam

Dates are subject to change due to weather delays.

Student Learning Outcomes
As a result of participating in PEAC 118, students will demonstrate the proper way to rig a sailboat.
As a result of participating in PEAC 118, students will distinguish between a tack and jibe and demonstrate the proper way to execute both.
As a result of participating in PEAC 118, students will demonstrate the proper way to tie 6 distinct knots and explain the purpose of each.
Course Objectives:
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
d. Bowline e. Clove Hitch f. Line Coil
g. Belay to a Cleat/Cleat Hitch
3. Demonstrate while sailing around a port triangle of buoys as 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 two quizzes and two tests.

Course Requirements:
5% Rigging
5% Knots and Line
40% Exams and Quizzes
50% Basic Sailing Skills

Evaluation Criteria and Scale
Quiz 1: 5 pts
Quiz 2: 5 pts
Exam 1: 15 pts
Exam 2: 15 pts
Rigging: 5 pts
Knots and Line: 5 pts
Daily Skills Average: 50 pts

95-100 A
93-94 A-
90-92 B+
85-89 B
83-84 B-
80-82 C+
76-79 C
73-75 C-
70-72 D
69 down F

Extra Credit: You may earn up to 5 bonus points on your final grade 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. **Showing up 10 minutes late will be considered as a “tardy” and two of these will count as an absence.**

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.

Tentative Schedule:

**Week 1**
- Safety, Parts of J-22 Sailboat, proper rigging and bending of sails, beginning knot tying - half hitch, figure 8, bowline, clove hitch, line coil, Man Over Board Procedure

**Week 2**
- Safety, Review Knots, Proper Rigging, Sailing Around a Port Triangle as crew and helmsman, proper sail trim

**Week 3**
- Sailing around a port triangle of buoys as both crew, and helmsman, Jibing, getting out of Irons

**Week 4**
- Sailing around a port triangle of buoys as both crew, and helmsman, Beating to Windward/Sailing up wind.

**Week 5**
- Sailing around a port triangle of buoys as both crew, and helmsman, Heading Up and Falling Off.

**Week 6**
- Sailing around a port triangle of buoys as both crew, and helmsman, Reaching.

**Week 7**
- Final On-Water Assessment and On-Dock Knot and Rigging Assessment