COLLEGE OF CHARLESTON
PEAC 118_03
BASIC SAILING
Fall Express II 2016

Time: M/W, 1:00-4:00pm

Place: Sailing Complex, Patriots Point

Instructor: Ned Goss, GossEP@cofc.edu

Office Location: Sailing Complex

Office Phone: 843-216-8450

Cell Phone: 843-270-2172

Office Hours: MW 10:00-12:00pm

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 Sailing Complex, Patriots Point Marina, Mt. Pleasant, SC. 216-8450 Marina

Dates: January 11 14 class meetings (Test dates are subject to change due to weather)
      Quiz #1 January 25
      Midterm February 3
      Final Exam February 24

Course Objectives: Competencies within the course should prepare students 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 both crew and helmsman, the following basic sailing skills.
   a. Tacking
   b. Jibing
   c. Beating to Windward
d. Heading Up/Bearing Off

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.

Student Learning Objectives

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 Requirements:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Rigging</td>
<td>5%</td>
</tr>
<tr>
<td>Knots and Line</td>
<td>5%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>40%</td>
</tr>
<tr>
<td>Basic Sailing Skills</td>
<td>50%</td>
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</tbody>
</table>

Quizzes:

- Quiz 10 pts - Pages 6 and 7, 28 and 29 of text, 3rd day of class
- Midterm 15 pts through page 61 of Text, Lectures (use the glossary!!!)
- Final - 15 pts Entire Text, Lectures

Evaluation Criteria and Scale

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiz</td>
<td>10</td>
<td>A = 93-100%</td>
</tr>
<tr>
<td>Midterm</td>
<td>15</td>
<td>A = 90-92%</td>
</tr>
<tr>
<td>Final</td>
<td>15</td>
<td>A- = 88-89%</td>
</tr>
<tr>
<td>Rigging</td>
<td>5</td>
<td>B = 83%-87%</td>
</tr>
<tr>
<td>Knots and Line</td>
<td>5</td>
<td>B = 83%-87%</td>
</tr>
<tr>
<td>Daily Skills Average</td>
<td>50</td>
<td></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.

**Disability Statement:**
1. Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.
2. The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.
3. This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, 843.953.1431 or me so that such accommodation may be arranged.

**Tentative Schedule:**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>Safety, Review Knots, Proper Rigging, Sailing Around a Port Triangle as crew and helmsman, proper sail trim</td>
</tr>
<tr>
<td>Week 3</td>
<td>Sailing around a port triangle of buoys as both crew, and helmsman, Jibing, getting out of Irons</td>
</tr>
<tr>
<td>Week 4</td>
<td>Sailing around a port triangle of buoys as both crew, and helmsman, Beating to Windward/Sailing up wind.</td>
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<tr>
<td>Week 5</td>
<td>Sailing around a port triangle of buoys as both crew, and helmsman, Heading Up and Falling Off.</td>
</tr>
<tr>
<td>Week 6</td>
<td>Sailing around a port triangle of buoys as both crew, and helmsman, Reaching.</td>
</tr>
<tr>
<td>Week 7</td>
<td>Final On-Water Assessment and On-Dock Knot and Rigging Assessment</td>
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</tbody>
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