

NEW COURSE PROPOSAL

DATE

OCTOBER 9, 2012; REV 10.31.12

PROGRAM AREA(S)

PHED

1. **Course Information.** [Follow accepted catalog format.]**Prefix(es)** (Add additional prefixes if cross-listed) and **Course No.** PHED 106**Title:** Sailing **Units:** 1

Prerequisites 0

Corequisites 0

Consent of Instructor Required for Enrollment

Catalog Description (Do not use any symbols): Through a series of practical lessons and on-water experience, students will learn the basic skills involved in sailing and water safety. Topics and activities covered include sailing theory, terminology, boat handling, safety, right of way, knots and docking. Class time is spent working with the boats and sailing within the Channel Islands Harbor, two to three students per boat.

Grading Scheme:

A-F Grades

X Credit/No Credit

Optional (Student Choice)

Repeatability:

Repeatable for a maximum of units

Total Completions Allowed 1

Multiple Enrollment in Same Semester

Course Level Information:

X Undergraduate

Post-Baccalaureate/Credential

Graduate

Mode of Instruction/Components (Hours per Unit are defaulted).

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS & HEGIS # (Filled in by the Dean)
Lecture	.5	1	20	X	
Seminar		1			
Laboratory		3			
Activity	.5	2	20	X	
Field Studies					
Indep Study					
Other Blank					

Leave the following hours per week areas blank. The hours per week will be filled out for you.

.5 hours lecture per week

1 hours activity per week

Is this course always delivered online? Yes____ No__X__

2. **Course Attributes:**

General Education Categories: All courses with GE category notations (including deletions) must be submitted to the GE website: <http://summit.csuci.edu/geapproval>. Upon completion, the GE Committee will forward your documents to the Curriculum Committee for further processing.

A (English Language, Communication, Critical Thinking)

A-1 Oral Communication

A-2 English Writing

A-3 Critical Thinking

B (Mathematics, Sciences & Technology)

B-1 Physical Sciences

B-2 Life Sciences – Biology

B-3 Mathematics – Mathematics and Applications

B-4 Computers and Information Technology

C (Fine Arts, Literature, Languages & Cultures)

C-1 Art
C-2 Literature Courses
C-3a Language
C-3b Multicultural

D (Social Perspectives)

E (Human Psychological and Physiological Perspectives)

UDIGE/INTD Interdisciplinary

Meets University Writing Requirement

Meets University Language Requirement

American Institutions, Title V Section 40404: ☐ Government ☐ US Constitution ☐ US History

Refer to website, Exec Order 405, for more information: <http://senate.csuci.edu/comm/curriculum/resources.htm>

☐ **Service Learning Course** (Approval from the Center for Community Engagement must be received before you can request this course attribute).

3. Justification and Requirements for the Course.

A. Justification:

This course will complete a trilogy of three ocean activities-based courses, PHED 105 Zen of Surfing (which has been offered since 2002 and is always filled), the proposed courses: PHED 106 Sailing, and PHED 107 Scuba Diving. Now that the University operates a boating and safety/aquatic center at the Channel Islands Harbor, this course fulfills many needs. First there is a geographic need. CSUCI is a coastal university in southern California. We are less than two miles from the beach and now we have an amazing aquatic center. There has been a sailing club on campus almost from the university's inception, and many other universities much further from the coast and without facilities have sailing courses. Part of the college experience is to challenge oneself and try new things, sailing is an exceptional way to achieve this. Sailing can be tied to many other disciplines, Art, Sculpture, Physics, Environmental and biological disciplines, and on so on. The class fits in with the mission of the University.

B. Degree Requirement:

☐ Requirement for the Major/Minor
☐ Elective for the Major/Minor
☒ Free Elective

Note: Submit Program Modification if this course changes your program.

4. Student Learning Outcomes.

Upon completion of the course, the student will be able to:

1. Define boat terminology and be able to describe the parts of a boat
2. Identify basic sailing knots, and demonstrate appropriate uses aboard and ashore
3. Learn and apply safety on the water and on the dock, and understand how to sail safely
4. Learn and apply the right of way on the water, the rules of the road so to speak
5. Demonstrate boat handling and docking, points of sail and wind.
6. Demonstrate how to set up the boat for a sail and take down the boat when finished

5. Course Content in Outline Form.

Each Lesson will take place over two class meetings in order to leave time for classroom lecture and to set up the boats for sail and to put them away after class.

Lesson 1 - On The Water Orientation (2 hrs.)

1. Vessel/personal safety
2. Parts of the boat
3. Raising the sails
4. Casting off (leaving the dock)
5. Sailing close-hauled (upwind)
6. Coming about (turning into the wind)
7. Port and Starboard tacks
8. Jibing (turning downwind)
9. Harbor orientation
10. Introduction to knots

Before Lesson 2:

- Complete lesson 1 handout
- Practice knots (22, 23, 43, 123, 133, 174)
- Read pages 36-63

Lesson 2 - Fundamentals of Sailing (2 hrs.)

1. 1. Review of lesson 1 material- Rigging, Coming About, Jibing, Port and Starboard Tacks, Knots (esp. bowline and figure 8)
2. 2. Points of sail
3. 3. Heading up and bearing away (falling off)
4. 4. Tacking review
5. 5. Docking safely
6. 6. De-rigging review

Before Lesson 3:

- Complete lesson 2 handout
- Review safety procedures
- Review "Crewing" handout
- Read pages 67-80, 83-88, 106-107, 205-209 (glossary)
- Review Rigging and Knots

Lesson 3 - Single Handed Sailing & Close Quarters Maneuvering (Rules) (2 hrs.)

1. Review rigging and knots
2. 2. Single-handed tacking and jibing
3. 3. Avoiding collisions in tight situations

Before Lesson 4:

- Complete lesson 3 handout
- Read pages 101-103, 131-134
- Review pages 37-43, 45-63, 77-81, 87

Lesson 4 - Docking Under Sail (2 hrs.)

1. Review rigging and knots
2. Review Rules of the Road
3. Slowing and stopping the boat under sail.
4. Docking and casting off, windward and leeward docks

Before Lesson 5:

- Complete lesson 4 handout
- Read pages 91-99, 104-105, 111-112, 129-130, 166-174, 181-182

Lesson 5 - MOB and Heavy Weather (2 hrs.)

1. 1. Heavy weather prediction & preparation, weather radio reports, storm warning flags, internet weather sites, local weather hazards.
2. 2. Reducing sail, Heaving To and Reefing
3. 3. Man Overboard recovery methods

Before Lesson 6:

- Complete lesson 5 handout q Read pages 111-130,
- Review pages 24-25, 166-176, 181-183
- Read handout "Getting a Lift"

Lesson 6 - Anchoring and Ocean Sailing (2 hrs.)

- 1. Ocean sail, steering by the compass
- 2. Using telltales, holding a point of sail, and trimming sails to wind shifts
- 3. Introduction to anchoring

Before Lesson 7:

- Complete lesson 6 handout q Read pages 168-169, 148-149
- Review pages 112-118, 125

Lesson 7 - Navigation and Safety Class (2 hrs)

This section covers basic coastal piloting, chart selection and interpretation, plotting a course, dead reckoning, using bearings, fog tactics and night navigation, local hazards, chartering responsibilities, handling emergencies, and cruising techniques.

Does this course content overlap with a course offered in your academic program? **Yes** ☐ **No** ☒

If YES, what course(s) and provide a justification of the overlap.

Does this course content overlap a course offered in another academic area? **Yes** ☐ **No** ☒

If YES, what course(s) and provide a justification of the overlap.

Overlapping courses require Chairs' signatures.

6. Cross-listed Courses (Please note each prefix in item No. 1)

A. List Cross-listed Courses (Signature of Academic Chair(s) of the other academic area(s) is required).

List each cross-listed prefix for the course:

B. Program responsible for staffing: PHED -- Note: Since there is no official program in PHED, funding for this course will come from the AVP office of Arts and Sciences. Staffing will be coordinated with programs that currently have faculty qualified to teach this course.

7. References. [Provide 3 - 5 references]

"Basic Sailing [Paperback]." *Basic Sailing*: M. B. George: 9780688035679

"Basic Keelboat: The National Standard for Quality Sailing Instruction". Henry, Monk, and Mark Smith. *Basic Keelboat: The National Standard for Quality Sailing Instruction*. Portsmouth, RI: United States Sailing Association, 1998. Print.

"Sailing Fundamentals: The Official Learn-To-Sail Manual of the American Sailing Association and the United States Coast Guard Auxiliary [Paperback]." *Sailing Fundamentals: The Official Learn-To-Sail Manual of the American Sailing Association and the United States Coast Guard Auxiliary*: Gary Jobson: 9780684849942:

"Sailing Made Easy [Perfect Paperback]." *Sailing Made Easy: The American Sailing Association ASA*: 9780982102503

8. Tenure Track Faculty Qualified to Teach This Course.

Matthew Furmanski, Associate Professor; Dan Wakelee, Associate Professor

9. Requested Effective Date:

First semester offered: Fall 2013

10. New Resources Requested. Yes ☐ No ☒

If YES, list the resources needed.

A. Computer Needs (data processing, audio visual, broadcasting, other equipment, etc.)

B. Library Needs (streaming media, video hosting, databases, exhibit space, etc.)

C. Facility/Space/Transportation Needs

Boating and Safety Center, Channel Islands Harbor.

D. Lab Fee Requested (please refer to Dean's Office for additional processing) Yes ☐ No ☒

E. Other

The University already owns a fleet of FJ dingies which will be used in this course

11. Will this new course alter any degree, credential, certificate, or minor in your program? Yes ☐ No ☒

If, YES attach a program update or program modification form for all programs affected.

Priority deadline for New Minors and Programs: **October 1, 2012** of preceding year.

Priority deadline for Course Proposals and Modifications: **October 15, 2012**, of preceding year.

Last day to submit forms to be considered during the current academic year: **April 15th**.

Proposer of Course (Type in name. Signatures will be collected after Curriculum approval)

Date

Approval Sheet

Program/Course: PHED 106 The Art of Sailing

If your course has a General Education Component or involves Center affiliation, the Center will also sign off during the approval process.

Multiple Chair fields are available for cross-listed courses.

The CI program review process includes a report from the respective department/program on its progress toward accessibility requirement compliance. By signing below, I acknowledge the importance of incorporating accessibility in course design.

Program Chair Jack Reilly		10-15-12
	Signature	Date
Program Chair		
	Signature	Date
Program Chair		
	Signature	Date
General Education Chair		
	Signature	Date
Center for International Affairs Director		
	Signature	Date
Center for Integrative Studies Director		
	Signature	Date
Center for Multicultural Engagement Director		
	Signature	Date
Center for Civic Engagement Director		
	Signature	Date
Curriculum Chair		
	Signature	Date
AVP		
	Signature	Date