

# Bemidji State University

## PHED 1190: Skills for Life: Sailing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that introduces the fundamental skills of sailing. Development of skills and knowledge of safety, nomenclature, designs, rigging, handling, maintaining, and racing for sailboats. Prerequisite: swimming test or consent of instructor.

**B. COURSE EFFECTIVE DATES:** 01/08/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Capsizing maneuvers
2. Changing tack by coming about and jibing
3. Knots for securing sailboat and equipment
4. Launching from dock, mooring and the beach
5. Man overboard rescue
6. Maneuvers for returning to dock, securing boat, sails and equipment
7. Procedures for different weather conditions
8. Rigging and preparing a sailboat
9. Setting sails for a course

### D. LEARNING OUTCOMES (General)

1. learn the communication skills needed for safely maneuvering a small sailboat.
2. understand sailing terminology.
3. understand the major parts of a small sailboat.
4. learn how to aid for injuries and illness.
5. learn the MN boating regulations for sailboats.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted