Bemidji State University

PHED 1190: Skills for Life: Sailing

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
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. [BSU Focus: Performance and Participation]

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. demonstrate safe behavior in the skill target setting and the elements of effective skill execution
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.
6. learn the communication skills needed for safely maneuvering a small sailboat.
7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted