COURSE OUTLINE SAILING

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY				
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE				
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level				
COURSE CODE	C008 SEMESTER 3 RD and 4 TH		and 4 [™]		
COURSE TITLE	SAILING				
TEACHING ACTIVITIES If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.		TEACHING HOURS PER WEEK		ECTS CREDITS	
			2		3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.					
COURSE TYPE Background, General Knowledge, Scientific Area, Skill Development	Skill Development				
PREREQUISITES:	No				
TEACHING & EXAMINATION LANGUAGE:	Greek - English (Erasmus students)				
COURSE OFFERED TO ERASMUS STUDENTS:	Yes				
COURSE URL:					

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course students will be able to:

- To know and understand the basic principles of sailing.
- To know the basic principles of aerodynamics, the principles of sail operation, hydrodynamics and the stability of the boat.
- Be able to plan and implement a cruise sailing trip based on the abilities of different population groups.
- To be able to organize and coordinate the crew in the various movements and positions inside the boat.
- To know the International Regulation for the Prevention of Conflicts at Sea (DKAS).
 - To be able to deal safely with hazardous situations.

General Skills

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Name the desirable general skills upon successful completion of the module				
Search, analysis and synthesis of data and information,	Project design and management			
ICT Use	Equity and Inclusion			
Adaptation to new situations	Respect for the natural environment			
Decision making	Sustainability			
Autonomous work	Demonstration of social, professional and moral responsibility			
Teamwork	and sensitivity to gender issues			
Working in an international environment	Critical thinking			
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning			

Production of new research ideas

- Search, analysis and synthesis of data and information, ICT Use
- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking

3. COURSE CONTENT

Theoretical courses

1. Introduction to the Sailing boat. Nomenclature-Basic terms.

2. Aerodynamics, principles of sail operation, hydrodynamics, stability of the boat.

3. Shipping (nautical charts, compass, torches, navigation instruments, shipping aids, navigation safety) and Naval art, boat maneuvers in port, mooring.

4. Meteorology.

5. International Regulation for the Prevention of Conflicts at Sea (DKAS).

- 6. Dealing with risk situations.
- Practical lessons

7. Nomenclature, nautical knots, operation of sails (spinning, mining), operation of boat systems.

8. Trimming (adjustment) of the sails in various cruises.

- 9. Organization coordination of the crew in the various movements.
- 10. Operations with the machine anchorage.
- 11. Mudding, sail changes.

12. Finding the path and distance on the nautical chart, keeping a compass path, determining the position.

13. Dealing with adverse weather conditions and demonstration of rescue means, rescue of a person from the sea.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc.	 Face to face Lectures and practical applications as well as distance learning Practical classes 		
USE OF INFORMATION &	Use of ICT in Teaching		
COMMUNICATIONS TECHNOLOGY	0		
(ICT)			
Use of ICT in Teaching, in Laboratory Education. in Communication with students			
TEACHING ORGANIZATION	Activity	Workload/semester	
The ways and methods of teaching are	Lectures	26	
Lectures, Seminars, Laboratory Exercise, Field	Field Exercise	49	
Exercise, Bibliographic research & analysis,	Total	75	

Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.	
The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.	
STUDENT EVALUATION	 Final written examination (10%)
Description of the evaluation process	
	 Practical assignments (60%)
Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam,	
Presentation in audience, Laboratory Report,	
Clinical examination of a patient, Artistic interpretation, Other/Others	
Please indicate all relevant information about	
the course assessment and how students are	
informed	

5. SUGGESTED BIBLIOGRAPHY

- 1. Strouzas Panagiotis. (2001). Sailing and nautical art. Panhellenic Offshore Sailing Club.
- 2. Kalathakis Manolis. (2019). Sailing and seamanship. Kalathakis Emmanouil.
- 3. Ernst, I., & Kounas, F. (2014). Sailing and the evolution of nautical clubs.
- 4. Jobson, G. (2005). Sailing fundamentals. Simon and Schuster.
- 5. Sleight, S. (2017). The Complete Sailing Manual. Dorling Kindersley Ltd.
- 6. Athinos, I. (2006). Exercise, sports, physical recreation: organizational dimension.
- 7. Kouthouris, Ch. (2006). "School", "Leisure" & "Sports": Conceptual Correlation of the Terms. Inquiries in Sport & Physical Education, 4(1), 68-77.
- 8. Paitsinis Kostas, G., Matsouka, O., Trigonis, I., & Tsitskari, E. (2015). Sports Tourism and Outdoor Activities.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	OURANIA MATSOUKA, Professor, D.P.E.S.S. – D.U.T.H.
Contact details:	oumatsou@phyed.duth.gr_
Supervisors:	NO
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to
	students via e-class exclusively to the institutional accounts of those who

have registered for the course and have learned the terms of distance
methods.
Students will have to log in to the examination room through their
institutional account, otherwise they will not be able to participate. They
will also take part in the examination with a camera, which they will have
open during the examination. Before the start of the exam, students will
show their identity to the camera, so that they can be identified.
Each student should answer multiple choice questions, free text
development, critical thinking. Each of the questions is graded from 0.5 to
2.0 points depending on the question category.