

Course Title	SAILING I				
Course Code	SSSAI419-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Gavriela Hatzidamianou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The purpose of this course is to provide students with a comprehensive understanding of sailing, equipping them with the necessary knowledge and skills to succeed in safe and efficient sailing vessel navigation and management. Students will learn to recognize and apply maritime regulations, understand the principles of maritime safety, analyze the physiology and requirements of sailing, as well as understand the hydrodynamics and aerodynamics of sailing vessels. In addition, students will acquire skills in communication, interpretation of maritime meteorology, and application of maritime law, enhancing their ability to operate effectively and responsibly in the maritime environment.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Recognize and describe the history of sailing, general equipment, basics, and regulations, demonstrating knowledge and understanding of the fundamental requirements of sailing. 2. They apply maritime terminology and sailing and nautical terms in real or simulated conditions, showing competence in applying knowledge. 3. Evaluate maritime safety scenarios, applying the principles of safety, first aid and the international collision avoidance regulation, to make appropriate decisions in distress situations. 4. They analyze the physiology and physiological adaptations required for sailing, integrating knowledge of kinesiology, industrial motion, and hydrodynamics to improve performance. 5. They compare and distinguish the several types and classifications of sailing vessels, as well as their nomenclature, demonstrating a deeper understanding of their design and operational features. 6. They create and execute nautical knots, demonstrating skill and precision in applying practical skills. 				

	<ol style="list-style-type: none"> 7. Interpret meteorological data for safe navigation and planning of sailing activities, developing critical thinking and analysis skills. 8. Design and operate boats safely, understanding vessel surfaces and cruises, as well as mooring and rigging techniques. 9. They optimize sail aerodynamics and trimming, optimizing boat performance through an advanced understanding of aerodynamic principles. 10. Evaluate shipbuilding factors that affect the construction and performance of sailing vessels, applying specialized knowledge to analyze and select vessels. 11. They analyze sailing and lateral resistance centers to optimize vessel stability and dynamics. 12. They communicate effectively at sea, using nautical communication techniques and tools. 13. Apply maritime documents and maritime law in cases of maritime management and compliance, recognizing the importance of the legal framework in sailing 		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. History of sailing, general equipment, acquaintance with the basics and regulations. 2. Shipping, terminology, sailing and nautical terms. 3. Maritime safety, safety basics, first aid, international regulation for avoiding collisions at sea, situations of danger and emergency. 4. Physiology and physiological adaptations/requirements of sailing, sailing kinesiology, mechanics of motion and hydrodynamics. 5. Sailing boat nomenclature, types of sailing boats, sailing boat classifications. 6. Nautical knots: lamp, crosshairs, eight, scissors, kombodebos. 7. Naval meteorology. 8. General conditions of the vessel/rigging, mooring/boat handling, surfaces of the vessel and navigations. 9. The aerodynamics of the sails, the trimming of the sails. 		

	<p>10. Shipbuilding factors of sailing vessels.</p> <p>11. Sail and lateral resistance centers.</p> <p>12. Communication at sea.</p> <p>13. Naval meteorology.</p> <p>14. Maritime documents, maritime law.</p>
<p>Teaching Methodology</p>	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, and questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
<p>Bibliography</p>	<p>Καλαθάκης, Μ. Ιστιοπλοΐα και ναυτοσύνη. Σχολή Ιστιοπλοΐας Ανοικτής Θάλασσας (2017) ISBN 978-618-80499-1-8</p> <p>Δημαράκης, Α. & Ντούνης, Χ. Ναυσιπλοΐα. Εκδόσεις Ιδρύματος Ευγενίδου, βιβλιοθήκη του Ναυτικού (1986)</p> <p><u>Additional bibliography:</u></p> <p>Φαροδείκτης Ελληνικών Ακτών. Έκδοση Υδρογραφικής Υπηρεσίας Πολεμικού Ναυτικού, Ελλάδα, www.hnhs.gr/el/</p> <p>Σύμβολα Και Επιτιμήσεις. Έκδοση Υδρογραφικής Υπηρεσίας Πολεμικού Ναυτικού, Ελλάδα, www.hnhs.gr/el/</p> <p>Πλοηγός Έκδοση Υδρογραφικής Υπηρεσίας Πολεμικού Ναυτικού, Ελλάδα, www.hnhs.gr/el/</p>

	<p>Whidden, T. & Levitt, M. The art and science of sails: a guide to modern materials, construction, aerodynamics, upkeep, and use. St. Martins Press (1990) ISBN 978-0312044176</p> <p>Houghton, D. & Campbell, F. Wind strategy. Wiley Nautical (2003) ISBN 978- 1904475125</p> <p>Houghton, D. Weather at sea. Fernhurst Books Ltd (2005) ISBN 978-1904475163</p> <p>Selection of articles from foreign journals:</p> <ul style="list-style-type: none"> • Navigation • Motor Boat And Yachting • Yachting World • Practical Boat Owner
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding sailing. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding sailing is requested. This should include at least the description of training objectives, teaching methods and practices, training organization, appropriate exercises and evaluation of athletes in relation to sailing. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about sailing, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in sailing required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on sailing. This includes concepts, theoretical frameworks and case studies, giving a complete copy of the knowledge gained in the field of sailing. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of sailing and how it can apply theoretical principles to practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of sailing to practical scenarios.
Language	Greek / English



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