



COURSE OF STUDY Attività Motorie e Sportive

ACADEMIC YEAR 2023/2024

ACADEMIC SUBJECT Technical and Didactic Theory of Sailing, Canoeing and Rowing

General information	
Year of the course	III Year
Academic calendar (starting and ending date)	I Term
Credits (CFU/ETCS):	6CFU
SSD	M-EDF/02
Language	Italian
Mode of attendance	Not Mandatory

Professor/ Lecturer	
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Department and address	CUSBari
Virtual room	Teams class code b5ganrk
Office Hours (and modalities: e.g., by appointment, on line, etc.)	Wednesday 12.00, appointment by email or class
Professor/ Lecturer	
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Department and address	CUSBari
Virtual room	Teams class code b5ganrk
Office Hours (and modalities: e.g., by appointment, on line, etc.)	CUS Aula 2- Wednesday 12.00

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
150	60		90
CFU/ETCS			
6	6		

Learning Objectives
The lessons will be aimed at illustrating the general principles of navigation and its regulation especially in those provided by the International Olympic Committee and the sports federations of reference (Sailing, Kajak and rowing). The main objective



	of the course is to provide an overview of the most common boats and navigation with them. The course, in addition to providing the tools to convey the fundamental notions to a possible school of navigation, also aims to implement the skills in the use of disciplinary vocabulary and terminology appropriate to the sector.
Course prerequisites	to know how to swim

Teaching strategie	
Expected learning outcomes in terms of	Lectures
Knowledge and understanding on:	<p>Know the main winds and their denominations depending on the direction.</p> <p>Learn about the single and multiple boats of sailing, windsurfing, canoeing and kayaking.</p> <p>Know the rules and categories of racing.</p> <p>Understand the mechanisms of navigation with the vessels examined.</p> <p>Know how to trace a route with the above boats;</p> <p>Be able to change a course according to the different wind direction.</p> <p>To conduct a boat in collaboration with other members of a crew.</p> <p>Be able to react to an alert from the International Signal Code.</p>
Applying knowledge and understanding on:	At the end of the course, students must have acquired a general competence in the management of boats in the various sports proposed, also useful to provide possible job opportunities as well as tools to enrich their professionalism.
Soft skills	Construction and Elaboration in group of a simulated maneuver sail "on land" with the boat and in slide.
Syllabus	
Content knowledge	<p>The course will be divided into 30 hours of sailing and windsurfing 30 hours of Kajak and rowing.</p> <p>1 - SAILING GAME - RECREATIONAL SAILING ACTIVITIES</p> <p>1.1 -Psychological development and motor learning : a - General features of the development of childhood b- The role of learning in child development</p> <p>1.2 - Example of exercises and games</p> <p>1.3 - The game in childhood.</p> <p>1.4 - Games and exercises of water and setting.</p> <p>1.5 - The sport game applied to sailing boards</p> <p>2 - SPORTS MEDICINE</p> <p>2.1 - Safety and prevention standards</p> <p>2.2 - Notions of sports traumatology first field intervention.</p> <p>3 - REGULATION</p> <p>3.1 Teaching principles and obligations in navigation. International Code of Reporting.</p> <p>4 - NAUTICAL METEOROLOGY</p> <p>4.1:Formation of wind</p> <p>The breezes and their action on the coast</p> <p>4.3- Reading a synoptic chart - Machine fields</p> <p>4.4 -Beaufort staircase</p>



4.5- Douglas scale
4.6- The Wind Rose.
5 -THEORY OF THE SAILING BOAT (hints)
5.1 -Nomenclature of a sailing vessel and its equipment
5.2 - Hulls with shape and weight stability
5.3 - Sailing, sails materials and construction
5.4- Parts and nomenclatures of sails
5.5 - The equipment for adjusting the sail, sheets, vang, cunningham.
6 - NAVIGATION TECHNIQUES
6.1 Effects of wind on sails
6.2 - General and didactic terminology of manoeuvres and gaits
6.3 - Windward and leeward - single, double and sailboard trim.
6.4 -Strengthen and rest - center sail
6.5 -Virata and shot down -Centre d
6.6 - The gaits, real and apparent wind.
7 -SECURITY
7.1 - General rules for sailing and motor navigation. C. I. S.
7.2 - Civil and Criminal Liability of the Sailing Instructor
7.3- Safety equipment.
7.4 - Use of VHF. 8 -ORGANIZATION OF THE SAILING SCHOOL 8.1 - Organization and management of a course of initiation to sailing (purposes and objectives)
9- TEACHING METHODOLOGY
9.1 - Teaching methodology (student learning, acquisition knowledge and skills development)
9.2 - Definition of teaching programming according to the age of the students

9.4 - Setting up a lesson (choice topics, contents, language and graphical part)
9.5 -Methodology of illustration of the various topics to be covered in a course of initiation to sailing (maneuvers, gait, definitions precedence and other)
9.6 - Objectives for teaching sailing autonomy to students
9.7- the final evaluation of the objectives set
10- PRACTICE It is recommended to use boats/ boards of youth activity and of federal interest
10.1 -knowledge of the conduct of the dinghy :
.1 - Knowledge of the vehicle and its maintenance (engine and hull) . 2 - Regulations (safety equipment, orders, etc.) .
3 - Recovery of man at sea in different situations: free, reckless to sheets/tops, under sails, etc...
4 - Towing methods for single, double, sailboards.
5 - Assistance to the overturned and/or damaged boat and its recovery of crew and boat.
6 -Assistance and towing of sailing boards in difficulty
10.2 -Arm and disarm on land and in water :
1-A "Optimist".



	<p>2- A double . 3 - A sailboard. 4- A keel boat 10.3- Equipment of the school boats. 10.4 - Simulator use. For doubles and singles 10.5 - Exercises with buoys guided navigation 10.6- Environmental observation in reference to the weather-marine conditions 10.7 -The educational progression according to the students to be taught : . 1 -Nautical exercises . 2 - Use of the sheet, firm boat, . 3 -Strengthen and rest with rudder and using the sheet. 4 -Direction changes with use of the rudder and the sheet.</p>
Texts and readings	<p>MANUALE DELL'ALLIEVO F.I.V.. DISPENSE A CURA DEL DOCENTE. Manuali federali di Kajak e canottaggio.</p>
Notes, additional materials	<p>Sarà opportuno seguire le dispense dei docenti sempre tenendo presente i testi forniti dalle Federazioni interessate.</p>
Repository	<p>Lecture notes provided by teachers</p>

Assessment	
Assessment methods	<p>Through an interview, the preparation will be evaluated on the whole, paying more attention to the use of the disciplinary lexicon and to the effective understanding of safe navigation, in all fundamental aspects, for all types of boats.</p>
Assessment criteria	<p>Know and understand the operation of a boat-school, Knowing and understanding the "gaits"; Know how to change course according to the direction of the wind; Knowing how to expose the "fundamentals" of the Discipline by applying them in exercises; Have learned the general principles of navigation.</p>
Final exam and grading criteria	<p>The student must demonstrate knowledge of the topics under study and have understood the issues related to them, as well as to have reached a level of knowledge to develop independently interpretative arguments 1) Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge. 2) 18 to 21: sufficient or barely sufficient preparation; minimum knowledge of the institutions and of the problems tackled during the course; presence of minor gaps; 3) 22 to 24: average preparation characterized by no particular deepening and by gaps that can be filled in the continuation of the overall training; 4) 25 to 27: generally good preparation even if not particularly thorough; technical language and adequate expressive ability; 5) 28 to 30: excellent or excellent preparation; precise and precise</p>



	technical language and expressive ability; 6) 30 e lode: preparation, technical language, expressive and argumentative skills of the highest level
Further information	
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