

The Importance of Sailing Teaching in the Sailing Simulation Training Classroom-Taking the Sailing Course in Qingdao University of Science and Technology as an Example

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Abstract

With the successful hosting of the 2008 Qingdao Olympic sailing regatta and the settlement of large and well-known events such as the Clipper Global Sailing Race in China, the Chinese sailing has been developing rapidly. At the same time, Chinese college students sailing has developed rapidly in recent years. The China University Student Sailing Championship in 2017 attracted participation from more than 20 universities, including Xiamen University and Tsinghua University. Qingdao University of Science and Technology, as the first university participating in sailing in China, has the only sailing simulation training classroom in China. Their sailing course is carried out smoothly and regularly and the course has been incorporated into the school's teaching system, with professional syllabus design. For the past few years, the Qingdao University of Science and Technology Sailing Team has actively participated in domestic and international sailing events and achieved excellent results. The role of sailing simulation training classroom in teaching is particularly prominent, and after completing the basic knowledge of sailing and the simulated operation, students can go for the water exercise with half the effort. This paper researches on the importance of sailing simulation training classroom to the primary sailing teaching.

Keywords: sailing, sailing teaching, sailing simulation training classroom

1. Introduction

1.1 Introduction to Sailing

Sailing, as one of the water sports, is a sport combining competition, entertainment and exploration, which relies on the natural wind power for sail and is driven by human (Editorial Board for Textbooks of "Sailing into the Campus Program", 2013). Modern sailing has become an important channel for people of all countries to exchange marine culture. In recent years, sailing has been developing rapidly in China. More and more successful people have begun to choose sailing as a leisure sport. Sailing events have been springing up across China.

1.1.1 The Origin of Sailing

Sailing originated in Europe, which witnessed mankind's struggle against nature. Its history can be traced back to the Stone Age, which is as old as the history of human civilization. In the ancient Stone Age, humans have created numerous original water-transporting tools, such as rafts, bark boats, and canoes for fishing and hunting. In ancient times, people used only one or two small sticks to prop up a piece of animal skin or braided fabric on the sailboats to catch the wind, which were engaged in fishing, hunting, transportation and other production operations. In order to exploit rivers, lakes and seas, human beings gradually reformed the production process, and then wooden boats made of rafts and iron nails or ships made of slats appeared. With the development of society and the advancement of science and technology, sailboats are rapidly developing (Editorial Board for Textbooks of "Sailing into the Campus Program", 2013).

1.1.2 The Development of Modern Sailing

In the 1st Modern Olympic Games in 1896, the sailing was listed as a formal competition. However, due to poor weather conditions at the time, the 1st Olympic Games sailing competition could not be carried out. In the 2nd Olympic Games in 1900, the seven competition levels of sailing were clearly defined, and the first international large-scale sailing competition was held. The ships at the time were large and cumbersome and suitable for

long-distance oceangoing voyage. Until the 1940s, due to the industrial development, shipbuilding and sailing materials were constantly improved, and the large and bulky sailboats can no longer adapt to the recreational and water sports activities that are emerging at that time. The sailboats turned to be smaller, faster and lighter. Then the small-sized sailboats have been continuously improved and promoted in the world. Therewith, small-sized sailboats have gradually replaced small-sized sailboats in the Olympic Games. In 1976, small-sized sailboats were compulsory at all six levels of competition at the 21st Olympic Games. However, large-sized sailboats are still common in some countries, mainly for voyages, because it can provide competitors room and board when they cross the ocean for a race, which can last for many days.

1.1.3 The Development of Chinese Sailing

In the early 1950s, China began to set foot in the navigation sports. In most provinces and cities across the country, nautical clubs mainly engaging in navigation sports were established. The 1957 National Games was the first national competition. Sampan driving is an event of navigation sports. In 1958, the sailing teams of Shanghai, Wuhan, Guangzhou, Qingdao, Harbin and other cities held the first sailing exhibition in the Donghu Lake of Wuhan. In the late 1970s, the State Sports Commission (now the General Administration of Sport of China) carried out more sailing and windsurfing competitive races. In early 1978, a sailing training group was held with representatives from Shandong, Zhejiang, Hubei, Shanghai, Hebei and other provinces and cities to train sailing coaches and backbones. After 1980, sailing sports gradually became popular in China. Soon afterwards, international exchanges began, with foreign sailing experts, contestants visiting and lectures, and participated in the 7th Asian Games and the 6th Olympic Games, as well as several World Championships and Asian Sailing Championships. At present, there are nearly 30 provinces, cities, districts and with independent planning status in China that carry out sailing and windsurfing. Although the Chinese sailing started late, it has made rapid progress. It is gratifying that in just twenty years, China's sailing and windsurfing has reached a high level in Asia and even in the world. At the 10th Asian Games and the 11th Asian Games, China won many sailing and windsurfing championships for men and women. In the following 20 years, Chinese sailing players won more than 20 championships in the Asian and World Championships. Chinese windsurfer Zhang Xiaodong won the runner-up in the 1992 Barcelona Olympics. The 2008 Olympic Sailing Competition was successfully held in Qingdao, China, with 52 national and regional teams participating. Yin Jian, a female windsurfer, won the gold medal, which was the first time in China's in sailing and windsurfing.

1.1.4 The Development of Chinese College Students Sailing

Chinese college students sailing starts late, but its development is rapid, mainly based on the large sailing class. There are more than 30 colleges and universities across the country participating in sailing. The cities where college students' sailing activities are better are mainly concentrated in coastal cities, such as Xiamen and Qingdao. Xiamen University, Qingdao University of Science and Technology and Dalian Maritime University and other universities have opened sailing courses. The Xiamen University Sailing Team represented China in the 31st World University Student Regatta in 2011 and the 26th Shenzhen Universiade in 2011. The Chinese team consisting of students from Shenzhen University and Shanghai Sports Vocational College won 5 gold medals for sailing. The sailing team of Qingdao University of Science and Technology went to Russia to participate in the college regatta in 2018 and won the third place. This is the best record for Chinese college students sailing abroad. In 2013, the establishment of the Ocean Sports Branch of the China University Sports Association opened a new chapter in the marine sports of Chinese college students. The construction of a new platform for marine sports has greatly promoted the development of large-scale sailing in Chinese universities (Wang, Huang, & Liu, 2015).

1.2 Introduction to Sailing Competition

During the sailing and windsurfing competition, competitors need to constantly adjust the sails according to the wind direction, the waves, the tide and the speed of the boats at the sea, in order to ensure the best angle of the sail and the wind direction and the best sailing route, to arrive at the destination in the shortest possible time (Editorial Board for Textbooks of "Sailing into the Campus Program", 2013). Therefore, choosing the route correctly is one of the keys to getting good marks. Due to different wind speeds and wind directions, the venue or route of each round of competition will be adjusted at any time. The sailing and windsurfing competition is graded according to the total score of each round of arrival, and there are no world records and best scores.

2. Research Method

2.1 Research Object

This paper takes the sailing course of Qingdao University of Science and Technology as the research object.

2.2 Research Contents

Introduction to sailing, the comprehensive ability required in sailing; the content of sailing teaching can be simulated in the sailing simulation training classroom; and the teaching aims of sailing courses.

3. Discussion and Analysis-The Comprehensive Ability Required in Sailing

3.1 Physical Quality

Sailing competitions are carried out at sea, sometimes at a sunny day but sometimes at a windy day. The weather and state of the sea are unpredictable and intricate. In facts, sailing competitions are often carried out in strong winds with a wind speed of 20-25 nautical miles/hour. At this time, the players must try their best to maintain their heading and a certain speed to keep the balance of the boats, and they cannot turn over the boats. The players need to be sensitive to change the rails and to have good physical fitness to adapt to the strong waves in the sea for a long time. Once a boat is overturned, players must have the physical strength and ability to support the boat. Moreover, sailing competitions generally last about 4-5 hours, and players need good endurance qualities to ensure optimal performance in multiple rounds of competition. Good physical condition can increase one's enjoyment of sailing. Sailing, pressing the sailboats and adjusting the sailing state of the sailboat will consume a lot of physical strength. This requires players to strengthen their comprehensive physical fitness training to ensure optimal exercise while sailing at sea.

3.2 Theoretical Knowledge

Sailing is a combination of intelligence and physical strength, and both are indispensable. In the sailing competition, it is not only the contest between the physical strength and skill of the players, but also the contest between brains. In order to get good marks, in addition to good physical quality conditions, they must also master the multidisciplinary knowledge of physics, aerodynamics, hydrodynamics, meteorology, sports psychology and so on. Players involved in sailing must have agile judgment and flexibility. At the same time, they must be familiar with the rules of the competition to avoid fouls, and win opponents through strategy and tactics.

3.3 Driving Ability

Players in sailing must know the structure of the sailboat, and have the ability to assemble the sailboat independently. They should know how to inspect and organize the equipment on board, and repair it when there is a problem with the equipment. At the same time, they should know how to assemble sails and boats with a variety of nautical rope knots, how to sail the ship during navigation, control the heading independently at the helm, and constantly adjust the sail type corresponding to the wind direction angle to increase the maximum lift, and deal with accidents during navigation.

3.4 Good Psychological Quality

People engaged in sailing need to have good psychological quality. At the same time, participating in sailing can effectively improve their psychological quality. In the unpredictable sea, wind and waves, through the improvement of sailing driving skills and the training of psychological quality, the players will cultivate the self-confidence and become braver, more independent, confident, focused, and enhance their rule consciousness.

4. The Importance of Using the Sailing Simulation Training Classroom to Improve the Students' Comprehensive Ability

4.1 Use the Sailing Simulation Training Classroom for Physical Training

Participating in sailing requires good physical fitness. In the sailing classroom, students can simulate the lifting training by simulating the sail equipment to enhance the sailing proficiency and strength. Students can improve the sense of balance and sensitivity by simulating climbing masts, and improve the physical fitness of sailing and other sports qualities through the comprehensive training of the sailing simulation classroom.

4.2 Use the Sailing Simulation Training Classroom for Theoretical Knowledge

Multimedia sailing video teaching enables students to intuitively understand sailing, systematically learn the safety knowledge, weather, tides, charts and other knowledge necessary to participate in sailing. Teachers can explain the development history of sailing, sailing types, sailing classes, sailing principles, race routes, competition flags, competition rules, etc. through the use of multimedia courseware.

4.3 Use the Sailing Simulation Training Classroom for Hands-on Training

Teachers can use the boat equipment in the sailing simulation training classroom to teach students the knowledge of sailing assembly, windsurfing assembly, sailing equipment maintenance and how to deal with equipment

damage in emergency situations. Through the sailing simulator training, students can improve the tacking and gybing skills. And the multimedia dynamic teaching allows students to master know how to assemble a variety of knots of the sailboat.

4.4 Use the Sailing Simulation Training Classroom for Improving Psychological Quality

Multimedia video teaching can help students know the skills of sailing in different weathers, especially the precautions and emergency measures for sailing in bad weather. Through inspiring teaching, students can build confidence before practicing on water and better prepare for the next real practice.

5. Conclusion

Those engaged in sailing need to have good comprehensive sports ability, scientific and cultural knowledge and good psychological quality. They should always be aware of the surrounding environment, water flow rate, flow direction and wind direction, and wind speed changes with a clear mind. For beginners in sailing, the combination of terrestrial simulation training and water training is very important. Students can simulate sailing driving under safe conditions, learn theoretical knowledge, and carry out water training with certain operational ability, psychological preparation, and better physical quality, which can achieve twice the result with half the effort and better ensure the safety of beginners in sailing.

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