

BERGEN COMMUNITY COLLEGE
Division of Arts, Humanities & Wellness
Wellness Exercise Science Department
Departmental Policy Syllabus

COURSE TITLE: Scuba Diving
COURSE CREDITS/HOURS 2 labs; 1 credit
PREREQUISITE: None
SEMESTER & YEAR: Fall/Spring
COURSE NUMBER: WEX-131

COURSE DESCRIPTION:

Scuba Diving is a course that allows students to develop basic skills in skin & scuba diving, by means of lectures, demonstrations, and class practice. Students should have a good swimming ability. (International certification is optional.)

OUTCOMES STATEMENT:

The student will be able to develop an appreciation of the underwater world of scuba diving, including the necessary skills of skin and scuba diving and the knowledge required for safe diving practices.

STUDENT LEARNING OBJECTIVES

As a result of meeting the requirements in this course, students will be able to:

1. Perform the skin diving and scuba diving skills necessary for safe diving practices.
2. Explore the physics and medical aspects associated with diving.
3. Practice the assembly of diving equipment.
4. Investigate the various diving environments and marine life.
5. Practice skills and test knowledge for the option of international scuba certification.

ASSESSMENT CRITERIA

1. To demonstrate specific skin and scuba diving skills according to international standards.
2. To successfully complete a comprehensive written examination.
3. To demonstrate safely the assembly & disassembly of diving equipment.
4. To demonstrate open water skills according to NAUI/PADI standards and successfully complete a written examination.

COURSE CONTENT/OUTLINE:

- A. Basic requirements for skin and scuba diving - swimming ability and watermanship, medical history and waiver forms.
- B. Skills of skin diving - use of mask, fins, snorkel.
- C. Physics as related to diving - matter and some of its properties, gas, pressure and the gas laws, density and buoyancy, illumination and vision, and acoustics.
- D. Medical aspects of diving; underwater physiology - direct effects of pressure, indirect effects of pressure.
- E. Basic skin and scuba equipment - skin diving equipment, protective equipment, open-circuit scuba, gauges, etc.
- F. Skills of scuba diving - shallow water use of scuba, deep water use of scuba (free ascent),

- ditching and donning.
- G. First aid for diving accidents - prevention, general first aid, injuries from marine life contact, injuries from pressure, ten commandments for safe diving.
 - H. Environment and marine life - climate, temperature, surface action, currents, visibility, entering the water, diving in the ocean, diving in fresh water, diving from craft, marine life.
 - I. Planning a scuba dive - repetitive dive tables, the buddy system, underwater communications, the emergency assistance plan, the scuba dive.

COURSE CALENDAR:

<u>Week</u>	<u>Activity/Topic</u>
1	Orientation/Skin Diving Equipment
2	Swimming Proficiency/Scuba Equipment
3	Assembly of Scuba Gear/Shallow water use of Scuba
4	Physics and Medical Aspects of Scuba
5	Deep Water Use of Scuba/ Equalizing Air Spaces
6	Skin Diving Skills
7	Regulator recovery and replacement/Mask Removal & Replacement
8	First Aid for Diving Accidents/Marine Life Environment
9	Air source Usage/Emergency Swim Ascent
10	Dive Tables Usage
11	Rescue Skills
12	Practice and Review of All Scuba Skills
13	Final Skills Evaluation
14	Final Written Exam
15	Course Review

COURSE REQUIREMENTS:

- A. Waiver Form or Medical
- B. Water Skills Evaluation
- C. Final Practical Examination
- D. Final Written Examination
- E. Class Participation
- F. Student needs own mask, fins, snorkel, weight belt (all brand names are acceptable/ floating fins, non-purge mask and non-purge snorkel are preferred)

OPTIONAL: Students who wish to be certified must participate in 4-5 open water dives toward the end of the semester at their own expense. (This is not a college requirement and not necessary for a grade in the course. Referral forms are available upon successful completion of written exam and water skills.)

WRITING REQUIREMENTS

Students will be assigned out-of-class writing projects during the course of the semester (journals, self-assessments, research papers, book reviews, etc.). The number of assignments and their content will be exclusive of writing (essay) required on examinations.

GRADING POLICY

Based on the following:

- A. Water Skills40%
- B. Written Exam30%
- C. Class Participation30%
(For certification, student must pass final written exam with 80% or higher and open water dives).
- D. You are limited as to absences and make-up classes.
- E. No make-up classes during the last week of the semester.

ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

TEXT:

- PADI Dive Manual (Revised Edition) by Dennis Graver (or substitute)
- NAUI Scuba Diver (latest edition) National Association of Underwater Instructors.

Course sequence and content are subject to change without notice as emphasis on course content may vary.

January 2013