

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 161 (001): INTS 195 (001) - Basic Scuba Diving

2 Credits, Spring 2017

Wed 7:20-10:00 PM Aquatic Fitness Center Room 112-Fairfax Campus

Faculty

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Prerequisites/Corequisites

There are some medical conditions that contraindicate scuba diving. For safety, students will be asked to complete a medical form to ensure they are safe for scuba diving activities.

University Catalog Course Description

Provides training toward certification as an open water SCUBA diver. Emphasizes snorkeling (free diving introduction) and SCUBA skills. Covers safe diving skills, the physics of diving, equipment care and maintenance, diving fitness, underwater navigation, record keeping, and other basic SCUBA knowledge. With successful completion of the course, qualifies students for open water certification by Scuba Schools International (SSI).

Course Overview

The SCUBA diving industry has established international standards for SCUBA diving. This course provides you the opportunity to gain the skills and knowledge necessary to become a safe introductory level diver. The longer course format over the semester provides you with extra time for skill development and is generally not available in other certification courses. You gain additional safety and skill mastery as a university student learning in this format.

Course Delivery Method

This course will be delivered using a face-to-face and online format. Course discussion will be followed by in pool training. Study materials will be available online.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain physical gas laws associated with pressurized gases used in diving.

2. Describe the physiology of diving, emphasizing but not limited to nitrogen and oxygen under pressure.
3. Apply knowledge learned for safe recreational scuba dives.
4. Explain basic first aid and long-term treatment for recreational diving illness.
5. Use SCUBA skills and scientific knowledge for pursuit of Scientific Diver certification.
6. Explain concepts about the aquatic environment including an introduction to El Nino and reef ecology.

Professional Standards : Scuba Schools International (SSI)

Upon completion of this course, students will have met the following professional standards: Complete demonstration of skills required for Open Water SCUBA Certification learned in the pool and in preparation for Open Water certification dives conducted after the course. Completion of written requirements for Open Water SCUBA certification through classroom and self instruction with SSI study materials is required.

Required Texts

SSI online training materials for Open Water Diver. We will show you how to gain access in class. You will also use the Divers Alert Network website periodically during the course.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**

Skill Assessment

SCUBA skills will be learned in the pool, and assessment of the skills will be done individually with the instructor. Students will practice skills throughout the semester and be tested on proficiency at the end of the term.

Written Final

Knowledge focused upon the objectives of the course will be evaluated with the standard SSI Open Water Scuba exam (80% required for certification). You will also work as groups to solve scenarios presented in class during the last weeks.

- **Other Requirements**

Attendance/Participation

- Students must attend the entire class period and participate in the daily activities to receive full credit for the class period.
- Students who attend, are on time each day, complete homework and participate to their fullest extent each day as scheduled will receive full participation credit for the day. You will need to schedule time each week to complete online SSI chapters, develop questions

for class discussion and do well on in class quizzes.

- Unexcused absences and late arrivals will significantly affect your grade as important information will be presented at 7:20 and material you learn is important for safety. Absences are only excused on a case-by-case basis and may require a Dr. 's note.
- Students should come prepared for each class, with equipment and enthusiasm for class activities. For example, students must bring their free diving equipment and SCUBA mouthpiece to every class.

- **Course Performance Evaluation Weighting**

Attendance/Participation (includes completing homework assignments) (30%)

In class formative 5 minute quizzes (30%)

SCUBA Skill Assessment (30%)

SSI Final (10%)

Total points: 100

- **Grading Policies**

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|--------------|--------------|--------------|
| A = 90 – 100 | B- = 80 – 83 | C- = 70 – 73 |
| B+ = 88 – 89 | C+ = 78 – 79 | D = 60 – 69 |
| B = 84 – 87 | C = 74 – 77 | F = 0 – 59 |

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Course Schedule

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| 1 | Course Intro, visit Woodbridge Scuba and review equipment. | Nothing due this night. Pay course fees this week. |
| 2 | Your body underwater part 1. Introduction to freediving and swim evaluation in the pool. | DUE: Sign up for SSI and Divers Alert Network w/instructor |
| 3 | Your body underwater cont. SCUBA equipment introduction and shallow water skills in the pool | DUE: SSI 1. Your Body and the Aquatic Environment |
| 4 | Exposure, heat loss control and equipment use. First night in the deep pool. | DUE: SSI 2. Using Life Support Equipment Underwater. |
| 5 | Gas laws, physiology of diving into practice. Continue skills in the deep pool. Diving related Illness and Sickness. | DUE: SSI 3. Breathing Gas and the Effects on your body. |
| 6 | Gas laws put into practice use for planning dives. Continue skills in the deep pool. | Potential Assignments TBD: Based upon Formative Assessments to date. |
| 7 | Gas Laws put into practice for planning dives. Continue skills in the deep pool. | DUE: SSI optional: Planning with Dive Tables |

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| 8 | SPRING BREAK no class | |
| 9 | Safe Diving Planning and Use of Computers. Continue skills in the deep pool. Dive Buddies. | DUE SSI 4. The Value of a Buddy and Executing Your Dives |
| 10 | The Marine Environment, Organisms and Conservation. Skill practice in the pool | DUE SSI 5. The Ocean and your Diving Opportunities |
| 11 | Opportunities through Mason and ways to use SCUBA skills in the future. | DUE: SSI 6. Your SCUBA Diving Experiences and Beyond |
| 12 | Scenarios in class to apply your knowledge | DUE: In class scenario work |
| 13 | SSI final exam in class. Pool skills evaluation | Course evaluations |

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students. An additional pool session may be added if determined necessary.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Tentative Weekly Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students. An additional pool session may be added if determined necessary.

Assessment Rubric(s)

N/A