

**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, Wed 7:20-10:00 PM Aquatic Fitness Center Room 112

**Faculty**

Name: Dr. Thomas Wood and Dr. Esther Peters  
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**Prerequisites**

Strong swimming skills, high comfort level under water and physical and mental condition compatible with SCUBA industry diving safety standards. No use of tobacco or drugs contraindicated by SCUBA industry diving safety standards. You will be asked to complete a medical statement and complete a swim evaluation prior to starting SCUBA training.

**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. This course is offered by [Recreation, Health & Tourism](#). May not be repeated for credit. Equivalent to PHED 255 and INTS 195.

**Course Delivery Method**

This course will be delivered using a lecture/lab and online format

**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: <https://www.divessi.com/en/home/>. We will show you how to gain access in class. You will also use the Divers Alert Network website periodically during the course: <http://www.diversalertnetwork.org>

### **Course Performance Evaluation**

Students are expected to submit all assignments on time to the SSI website:  
<https://www.divessi.com/en/home/>

- **Assignments:** will be provided weekly through the SSI website. Knowledge focused upon the objectives of the course will be evaluated with the standard SSI Open Water Scuba exam (80% required for certification) in class at the end of the term
- **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.
- **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. Those who do not do these things will lose participation points. 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 doctor's note.

- **Preparation:** 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) (40%); SCUBA Skill Assessment (30%); SSI Final (30%)

- **Grading (%)**

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

See <https://cehd.gmu.edu/students/policies-procedures/>

The certified recreational diving community as represented by Scuba Schools International.

## Class Schedule

### Tentative Weekly Class Schedule

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 free-diving and swim evaluation in the pool.	DUE: SSI chapter 1 completed questions online
3	Your body underwater cont. SCUBA equipment introduction and shallow water skills in the pool	DUE: SSI 2. Your body and the aquatic environment
4	Exposure, heat loss control and equipment use. First night in the deep pool.	DUE: SSI 3. Breathing gas and the effects on the body.
5	Gas laws, physiology of diving into practice. Continue skills in the deep pool. Diving related Illness and Sickness.	DUE: SSI 4. Executing your dives. dive planning and execution.
6	Gas laws put into practice use for planning dives. Continue skills in the deep pool.	DUE: SSI 5. The ocean and your diving opportunities.
7	Gas Laws put into practice for planning dives. Skills evaluation in the deep pool.	DUE: SSI 6. SSI optional: SSI exam
8	SPRING BREAK no class	
9	Safe Diving Planning and Use of Computers. Continue skills in the deep pool. Dive Buddies.	Coral reef ecology intro
10	The Marine Environment, Organisms and Conservation. Skill practice in the pool	Marine conservation
11	Opportunities through Mason and ways to use SCUBA skills in the future.	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 <https://catalog.gmu.edu/policies/honor-code-system/> ).
- 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](mailto: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/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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