

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, Fall 2018

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

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. There are also fees associated with equipment purchase and rental, and fees associated with the certification agency. You should be a comfortable swimmer and have the ability to tread water.

University Catalog Course Description

Provides training toward certification as an open water SCUBA diver. Emphasizes snorkeling and SCUBA skills. Covers safe diving skills, the physics and physiology of diving, equipment care and maintenance, diving fitness, underwater navigation, record keeping, and other basic SCUBA knowledge. With successful completion of the course, students are qualified as a Referral Diver and be prepared for open water certification by Scuba Schools International (SSI). Students will have options for completing their Open Water SCUBA Certification, but this training is outside the requirements of this class.

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 is an activity based course. Course discussion of online material will be followed by in pool training.

Learner Outcomes or Objectives

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

1. Demonstrate proficiency in basic scuba skills to prepare for safe diving
2. Understand physiological effects of pressure changes on the body while scuba diving
3. Understand the physics of gas laws and the implications of breathing air under water
4. Demonstrate an understanding of the operation of basic scuba equipment, the diving industry and trip planning
5. Understand what diving opportunities are available to the newly trained diver

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. In the course, students can complete a certification of Referral Diver with successful completion of classroom material, a skills test in the pool and completion of a written exam with a minimum score of 80%.

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.

www.divessi.com

www.diversalertnetwork.com

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). The SSI website will be used.

- **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. It is critically important to attend class as the skill development occurs in the pool and cannot be made up when missed.
- 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. Late submissions do not receive points but are required to complete the certification process.
- 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 require verification.
- 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 starting week 2 for snorkeling and week 3 for SCUBA.

- **Course Performance Evaluation Weighting**

Attendance/Participation SCUBA skill demonstration (40%)

Timely completion of SSI chapters online during required weeks (30%), late submissions do not receive points.

Specialty study and completion of students choice (20%)

SSI Final (10%)

Total points: 100

- **Grading Policies**

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/polices-procedures/>

Class Schedule

1 8/29	Course Intro (required components) visit Woodbridge Scuba and review equipment required for purchase and rental	Get online: divessi.com and work through Snorkeling Course and Ch 1 of Open Water Class
2 9/5	Due: Snorkeling Course and Ch 1 SSI Open WaterClass: Introduction to snorkeling and swim	Assigned: Complete Ch 2-3 and complete review questions

	evaluation in the pool. Risk Awareness	
3 9/12	Due: Ch 2-3 SCUBA Equipment and Physics and Physiology of Diving. Skill development in pool	Assigned: Complete Ch 4,5,6 and complete review questions
4 9/19	Due: Ch 4,5,6 Planning Dives, marine life and the Diving Experience Skill development in pool	Assigned: Complete Ch 5-6 and complete review questions
5 9/26	Gas laws, physiology of diving into practice. Skill development in pool.	Assigned: Review all 6 chapters and come prepared with questions
6 10/3	Review questions and discussion for Ch 1-6. Continue skills in the deep pool.	Assigned: Prepare for SSI exam.
7 10/10	SSI exam in class. Skill tests in pool to pass Referral Diver	Assigned: Review pool skills
8 10/17	Skill test in pool continued to pass Referral Diver certification	Oct 20-21 Dive Weekend for Open Water certification
9 10/24	Review of Specialties available for selection for the remainder of the course.	Assigned: Select and start a speciality on the SSI website
10 10/31	Dive Table review in class. Bouyancy skills in the pool	Assigned: Online progress on selected Specialty
11 11/7	SCUBA club representative and coral reef ecology introduction.	Assigned: Complete selected Specialty online
12 11/14	Specialty discussions Skill development for specialties	DUE: Complete Specialty
13 11/21	Specialty discussions Skill development for specialties	Course evaluations
14 11/28	Summary night, skill practice in the pool	

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 silence all sound emitting devices 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/>.
- 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/> .