

# Kinesiology 210 Scuba (Spring 2008)

## Instructors Information:

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## Have you ever wanted to?

**Escape** to a different world. Scuba takes you to a different world with new colors, shapes, textures and creatures – a world where the roles you play – husband, wife, mother, father, friend – take on a new dimension. Become a scuba diver and escape to a peaceful place to renew your energy and excite your senses.

**Explore** new places. Scuba diving frees you to explore the underwater world – from historic shipwrecks and pristine reefs to the mysteries of your local quarry. Become a scuba diver and explore what you've been missing.

**Experience** a connection with nature; a feeling of freedom, and a transformation. Diving connects you with nature. It immerses you in new sensations and experiences. It transforms your perception of life forever. Become a diver and transform yourself.

**Course Objectives:** *In this course, Your Instructor will take you through the basics of learning how to scuba dive. You will start with:*

- 1. Knowledge Development** – This portion establishes a foundation of principles, procedures and general information divers need. There are five sections in the *Open Water Diver Manual* and *Open Water Diver Video*. You will answer exercise questions within the reading, and complete a Knowledge Review for each section. You will then demonstrate your mastery of each section by completing the appropriate Quiz, and following the fifth section, a comprehensive Final Exam. (See attached course outline)
- 2. Confined Water Dives** – This is what it's all about – diving. You develop your basic scuba skills in a pool or in a body of water with pool-like conditions. Here you'll learn everything from setting up your gear to how to easily get water out of your mask without surfacing. You'll also practice some emergency skills, like sharing air – just in case. Plus, you may play some games, make new friends and have a great time. There are a minimum of five confined water dives, with each

building upon the previous. Over the course of these five dives, you will attain the skills you need to dive in open water.

- 3. Open Water Dives** – After your confined water dives, you and the new friends you've made continue learning during four open water dives with your Instructor at a local dive site. This is where you will have fun putting it all together and fully experience the underwater adventure – at the beginner level, of course.

**Upon completion of this course:** *The student will have shown mastery in all the basic requirements needed to become a safe, fully licensed and experienced basic open water scuba diver.*

### **TEXT:**

PADI Open Water Diving Manual, PADI Open Water Diver Study Guide, PADI Dive Tables, PADI Dive Log, PADI Student Folder.

### **Attendance / Absences:**

Should you miss class, it is your responsibility to determine what you missed and be prepared for the next class period. If the absence is deemed unexcused, your grade may be affected as follows after three absences:

Absences:

- 4 – Grade reduced by one letter grade
- 5 – Grade reduced by two letter grades
- 6 – Grade reduced by three letter grades
- 7 - Failure

### **Special Considerations:**

You must complete five open water dives, which are conducted at the “Blue Lagoon” (usually equals 2 days of diving, each day entry fee is \$15, paid directly to Blue Lagoon).

Please be advised that this class is of such size, that it is important that you adhere to the following:

- 1.) Since we have class only once a week, it is important that you come to class.
- 2.) Pool labs, you must attend once a week. Your instructor has set times it can use the health club's pool and you must show up at your appointed time. Do not come at other times (unless special permission is obtained)

\*After completion of the course, there is a \$25 fee. It is not included in your initial charge because not all students end up getting certified due to unforeseen circumstances, and it would be unfair to charge them with the C-Card application fee.

## **Americans with Disability Act**

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely the work in this class, then I encourage you to register with the SHSU Counseling Center. All disclosures of disabilities will be kept strictly confidential.

NOTE: No accommodations can be made until you register with Counseling Center (Ext. 1720)

## **Student Absences on Religious Holy Days Policy**

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuses a student from attending classes or other required activities, including examinations, for the observance of a religious holiday, including traveling for that purpose. A student whose absences are excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. University policy 861001 provides the procedures to be followed by the student and the instructor. A student desiring to excuse him/herself from the scheduled class in order to observe (a) religious holiday(s). The request shall be made present to each instructor involved a written statement concerning the religious holiday(s). This request shall be made the first 15 days of the semester or the first seven days of summer session in which absence(s) will occur. The instructor will complete the form notifying the student of a reasonable timeframe in which the missed assignment and/or examinations are to be completed.

## **Academic Dishonesty**

Students who do not do their own work are cheating. Plagiarism, defined as copying others work without giving proper credit, is not acceptable. Group work is not acceptable unless specifically allowed by the instructor. Consequences for Academic dishonesty include automatic failure on the assignment for the first instances of cheating and failure if the course for any succeeding instances cheating. Do your own work when required and you will not have any problems with this

# Course Outline

	<u>Text</u>	<u>Study Outline</u>
Chapter I -	The Underwater World Dive Equipment Scuba Systems Confined Water Dive Preview	<b>Module I</b> – pg. 1
Chapter II -	Adapt to the Underwater World Respiration Dive Equipment Buddy System: Communications & Procedures Confined Water Dive Preview	<b>Module II</b> – pg. 75
Chapter III -	The Dive Environment Dive Planning Boat Diving Problem Management Confined Water Dive Preview General Open Water Skills Open Water Dives 1 & 2	<b>Module III</b> – pg. 123
Chapter IV -	Dive Accessories Health for Diving Breathing Air at Depth Confined Water Dive Preview	<b>Module IV</b> – pg. 179
Chapter V -	Special Dive Table & Computer Procedures Using a Dive Computer Basic Compass Navigation Continuing Your Adventure Using the Recreational Dive Planner Confined Water Dive Preview Open Water Dives 3 & 4 Dive Safety Practices Summary	<b>Module V</b> – pg. 217