

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 2020

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

Faculty

Name: Dr. Tom Wood assisted by Dr. Esther Peters, Thad Pennas and Mark Jacyna

Office hours: Before class (7:00) or by appointment

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Prerequisites/Corequisites

There are some medical conditions that contraindicate scuba diving and you need to be a comfortable swimmer. For safety, students will be asked to complete a medical form to ensure they are safe for scuba diving activities, and you will be asked to pass a swim and treading water evaluation before starting the course. There are also fees associated with equipment purchase and rental, and fees associated with the certification agency. (see attached documents for details)

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 will qualify 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 snorkeler and scuba 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 each night.

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) for Referral Diver Certification (achieved prior to Open Water Certification)

During this course, students will have the opportunity to meet the following professional standards toward Referral Diver Certification:

Complete demonstration of skills required for Open Water SCUBA Certification learned in the pool in preparation for Open Water certification dives that can be conducted after the course. Completion of written requirements for Open Water SCUBA certification through classroom and self-instruction with SSI study materials. Complete 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, hard copy). The SSI website will be used.

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.

Multiple Choice Exams

Knowledge focused upon the objectives of the course will be evaluated with the standard SSI Open Water Scuba exam (80% required for passing). You will also take an exam for your Science of Diving specialty.

- **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 snorkeling equipment to every class starting on week 2.

- **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 point credit.

Specialty Science of Diving (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 – Subject to alteration with formative assessment of progress

Week 1 8/28	Course Intro (required components) visit scuba shop to review equipment required for purchase. GMU Scuba Club introduction	Get online: divessi.com and work through Snorkeling Course and Section 1 of Open Water Class
Week 2 9/4	Due: Snorkeling Course and Section 1 SSI Open Water Class: Swim evaluation in the pool. Risk Awareness and complete paperwork.	Assigned: Complete Section 2 and complete review questions
Week 3 9/11	Snorkeling course presented this night in class and in the pool	Assigned: Complete Section 3 and complete review questions
Week 4 9/18	Due: Section 2-3 discussed in class. SCUBA in pool.	Assigned: Complete Section 4 and complete review questions
Week 5 9/25	Section 4 review in class. Skill development in pool	Assigned: Complete Sections 5-6 and complete review questions
Week 6 10/2	Review questions and discussion for Sections 5-6. Continue skills in the deep pool.	Assigned: Review for SSI Open Water Exam
Week 7 10/9	SSI exam in class. Skill tests in pool to pass Referral Diver	Assigned: Science of Diving Specialty
Week 8 10/16	Skill completion in pool to pass Referral Diver certification water skills	Assigned: Continue Science of Diving
Week 9 10/23	Review of Specialties available for selection for the remainder of the course.	Assigned: Continue Science of Diving
Week 10 10/30	Dive Table review in class. Buoyancy skills in the pool	Assigned: Continue Science of Diving
Week 11 11/6	SCUBA club representative and coral reef ecology introduction.	Assigned: Complete Science of Diving
Week 12 11/13	Specialty discussions Physiology and Physics review	DUE: Complete Specialty
Week 13 11/20	Science of Diving exam	Course evaluations
Week 14 11/27	Summary night, skill practice in the pool. Discussion of Open Water certification options	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students. An additional pool session on Dec 4 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/> .