

**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 2021  
Online course with 4 pool sessions in the AF Center from 1-4 PM  
Tues 3/16: Fri 4/2, 4/9 and 4/16

**Faculty**

Name: Dr. Tom Wood  
Office hours: By Appointment on Zoom  
Office location: 434 Enterprise Hall  
Email address: twood@gmu.edu

**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. You should be a comfortable swimmer and have the ability to tread water.

There are also fees associated with equipment purchase and rental, and fees associated with the certification agency that you will be given prior to the start of the class.

**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 also develop an understanding of the Science of Diving. 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 is a hybrid course with mandatory participation in both activity and online course material. activity-based course. Course discussion of online material will be followed by in pool training. This course will be delivered online (76% or more) using synchronous or an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 1/25 at 9 am

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

### *Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

### *Expectations*

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.
- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for

communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## **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. SSI online training materials for Science of Diving. We will show you how to gain access in class, no preparation is required prior to the first week. You will also use the Divers Alert Network website periodically during the course. [www.divessi.com](http://www.divessi.com)  
[www.diversalertnetwork.com](http://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.

- **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.

#### **Multiple Choice Exams**

Knowledge focused on the objectives of the course will be evaluated with the standard SSI Open Water Scuba exam (80% required for certification).

- **Other Requirements**

#### **Attendance/Participation**

- Online work can be done at the student's pace during the semester prior to due dates, we will have occasional online in person sessions as needed in a timeframe available to student's schedules (discussed during the first week of class). It is critically important to attend pool sessions 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. You will need to schedule some time each week to complete online SSI chapters and discuss questions

with the instructor online.

- Students should come prepared for each class, with equipment and enthusiasm for class activities. Students will need to have all of their required snorkeling equipment for the first pool session.

- **Course Performance Evaluation Weighting**

Attendance/Participation SCUBA skill demonstration (40%)

Timely completion of SSI chapters online during required weeks (40%)

SSI Final (20%)

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/policies-procedures/>

## **Class Schedule – Subject to alteration with formative assessment of progress**

Due to Covid restrictions this semester we will have a small class. Dr. Wood will contact all students to set up an introductory online session to review the online materials, medical form and pre-course information (costs). We will determine future online sessions depending on student's schedules.

**Mandatory:** 4 pool sessions in the AF Center from 1-4 PM, full gear for each session  
Tues March 16: Fri April 2, April 9 and April 16 (skill review day)

SSI Open Water SCUBA Diving Course chapters completed, Chapter review questions passed.

Chapter 1. Week of March 8

Chapter 2. Week of March 15

Chapter 3. Week of March 22

Chapter 4. Week of March 29

Chapter 5. Week of April 5

Chapter 6. Week of April 12

SSI Final Exam. Week of April 19

### **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**

#### 1. GMU Policies and Resources for students

##### *Policies*

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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 <https://ds.gmu.edu>).
5. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

##### *Campus Resources*

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.

2. Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking: As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.