

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 2021

Online course with pool sessions in the AF Center from 1-4 PM Fridays
8/23-12/15

Faculty

Name: Dr. Tom Wood
Office hours: By Appointment
Office location: 434 Enterprise Hall
Office phone: (703) 963-0866 mobile
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. 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. You should be a comfortable swimmer and have the ability to tread water, you will have to pass a swim and float evaluation.

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. This course will prepare you to start to pursue AAUS Scientific Diving training and activities in other courses at Mason.

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.

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
6. Provide a foundation for students interested in pursuing scientific diving opportunities

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
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 also 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, we will have occasional online zoom 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 every session, are on time each day, complete homework on time and participate to their fullest extent each day will do well in the course. 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 snorkeling equipment for the first pool session (as indicated in the schedule below).

- **Course Performance Evaluation Weighting**

Attendance/Participation SCUBA skill demonstration (50%)

Timely completion of SSI chapters online during required weeks (30%)

SSI Open Water Final Exam (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/polices-procedures/>

Class Schedule – Subject to alteration with formative assessment of progress

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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 because we have a small group.

Friday Aug 27. 1:00 Online Session to introduce the course. Opening a SSI account and accessing the course. Pay course fees. See the Zoom link posted on the BB site or here it is: <https://gmu.zoom.us/j/9801737114?pwd=MmNlcGE5bXY1dkxUS0tpemx0eHNhUT09>

Friday Sept 3. *Please bring your signed medical release form with you prior to this water activity.* Swim evaluation. Swim 400 yards without stopping and float for 10 minutes in deep water. Please meet by the diving boards in the Aquatic Fitness Center with a bathing suit and towel, be ready to get into the water by 1:00 Fittings for BCD sizes.

SSI Online: Complete chapter 1 for this day.

Friday Sept 10. Introduction to snorkeling. Basic kicking skills and surface dives. You will need to have your own snorkeling gear by this date. Meet by the diving boards.

SSI Online: Complete chapter 2 for this day.

Friday Sept 17. Intro to SCUBA in shallow water. Meet at the Recreation pool (shallow pool). Please be poolside at 1:00. Build up SCUBA gear and learn mask flooding and regulator removal and replacement. Breathing safely on SCUBA.

SSI Online: Work on chapter 3 for this day.

Friday Sept 24. Meet by the diving boards each night from here on out. First night in deeper water. SCUBA skills development.

SSI Online: Complete SSI Chapter 3 for this day

Friday Oct 1, 8, 15, 22, Nov 5, 12. Skills development in the pool.

SSI Online: Complete SSI Chapters 4-6 by October 15. Reviews and additional readings may be assigned Oct 15- Nov 12 as needed.

Fri Nov 19. SCUBA skills exam in the pool.

Fri Dec 3. Final exam for Open Water Diver, in person at 434 Enterprise Hall.

Additional zoom sessions will be scheduled for reviewing SSI Open Water Diver online materials. We will schedule these as needed and consider everyone's schedules.

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 <https://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 <https://ds.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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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