

**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 2023  
F 1-4 PM Aquatics Facility, Fairfax

**Faculty**

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Zoom link: <https://gmu.zoom.us/j/9801737114?pwd=MmNlcGE5bXY1dkxUS0tpemx0eHNhUT09>

**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](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, 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. Keep an eye on the BB site and email. I will use the Announcements on BB, which are also sent as emails, and you can keep track of information I send either way.

**Friday Jan 27.** 1:00 Meet at the Aquatic Fitness Center for the swim evaluation and to sign forms, learn about online SSI course access and pay course fees get sized for SCUBA equipment. 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 1:10 You may change in the locker rooms. Fittings for BCD sizes. To get into the AF Center, you will need your GMU ID to sign in at the front desk. We will meet by the diving boards on the competition pool at 1:10.

**Saturday Jan 28.** At noon we will meet at Coral Edge Adventures (4657 Sudley Rd.,Catharpin, VA 20143) where you may purchase a mask, fins, snorkel, wetsuit, weight belt and booties for your personal equipment. Please do not purchase equipment until we complete the review with you at Coral Edge Adventures. They are our sponsoring dive shop and provide discounts to Mason students. We will discuss carpooling from campus as needed.

**Friday Feb 3.** 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 at 1:10.

SSI Online: Complete the Snorkeling section online.

**Friday Feb 10.** Intro to SCUBA in shallow water. Meet at the Recreation pool (shallow pool). Please be poolside at 1:10. Build up SCUBA gear and learn mask flooding and regulator removal and replacement. Breathing safely on SCUBA.

SSI Online: Complete Chapter 2 for this day.

**Friday Feb 17.** Intro to SCUBA in shallow water, day 2. Meet at the Recreation pool (shallow pool). Please be poolside at 1:10. Build up SCUBA gear and learn mask flooding and regulator removal and replacement. Breathing safely on SCUBA.

SSI Online: Complete Chapter 3 for this day.

**Friday Feb 24.** Meet by the diving boards in the competition pool from here on out. First time in deeper water. SCUBA skills development.

SSI Online: Complete SSI Chapter 4 for this day

**Friday March 3.** SCUBA Skills development in the diving well.

SSI Online: Complete SSI Chapter 5 for this day

**March 10 and 17 No Class, SPRING Break**

**March 24, 31 April 7, 14, 21.** Skills development and testing in the pool.

SSI Online: Complete SSI Chapter 6 by April 1. Final skills review April 21

**Fri April 28.** Open Water SCUBA multiple choice exam. Place TBD, bring a pen.

We will discuss Open Water certification options, although this is not a required component of the course.

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](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/>.

- 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](mailto:titleix@gmu.edu).

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

**How can students access **TimelyCare**?**

Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

**Who can use **TimelyCare**?** Any enrolled Mason student.

**What services are available?**

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

**How much does a **TimelyCare** visit cost?**

**TimelyCare** services are available at no cost to students.

