

Virginia Western Community College

PED 144

Skin and Scuba Diving

Prerequisites

Successfully complete a Non-stop Swim 200 yards and 10 Minute Tread/Float.

Course Description

Emphasizes skills and methods of skin and scuba diving. Includes training with underwater breathing apparatus and focuses on safety procedures, selection and use of equipment. Prerequisite strong swimming skills. (VCCS MCR Description)

Students are expected to attend all sessions, both pool work and work assigned. Students must complete knowledge reviews and pass the exam with 80%. (Additional Description added by the faculty)

Semester Credits: 2

Lecture Hours: 1

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

SSI Open Water Diver Manual. SSI Staff. Concept Systems, Incorporated. ISBN: 1880229730
(This text is only sold through SSI to instructors and is provided by the instructor)

Other Required Materials:

Internet Access
Blackboard

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate competency in swimming and treading water
- Be proficient in Mask clear, regulator clear, regulator recovery and BCD inflation
- Learn to think more analytically, critically and logically using Scuba concepts
- Demonstrate proficiency in Dive table analysis
- Demonstrate proficiency in Air share/ Air share ascents
- Learn fundamentals of safety as they apply toward scuba
- Demonstrate a successful dive using safety principles.

Topical Description

1	Demonstrate Competency in Swimming and Treading Water
2	Equipment Selection and Operation
3	Dive Physics
4	Your Body and Diving
5	Safety for Individual and group
6	Skills Involving Equipment
7	Air Share, Ascents, Descents and Water Entry
8	Dive Tables
9	Demonstrate a Successful Dive Using Safety Principles
10	Health Benefits of Diving

Note to Instructors