



I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate fundamental snorkeling and scuba skills essential for safe participation in this aquatic activity.

II. Units:

Unit 1. Physical Skills Attainment of Snorkeling and Scuba Diving

General Outcome:

1.0 The students should be able to demonstrate the physical skills necessary for safe participation in the aquatic activity of snorkeling and scuba diving.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Execute the feet first, tuck and pike surface dives to at least fourteen feet.
- 1.2 Perform snorkeling techniques including clearing of ears, mask, and snorkel in fourteen feet of water with one breath.
- 1.3 Check, assemble and don scuba equipment.
- 1.4 Execute stride, forward, and backward roll entries.
- 1.5 Share with buddy.
- 1.6 Make an open water dive from a vessel in at least thirty feet of water with scuba equipment. (Only required of students seeking certification.)
- 1.7 Demonstrate snorkeling skills during an off-shore swim. (Optional)

Unit 2. Theories and Knowledge Necessary for Safe Snorkeling and Scuba Diving

General Outcome:

2.0 The students should be able to discuss the effects of physics, physiology and the marine environment on the diver.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Discuss the significance of the Physics Laws as related to:

- 2.1.1 Matter
- 2.1.2 Gas Laws
- 2.1.3 Density and Buoyancy
- 2.1.4 Illumination and Vision
- 2.1.5 Acoustics
- 2.1.6 Pressure

2.2 Explain the significance of underwater physiology as related to diving:

- 2.2.1 Direct Effects of Pressure
- 2.2.2 Indirect Effects of Pressure

Safety Precautions:

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)