San José State University
Kinesiology Dept.
Scuba Diving Kin 008 01-02-03-04, Fall 2019

Instructor: Frank Barry
Office Location: By appointment
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Email: Frank.Barry85@gmail.com or frank.barry@sjsu.edu
Office Hours: By appointment
Class Days/Time: Wed 6-8:30PM or Thurs 6-8:30PM lecture/pool combo
Classroom: SPX 163 classroom/ SPX 180 indoor pool - combo

Prerequisites
A. *Medical History: self disclosure regarding medical history with no contra-indications for scuba participation
B. *Release of Liability, Waiver of Claims, Express Assumption of Risk and Indemnity Agreement
C. All students must demonstrate competency in the following swimming skills:
   1. Swim 200 yards (using any strokes) in less than 8 minutes without stopping and without swimming aids
   2. Tread water in the deep end of the pool for 10 minutes continuously, without the use of swim aids or touching the sides of the pool.
   3. 50 foot underwater breath hold swim
* Forms provided first class meeting

Course Description
This course is an entry level scuba course designed for the individual with little or no previous scuba experience. It is designed to provide the knowledge and skills to prepare the student for open water scuba training in the local marine environment. Scuba certification will be offered as a separate activity for those who qualify.

Course Goals and Student Learning Objectives
Upon successful completion of course requirements students will:
   A. Demonstrate correct technique in performing basic scuba skills.
   B. Demonstrate an acceptable level of comfort in performing basic scuba skills.
   C. Demonstrate knowledge of:
      1. All readings assigned and lecture material presented
      2. Proper procedure for use and care of scuba equipment
      3. Proper scuba etiquette and procedures for all populations and ages
Course Requirements
A. Successfully complete all confined water skills
B. Read all assigned readings from textbook and handouts
C. Successfully complete and pass written exams and quizzes
D. Active class participation is essential to fulfill the course objectives
E. Demonstrate recognizable and acceptable effort in class participation. This means you must actively participate in in-water activities at every pool session.

Optional Ocean Training and Certification
Requirements and qualification criteria to be discussed and outlined later in the course.

Required Texts/Readings
Instructor will explain options for purchasing text and gear requirements during the orientation provided in the first session.

Final Examination
Both a written final examination and a pool skills examination will be administered as indicated on the class schedule. Weighting for grading purposes is detailed below.

Classroom Protocol
Each session is a combination of lecture and in-pool instruction. Lectures will begin promptly at 6:00PM and the timing will vary depending on content. Water skill instruction will take place immediately after the lecture session, and students are responsible for providing any required gear as outlined by the instructor and for active participation. Students are responsible for being prepared according to the assignments on the syllabus. The timing will be flexible and depends on the material being covered. If students miss a class, both a lecture and a pool session are missed, or two instruction sessions – see make up policy below.

If a student is present for the instruction, and requires additional assistance with a particular skill, it is the student’s responsibility to request assistance. However, if the deficiency is the result of missed class time, see make up policy below.

No cell phone use is allowed during class.

Make up Policy
A. There will be no make ups for missed quizzes, tests, or pool skill evaluations, except for documented, serious and compelling reasons. It is the student’s responsibility to contact the instructor should such a situation arise. Student is also responsible for all the material covered during any missed lectures and any pool skills taught during missed
pool sessions. Once we begin scuba skills in the pool, student must demonstrate proficiency in the skills missed before being allowed to progress to the next skills. Missed classes will result in falling behind – don’t miss class!
B. It may be possible to make up missed water sessions by attending another scuba class taught by the instructor. Make-ups will only be allowed/administered when serious and compelling reasons exist and the instructor’s approval has been obtained in advance.

Assignments and Grading Policy

Course Content
A. Motor (Physical) Component – 60% of grade
   1. Pre-dive skills
   2. Surface skills
   3. Underwater skills
   4. Emergency skills
B. Cognitive (Knowledge) Component – 40% of grade
   1. Diving Equipment and Diving Skills
   2. Diving Sciences, Decompression, Dive tables and Dive Computers
   3. Dive Planning and Recording and Problem Solving
   4. Diving Environment and Diving Activities

Method of Evaluation
A. Active participation* – 3% per session for 10 weeks 30%
B. Pool skills evaluation – quizzes 10%
C. Written quizzes 10%
D. Final Written Exam 25%
E. Pool skills evaluation – Final 25%
* This is an activity course: Active participation in this class means arriving on time, and participating for the entire class period in whatever activities are scheduled for that session.

Assignment of Final Course Grade
A+ 98-100%  B+ 88-89%  C+ 78-79%  D+ 68-69%  F 59% and below
A  92-97%   B  82-87%   C  72-77%   D  62-67%
A-  90-91%  B-  80-81%  C-  70-71%  D-  60-61%

University Policies

“University Policies: Office of Graduate and Undergraduate Programs maintains university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc.”
You may find all syllabus related University Policies and resources information listed on GUP’s Syllabus Information web page at http://www.sjsu.edu/gup/syllabusinfo/
# Scuba Diving KIN 008, 01-02-03-04, Course Schedule

*Schedule is subject to change with fair notice and notices will be announced at the beginning of lecture sessions.*

<table>
<thead>
<tr>
<th>Week</th>
<th>Pool Activity</th>
<th>Lecture</th>
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<tbody>
<tr>
<td>1 – Aug 21, 22</td>
<td>Orientation – no pool</td>
<td>Orientation – go over greensheets and requirements</td>
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<tr>
<td>2 – Aug 28, 29</td>
<td><strong>Water testing</strong> – all students must be prepared to get in the pool and swim.</td>
<td><strong>Lecture: Unit 2 -Diving Equipment</strong> (equip needed for pool work following week)</td>
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<tr>
<td>3 – Sept 4, 5</td>
<td>Begin skin diving skills (participants must provide basic equipment)</td>
<td>Lecture: Unit 3 - Diving Skills</td>
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<tr>
<td>4 – Sept 11, 12</td>
<td>Skin diving skills <strong>Pool Quiz 1</strong>,</td>
<td>Quiz 1: Units 2 &amp; 3</td>
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<tr>
<td>5 – Sept 18, 19</td>
<td>SCUBA</td>
<td>Lecture: Unit 4 - Diving Sciences; review Quiz 1</td>
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<tr>
<td>6 – Sept 25, 26</td>
<td>SCUBA, <strong>Pool Quiz 2</strong></td>
<td>Lecture: Unit 5 - Decompression, Dive Tables &amp; Dive Computers</td>
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<tr>
<td>7 – Oct 2, 3</td>
<td>SCUBA</td>
<td>Quiz 2: Units 4 &amp; 5</td>
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<tr>
<td>8 – Oct 9, 10</td>
<td>SCUBA, <strong>Pool Quiz 3</strong></td>
<td>Lecture: Unit 6 – Dive Planning &amp; Recording; review Quiz 2</td>
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<tr>
<td>9 – Oct 16, 17</td>
<td>SCUBA</td>
<td>Lecture: Unit 7 - Problem Solving</td>
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<tr>
<td>10 – Oct 23, 24</td>
<td>SCUBA, <strong>Pool Quiz 4</strong></td>
<td>Quiz 3: Units 6 &amp; 7</td>
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<tr>
<td>11 – Oct 30, 31</td>
<td>SCUBA</td>
<td>Lecture: Unit 8 – Diving Environment; Unit 9 – Diving Activities; review Quiz 3</td>
</tr>
<tr>
<td>12 – Nov 6, 7</td>
<td>SCUBA</td>
<td>Quiz 4: Units 8 &amp; 9; review for final</td>
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<tr>
<td>13 – Nov 13, 14</td>
<td>Pool practice/final review</td>
<td>Review for Final</td>
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*Pool quizzes must be passed to move on to the next module

**Optional Ocean Training Dates for certification:**
2 consecutive dive days required to complete certification: November 23 & 24 (Sat & Sun) OR November 30 & December 1st (Sat & Sun) OR Dec 7 & 8 (Sat & Sun)
*Requirements and qualification criteria to be discussed and outlined by instructor later in the course. Students must qualify for ocean training, and it is conducted as a separate activity for an additional cost.

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<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
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<tr>
<td>14 – Nov 20, 21</td>
<td>SCUBA, *Pool Quiz 5</td>
<td>Written Final</td>
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<tr>
<td>15 – Nov 27,28</td>
<td>NO CLASS–Thanksgiving</td>
<td>NO CLASS-Thanksgiving</td>
</tr>
<tr>
<td>16– Dec 4, 5</td>
<td><strong>Pool Final</strong></td>
<td>No lecture – all pool</td>
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*Important Dates:*
- Sept 3 – Last day to drop
- Nov 20, 21 – Written Final
- Dec 4, 5 – Pool Final
- Sept 10 – Last day to add
- Nov 27, 28 – No class, Thanksgiving