

**San José State University**  
**Kinesiology Dept.**  
**Scuba Diving Kin 106 01-02, Spring 2013**

<b>Instructor:</b>	Frank Barry
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<b>Office Hours:</b>	By appointment
<b>Class Days/Time:</b>	Tues 7-9:30PM – lecture/pool combo
<b>Classroom:</b>	SPXE Room 79 classroom/ 77 Pool
<b>Prerequisites:</b>	<p><b>A. Medical History</b></p> <ol style="list-style-type: none"><li>1. All students must complete a self-disclosure medical history form and obtain an appropriate medical release to dive</li><li>2. The medical release to dive must be on file with the instructor prior to any open water scuba activities. It is important to get this taken care of prior to the drop date.</li></ol> <p><b>B. Release of Liability, Waiver of Claims, Express Assumption of Risk and Indemnity Agreement</b></p> <p><b>C. Basic Water Skills</b></p> <p>To be eligible to participate in this course, all students must demonstrate competency in the following swimming skills:</p> <ol style="list-style-type: none"><li>1. Swim 400 yards (any stroke) in less than 12 minutes without stopping and without swimming aids</li><li>2. Without the use of swim aids or touching the sides of the pool, tread water in the deep end of the pool for 10 minutes continuously.</li><li>3. Swim 25 yards underwater without surfacing and without swim aids</li><li>4. 50 yard transport of another swimmer without swimming aids</li></ol>

## Course Description

This course is an advanced scuba course designed for the individual who is currently a certified scuba diver. It is designed to provide a survey of advanced knowledge and skills with an emphasis on scuba rescue and related skills and knowledge areas.

## Course Goals and Student Learning Objectives

Upon successful completion of course requirements students will:

- A. Demonstrate correct technique in performing scuba rescue skills.
- B. Demonstrate an acceptable level of comfort while performing scuba rescue skills.
- C. Demonstrate an advanced knowledge of:
  1. Dive planning, scuba rescue, and scuba activities
  2. Proper procedure for use and care of scuba equipment
  3. Proper scuba etiquette and procedures for all populations and ages
- D. Demonstrate an advanced knowledge of diving with Enriched Air
- E. Demonstrate proficiency in Emergency First Responder techniques.

## Course Requirements

- A. Successfully complete all confined water skills
- B. Assigned readings from textbook and handouts
- C. Written exams and quizzes
- D. Active class participation is essential to fulfill the course objective
- E. Recognizable and acceptable effort in class participation. This means student must actively participate in in-water activities at every pool session.
- F. Complete required ocean dives and associated mandatory skills

## Required Texts/Readings

ADVENTURES IN DIVING Manual, published by PADI, 08/10;  
RESCUE DIVER Manual, published by PADI, 01/11;  
ENRICHED AIR DIVING Manual, published by PADI, 05/09;  
Emergency First Response, Primary and Secondary Care, Participant Manual, published by Emergency First Response Corp. Rancho Santa Margarita, CA, 02/09 OR proof of current First Aid/CPR certification

Instructor will explain options for purchasing texts and gear requirements.

## Classroom Protocol

Each session is a combination of lecture and in-pool instruction. **Lectures** begin promptly at 7:00PM, and students are responsible for being prepared according to the assignments on the syllabus. At approximately 8:00PM, we will move to the pool for **water skill instruction**, where students are responsible for providing any required gear as outlined by the instructor, and for active participation. The timing will be flexible, and

depends on the material being covered. If students miss a night of class, both a lecture and a pool session are missed, or two instruction sessions – see make up policy below.

There are mandatory ocean activities required in this course. Please see syllabus for scheduled dates.

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, pool skill evaluations, or ocean dives 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.

B. It may be possible to make up missed water sessions by attending another scuba class taught by the instructor. Ocean dives are difficult to make up, and may result in additional costs to the student. Make-ups will only be allowed/administered when serious and compelling reasons exist. If you miss a session and need to make it up, please discuss the situation with the instructor.

### **Assignments and Grading Policy**

#### **Course Content**

- A. Motor (Physical) Component - 65% of grade
  - 1. Proper equipment handling skills
  - 2. Proper kicking and snorkeling techniques
  - 3. Proper scuba techniques in various specialty dive situations
  - 4. Proper rescue techniques
  - 5. Proper Emergency First Responder techniques
- B. Cognitive (Knowledge) Component – 35% of grade
  - 1. Diving equipment
  - 2. Diving sciences and marine environment
  - 3. Scuba rescue
  - 4. Dive planning
  - 5. Diving with Enriched Air
  - 6. Emergency First Responder procedures

#### **Method of Evaluation**

- A. Pool skills evaluation – quizzes 10%
- B. Knowledge reviews and quizzes 10%
- C. Final Written Exam 25%
- D. Pool skills evaluation – Final 25%
- E. Ocean Dives and skill evaluation 30%

## 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

### Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

### Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## Scuba Diving KIN 106, 01-02 Course Schedule

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

<b>Week</b>	<b>Lecture</b>	<b>Pool Activity</b>
1 – Aug 27	Orientation	No pool - Orientation
2 – Sept 3	Lecture/scuba review/tune up	Skill evaluation skin/scuba
3 – Sept 10	Knowledge review Navigation, Night Diving, Peak Performance Buoyancy	Pool practice
4 – Sept 17	Nitrox/Enriched Air	Pool practice/conditioning
5 – Sept 24	Nitrox/Enriched Air	Pool practice/conditioning
6 – Oct 1	Knowledge Review Deep Diving, U/W Naturalist	Pool practice/prepare for ocean dives
7 – Oct 8	EFR	Pool practice/conditioning
8 – Oct 15	EFR	Pool practice/conditioning
9 – Oct 22	Complete EFR	Pool practice/conditioning
10 – Oct 29	TBA – begin Rescue	Pool practice/conditioning
11- Nov 5	Rescue Training – skin diving	Rescue pool training
12 – Nov 12	Rescue Training – scuba	Rescue pool training/ prepare for ocean
13 – Nov 19	Review for final	Pool practice/conditioning
14 – Nov 26	<b>Written Final</b>	Review
15 – Dec 3	(no lecture – all pool)	<b>Pool Skills Final</b>

### **Ocean Training Dates:**

#### **Advanced Openwater training:**

**Oct 5, 6 (Sat & Sun)** Timing to be determined

Complete **PADI Adv OW** requirements – 5 dives (or work on specialty certs)

**Optional: Oct 27 and/or Nov 10 (Sunday)** – Fun Dives, 2 dives, work on specialty certs

**Nov 16 & 17 (Sat & Sun)** – 7:30AM – noon (both days) Rescue Diving - **mandatory**

**\*Ocean dives are mandatory – instructor will discuss equipment and certification options during the course.**