

**Advanced Scuba Diving Kin 106 01-02
Spring 2012**

Kinesiology

San Jose State University

Instructor: Frank Barry

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Office Hrs: By appointment

I. 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.

II. Course 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

III. Prerequisites

A. Medical History

- 1. All students must complete a self-disclosure medical history form and obtain an appropriate medical release to dive
- 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.

B. Release of Liability, Waiver of Claims, Express Assumption of Risk and Indemnity Agreement

C. Basic Water Skills

To be eligible to participate in this course, all students must demonstrate competency in the following swimming skills:

- 1. Swim 400 yards (any stroke) in less than 12 minutes without stopping and without swimming aids
- 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.
- 3. Swim 25 yards underwater without surfacing and without swim aids
- 4. 50 yard transport of another swimmer without swimming aids

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IV. 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 you must actively participate in in-water activities at every pool session.

V. Course Content

- A. Motor (Physical) Component
 - 1. Proper equipment handling skills
 - 2. Proper kicking and snorkeling techniques
 - 3. Proper scuba techniques
 - 4. Proper rescue techniques
- B. Cognitive (Knowledge) Component
 - 1. Diving equipment
 - 2. Diving sciences and marine environment
 - 3. Scuba rescue
 - 4. Dive planning

VI. Method of Evaluation

- | | |
|---|-----|
| A. Pool skills evaluation | 20% |
| B. Daily and active class participation points, acceptable effort | 40% |
| C. Knowledge reviews and quizzes | 10% |
| D. Mid-term Exam | 15% |
| E. Final Written Exam | 15% |

VII. Required Texts

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.

VIII. 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 your responsibility to contact the instructor should such a situation arise.
- B. It may be possible to make up missed water sessions by attending another scuba class taught by me. 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.

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IX. Participation Points will be awarded as follows

Full participation

40 points

1-2 periods of non-participation are allowed without penalty. For each period of unexcused non-participation after the two allowed absences, you will lose 2.5 points from the 40 points available for participation. (See explanation of total time/hours requirements for Kin 106 – reverse side of this page)

X. 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%

XI. University Policies

A. Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Add/drop deadlines can be found on the [current academic calendar](#) web page located at

http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop 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.

B. 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](#), 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](#) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

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.

C. 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](#) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

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Explanation of total time/hours requirement for KIN 106, Spring 2012

KIN 106 is a 3 credit class for the Spring Semester 2012. The total time a class must meet to satisfy university requirements is determined as follows:

For each credit of academic/lecture the class must meet for 50 minutes per week; for example, a 3 credit class meets for 150 minutes each week.

For each credit of activity the class must meet for 80 minutes per week; for example, a 1 credit swim class meets for 80 minutes each week.

KIN 106 Spring Semester 2011 is scheduled to meet 15 times for a total of 37.5 hours. We will spend approximately 50% of the time in academics, which totals 18.75 hours or 1.25 credits.

This leaves us with 1.75 credits of activities to make up. Over 15 weeks, at 80 minutes per credit, that totals 35 hours of activities we must complete:

$$\begin{aligned} 80 \text{ minutes/credit} \times 1.75 \text{ credits} &= 140 \text{ min/week} \times 15 \text{ weeks} = 2100 \text{ minutes} \\ 2100 \text{ minutes} \div 60 \text{ min/hr} &= 35 \text{ hours} \end{aligned}$$

The regularly scheduled classes include approximately 18.75 hours of activity, leaving 16.25 hours of activity that must be made up outside the regular schedule. This time may be made up using the following options:

Assisting with entry level scuba classes

Wed 7:00 – 9:30 PM

Thurs. 7:00 – 9:30 PM

Ocean activities

See syllabus for dates

Outside projects which must be approved by the instructor

Time value for the assignment will be determined based on the nature of the project.