



## KHP 117 SCUBA Diving

**Travis Land**

**PADI: MASTER SCUBA DIVER TRAINER**

**Kinesiology and Health Promotion**

**859.277.1234 [nhdiving@gmail.com](mailto:nhdiving@gmail.com)**

**Office hours by appointment**

**Pool Instructor:**

**Travis Land**

**Course Description:** In this class we will study the first two phases of a three phase journey to become a certified Open Water Scuba Diver. The two phases consist of knowledge development and confined water dives - scuba skills training. Successful completion of this course will prepare the scuba candidate for the final phase of Open Water Certification. Open Water Certification can be completed locally, or on our Open Water Certification Trip in May, or while on vacation at thousands of PADI dive centers around the world.

**Course Concept:** This semester we will examine both the knowledge and mastery of water skills required to become a Scuba Diver.

**Learning Objectives:**

**• Equipment**

Learn the physical description, operating principles, maintenance, and use of the following equipment items—face mask, fins, snorkel, BCD, weights and weight system, cylinders, valves, regulators/air-delivery system, submersible pressure gauge, alternate air source, timing device, compass, depth gauge, dive table or dive computers.

**• Physics of Diving**

Learn the physical principles of matter and their application to diving activities and hazards.

**• Medical Problems Related to Diving**

Learn the causes, symptoms, prevention, and first-aid and treatment of diving medical problems.

**• Decompression Theory and Use of Dive Tables and/or Dive Computers**

Learn how to determine no-decompression limits for single and repetitive dives, plus how to use dive tables and/or dive computers to properly plan and execute a dive.

**• Dive Environment**

Learn information on the local and general conditions of the diving environment and their possible effects on the diver.

### • General Topics

Learn information on dive planning, underwater and surface communications, diver assistance, recommended diving practices (including safety stops), procedures for diving from boats, proper use of personal diving logbook, and local dive regulations and protocols.

### • Pool/Confined Water Scuba Skills

Learn and practice the following scuba skills in a pool or confined water.

- Diving system assembly and disassembly
- Equipment inspection
- Proper water entries and exits
- Proper weighting
- Mouthpiece clearing—snorkel and regulator
- Regulator/snorkel exchanges at the surface
- Controlled descents and ascents
- Underwater swimming
- Mask-clearing, including removal and replacement
- Underwater exercises—with and without mask
- Buddy-system techniques
- Underwater and surface buoyancy control
- Underwater problem-solving (regulator recovery/retrieval, etc.)
- Surface-snorkel swimming with full diving system
- Surface operation of the quick release/emergency function of the weight system
- Underwater removal and replacement of scuba system
- Underwater removal and replacement of the weight/ballast system
- Out-of-air emergency alternatives
- Equipment care and maintenance

### Required Materials:

**All students must purchase an Open Water Student Kit from New Horizons Diving Center and have the medical release signed before the first pool session, no exceptions. This kit costs \$100.00 and includes not only the required text and written materials, but the rental fee for your scuba equipment and air fills. Mask, fins, and snorkel are not part of the rental fee as they are considered personal gear and must be scuba approved.** New Horizons has a large selection of equipment packages from which to choose and prices start at \$90.00. Wherever you get your gear, please make sure someone is there to fit you properly. You need only buy your equipment once if you make the right purchase the first time.

### New Horizons Diving Center

2577 Regency Road

Lexington, KY 40511

859.277.1234

[www.newhorizonsdiving.com](http://www.newhorizonsdiving.com)

## Course Requirements

**Participation:** You are expected to come to class prepared to be an active participant. To complete the performance-based assignments that make up the majority of our schedule, regular attendance is necessary. It is possible to complete the class with a passing grade but not be given a referral to the third phase of becoming an open water diver. This is due to the importance of all the skills taught both in the classroom and the pool. If you must miss a day, be certain to discuss how to make up the work you missed. **Additional fees will be applied to any and all omitted lecture and pool sessions.**

### Phase 1 Knowledge Development - Classroom 213 Seaton Building

**Quizzes: (20% of your grade)** A quiz will be given over each of the first four chapters. Each quiz will be worth five points.

**Video Lecture and Pool Skill Preview: (25% of your grade)** Based on attendance

**Quiz 5: (10% of your grade)** Cumulative quiz. You must earn a 75% or higher in order to be given a referral to the open water certification dives.

**Phase 2 Confined Water Skills: (45% of your grade)** Your grade is based entirely on attendance for this portion of the class. While in water skills are not graded by performance, you must show mastery of all skills in order to receive a referral to the open water certification dives.

## SCHEDULE

### Week 1

|         |                                 |                 |                        |
|---------|---------------------------------|-----------------|------------------------|
| Jan. 11 | Pool <b><u>All Students</u></b> | 12:00pm-2:00pm  | Sizing, Greet and Meet |
| Jan. 13 | <b>NO CLASS</b>                 | <b>NO CLASS</b> | <b>NO CLASS</b>        |

### Week 2

|         |                                 |                |                |
|---------|---------------------------------|----------------|----------------|
| Jan. 18 | Pool <b><u>All Students</u></b> | 12:00pm-2:00pm | Swim and Tread |
| Jan. 20 | <b>All Students - Room 213</b>  | 1:00pm-2:00pm  | Video #1       |

### Week 3

|          |                                |                |                   |
|----------|--------------------------------|----------------|-------------------|
| Jan. 25: | Pool Group #1                  | 12:00pm-2:00pm | Confined Water #1 |
| Jan. 27: | <b>All Students - Room 213</b> | 1:00pm-2:00pm  | Lecture & Quiz #1 |

### Week 4

|          |                                |                |                   |
|----------|--------------------------------|----------------|-------------------|
| Feb. 01: | Pool Group #2                  | 12:00pm-2:00pm | Confined Water #1 |
| Feb. 03: | <b>All Students - Room 213</b> | 1:00pm-2:00pm  | Video #2          |

### Week 5

|          |                                |                |                   |
|----------|--------------------------------|----------------|-------------------|
| Feb. 08: | Pool Group #3                  | 12:00pm-2:00pm | Confined Water #1 |
| Feb. 10: | <b>All Students - Room 213</b> | 1:00pm-2:00pm  | Lecture & Quiz#2  |

### Week 6

|          |                                |                |                   |
|----------|--------------------------------|----------------|-------------------|
| Feb. 15: | Pool Group #1                  | 12:00pm-2:00pm | Confined Water #2 |
| Feb. 17: | <b>All Students - Room 213</b> | 1:00pm-2:00pm  | Video #3          |

### Week 7

|          |                                |                |                   |
|----------|--------------------------------|----------------|-------------------|
| Feb. 22: | Pool Group #2                  | 12:00pm-2:00pm | Confined Water #2 |
| Feb. 24: | <b>All Students - Room 213</b> | 1:00pm-2:00pm  | Lecture & Quiz #3 |

|                |                                |                 |                      |
|----------------|--------------------------------|-----------------|----------------------|
| <b>Week 8</b>  |                                |                 |                      |
| Feb. 29:       | Pool Group #3                  | 12:00pm-2:00pm  | Confined Water #2    |
| Mar. 02:       | <b>All Students - Room 213</b> | 1:00pm-2:00pm   | Video #4             |
| <b>Week 9</b>  |                                |                 |                      |
| Mar. 07:       | Pool Group #1                  | 12:00pm-2:00pm  | Confined Water #3    |
| Mar. 09:       | <b>NO CLASS</b>                | <b>NO CLASS</b> | <b>NO CLASS</b>      |
| <b>Week 10</b> |                                |                 |                      |
| Mar. 14:       | <b>SPRING BREAK</b>            | <b>NO CLASS</b> | <b>NO CLASS</b>      |
| Mar. 16:       | <b>SPRING BREAK</b>            | <b>NO CLASS</b> | <b>NO CLASS</b>      |
| <b>Week 11</b> |                                |                 |                      |
| Mar. 21:       | Pool Group #2                  | 12:00pm-2:00pm  | Confined Water #3    |
| Mar. 23:       | <b>All Students - Room 213</b> | 1:00pm-2:00pm   | Lecture #4 & Quiz #4 |
| <b>Week 12</b> |                                |                 |                      |
| Mar. 28:       | Pool Group #3                  | 12:00pm-2:00pm  | Confined water #3    |
| Mar. 30:       | <b>All Students- Room 213</b>  | 1:00pm-2:00pm   | Video #5             |
| <b>Week 13</b> |                                |                 |                      |
| Apr. 04:       | Pool Group # 1                 | 12:00pm-2:00pm  | Confined water#4 & 5 |
| Apr. 06:       | <b>All Students - Room 213</b> | 1:00pm-2:00pm   | Lecture #5           |
| <b>Week 14</b> |                                |                 |                      |
| Apr. 11:       | Pool Group #2                  | 12:00pm-2:00pm  | Confined Water#4 & 5 |
| Apr. 13:       | <b>NO CLASS</b>                | <b>NO CLASS</b> | <b>NO CLASS</b>      |
| <b>Week 15</b> |                                |                 |                      |
| Apr. 18:       | Pool Group #3                  | 12:00pm-2:00pm  | ConfinedWater#4&5    |
| Apr. 20:       | <b>All Students - Room 213</b> | 1:00pm-2:00pm   | Quiz #5              |
| <b>Week 16</b> |                                |                 |                      |
| Apr. 25:       | Pool Group 1, 2 & 3            | 12:00pm-2:00pm  | C/W Make-up          |
| Apr. 27:       | <b>All Students - Room 213</b> | 1:00pm-2:00 pm  | Review               |