

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 144

Credits: 2

Course Title: Skin and Scuba Diving

Course Description (including lecture hours, lab hours, total contacts)

Emphasizes skills and methods of skin and scuba diving. Includes training with underwater breathing apparatus and focuses on safety procedures, selection and use of equipment. Prerequisite: strong swimming skills. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose

Students will become certified in scuba diving with the basic principles of diving and will gain exposure to various dive sites.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*): Strong swimming skills

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Provide student with a good academic understanding of the technical aspects of safe scuba diving
- b. Provide student with skin diving skills necessary for scuba diving
- c. Provide student with both knowledge and practical skills necessary for a basic scuba diving course
- d. Receive a YMCA or PADI certification stating that they have successfully completed a Basic Scuba Diving course.

Major Topics to be Included

- a. Skin diving skills:
 - (1) clearing the snorkel
 - (2) clearing the mask
 - (3) surface dives
 - (4) efficient kick
- b. Scuba diving skills:
 - (1) correct handling of equipment
 - (2) buddy breathing
 - (3) scuba ditch and don
 - (4) scuba lifesaving techniques
- c. Diving physics
- d. Medical aspect of diving
- e. Decompression
- f. Equipment and planning a dive
- g. Environment and marine life
- h. First aid and CPR
- i. Dive clubs and local diving

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008