

COURSE OUTLINE

LFIT-114

Basic Scuba

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed for the novice skin and scuba diving enthusiast. Emphasis is placed on physical conditioning, perfection of essential skills, and study of the physics and physiology of diving. Also, external hazards of diving and care and maintenance of equipment are studied. All course activities take place in the classroom and pool of Howard Community College. Prerequisite: Minimum age for participation is 12 years. If under 16 years of age, must register for the course with an adult. Advanced Swimmer Certificate or pass an advanced swimming test.

Overall Course Objectives

Upon completion of this course the student will be able to:

- I. Demonstrate effective use of snorkel equipment.
- II. Fit, assemble, and perform routine care of equipment: Buoyancy Compensator, weight belt, regulators, alternate air source, gauges, cylinders, safety equipment, and protective dive wear.
- III. Explain nomenclature on Scuba cylinders detailing material of construction, size and testing/inspection requirements.
- IV. Demonstrate "buddy breathing" & "air sharing" techniques and discuss they apply to actual diving situations.
- V. Demonstrate buoyancy control by achieving and maintaining neutral buoyancy.
7. Demonstrate following diver entries: Boat Entry, Pier Entry, Beach Entry.
- VI. Identify factors of ascent and descent physiology as they relate to recreational divers.
- VII. Demonstrate an understanding of the interaction of time and depth parameters.
- VIII. Create a repetitive dive plan using the U.S. Navy Dive Tables.

- IX. Properly plan a dive with the following considerations:
Wind - Current - Depth - Time - Activity.

Major Topics

Snorkeling Techniques

- Fitting mask, fins and snorkel
- Swimming techniques
- Safety procedures and devices

Diving Techniques

- Fitting, assembling and care of equipment: Buoyancy Compensator, weight belt, regulators, alternate air source, gauges, cylinders, safety equipment, and protective dive wear.
- Buddy Check procedures
- Entry and descent methods
- Clearing regulator (2 ways) and mask.
- Buoyancy control - achieving and maintaining neutral buoyancy
- Ascent methods
- Air Sharing and Buddy Breathing

Dive Planning Techniques

- Use of U. S. Navy Dive Tables.
- Planning repetitive dives.
- Environmental and personal constraints

Course Requirements

Grading/exams: Grading is based on the following:

- Attendance at all class and water sessions.
- Participation
- Homework problems and assignments
- Written Test

Other Course Information

All course activities take place in HCC classroom and pool.

Upon successful completion of the Howard Community College course, a student **may** be eligible for a referral to independently pursue certification. Open water certification dives are not sponsored by the college and certification is not part of the course.