

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 144 – SKIN AND SCUBA DIVING (2 CR.)

Course Description

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. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop coordination power and speed through participation in an underwater sport; and to prepare the students for the open water dives necessary for scuba certification

Course Prerequisites/Corequisites

Prerequisite: Basic swimming skills including freestyle. . All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including jumping, diving, moving the arms, legs and head. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

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

- a) Describe and employ underwater safety techniques
- b) Use underwater equipment and gear
- c) Describe and employ basic skills necessary for underwater exploration

Major Topics to be Included

- a) Underwater safety
- b) Basic scuba techniques and skills
- c) Purchase and care of equipment
- d) Emergency Procedures