Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: FITN 107 **Year: 2023-2024**

Course Title: Scuba Diving **Credit Hours: 1**

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description: Introduction to the basic concepts of safe scuba diving. Students learn elementary scuba techniques and safety practices while participating in instructional classes taught by a certified instructor in the TC3 swimming pool. No prior scuba experience required; all scuba equipment provided. Additional fee required. 1 Cr. (2 Lab.) Occasionally.

Course Context/Audience

This course provides students with necessary skills in the activity of scuba. It can be used by Outdoor Recreation majors to fulfill an outdoor activity elective requirement. The course emphasizes development of the student's proficiency, competency and abilities in a skill/knowledge area of outdoor recreation. It is open to students in other programs who can use it to fulfill the fitness or unrestricted elective requirements for their major. A complete health physical by a licensed physician is recommended for all physical activities including this course.

Basic Skills/Entry Level Expectations

Writing	W-1	If required, the student must be concurrently enrolled in ENGL 099. Very limited writing, e.g., short written responses of a paragraph or less.
Math	M-4	If required, the student must have successfully completed MATH 095. Basic mathematical skills and basic algebra skills are required
Reading	R-3	If required, the student must have successfully completed RDNG 099. The course requires reading of some shorter pre-college materials and some beginning college-level materials that will also be covered in class.

Course Objectives

Upon successful completion of this course, students will be able to:

1. Demonstrate safe use of underwater diving equipment and competency in knowledge and skills.
2. Demonstrate safe diving with a qualified partner.
3. Explain the role of scuba as a lifetime recreational pursuit.
4. Differentiate between the properties of air and water and how these differences affect the human body.
5. Demonstrate knowledge about the individual pieces of equipment divers wear, and how to judge each item's applicability and safety, along with its care and maintenance.

6. Demonstrate knowledge about the medical aspects of diving including cause, symptoms, treatment and prevention of various diving maladies.

7. Demonstrate knowledge of dive planning and equipment aspects of scuba diving.

8. Demonstrate knowledge about the psychological considerations of diving including stress reduction and panic prevention.

9. Demonstrate the skills learned in confined water during open water training dives in local aquatic environments under the direct supervision of a certified diving instructor. (There is an extra cost associated with the open water certification dives.)

Topics

Objective/Topic	# of Class Hours OR % Course
• Introduction to scuba • Syllabus, text, equipment distribution • Swim evaluation • Basic snorkeling equipment and use	3-4 hours

• Discussion of physics related to scuba
• Introduction of scuba equipment function and use
• Scuba equipment assembly
• Use of buddy system in scuba
• Shallow end only
  ○ Breathing
  ○ Regulator retrieval & clearing
  ○ Mask clearing
• Equipment care and maintenance
	3-4 hours

• Buoyancy/Buoyancy Control Devices • Thermal protection • Weighting systems • Pressure affecting the scuba diver • Scuba equipment assembly • Use of buddy system in scuba • Introduction to the deep end of the pool • Deep water exit • Equipment care and maintenance	3-4 hours

• Classroom discussion of the aquatic environment
  ○ Waves, tides, currents
  ○ Aquatic animals
• Scuba equipment assembly
• Use of buddy system in scuba
• Deep water entry
• Buoyancy control exercises
• Out of air procedures with a buddy
• Deep water exit
• Equipment care and maintenance
	3-4 hours

• Physiology in scuba ○ Potential injuries and prevention • Scuba equipment assembly • Use of buddy system in scuba • Demonstration of skills to another student • Deep water entry • Out of air procedures with a buddy • Deep water exit • Equipment care and maintenance	3-4 hours
• Dive planning and logging • Scuba equipment assembly • Use of buddy system in scuba • Deep water entry • Remove and replace scuba unit surface & u/w • Out of air procedures without a buddy • Deep water exit • Equipment care and maintenance	3-4 hours.
• Final Exam • Pool exam • Evaluate preparedness for open water diving	3-4 hours

General Education Goals - Critical Thinking & Social/Global Awareness

A course may be designed to help students develop their critical thinking and social/global awareness. In the table below, describe how this course addresses these goals/learning outcomes. If the goal is not covered, please enter "Not Addressed".

	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
Students will be able to ➢ develop meaningful questions to address problems or issues. ➢ gather, interpret, and evaluate relevant sources of information. ➢ reach informed conclusions and solutions. ➢ consider analytically the viewpoints of self and others.	The inherent nature of this class is for students to learn material in class, combine this new information with past experiences and knowledge, and apply this new understandings and philosophies within their field work exercises. Student, while participating in scuba will be challenged with problems and will be required to make decisions with regards to the health of themselves and their partners in various situations. They will apply several problem solving skills as a group to reach consensus on the solutions to said problems. Participating in a small group experiences, students will be subject to different viewpoints of themselves and other people. Other people include first their group and secondly other user groups in the area where scuba is taking place.

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
➢ Students will begin to understand how their lives are shaped by the complex world in which they live. ➢ Students will understand that their actions have social, economic and environmental consequences.	By discussing scuba philosophies, students will learn how such areas impact their lives and are connected to their livelihood even though they are just visitors. Students, in the classroom and in the field or pool, will work and participate in small groups. To succeed in these social environments, they must understand their own perspective as well as be willing to learn from others in their small group. Working and participating in a small group setting in the outdoors, a student can appreciate the team work and group effort necessary to complete their goals while participating in an outdoor recreational activity and rely on themselves and a partner to fulfill basic human needs. Physical, biological, and psychological carrying capacities of specific areas will be discussed and observed. Students will be able to identify the economic consequences of their actions and other visitor actions within these specific areas. Traveling into environmentally sensitive areas such as Lakes, rivers, watersheds and other Wilderness Areas requires a heightened environmental awareness as not to leave an impact. Students will follow SCUBA Leave No Trace Guidelines and take all necessary steps to minimize environmental impact. Discussed, demonstrated, and explained during the classroom experience.

Instructional Methods

Classroom lectures, selected readings, field/pool experiences and hands on activity

Methods of Assessment/Evaluation

Method	% Course Grade
Attendance	10-30%
Weekly Quizzes	10-30%
Demonstration of Skills	10-30%
Pool Performance	10-30%
Written Final Exam	10-30%

Text(s)

SCUBA Diver International on-line SCUBA diving program and content

Bibliography

SCUBA Schools International Certification Program

SCUBA Diver International Certification Program.

Recreational SCUBA Training Council Guidelines

Other Learning Resources

Audiovisual:
Electronic:
Other:

LIBRARY SERVICES REVIEW FORM

Title: RECR/FITN107: Scuba

Course/Program Developer: Pat Mercer

This is a 1-credit fitness course that will not require the use of library resources.

Print Collection Resources:
N/A

Databases and Periodicals Resources

N/A

Media Resources:

N/A

LibGuide for Course:

N/A

Consultation about Assignments

N/A

Instructional/Research Support

N/A

Librarian's Signature and Date:
Barbara E. Kobritz October 27, 2015

Reactivated 11-16-15/P. Mercer