

## Course Description –Scuba Certification – Scuba-online & classroom

<b>Course Number</b>	Scuba Certification or Open Water Diver
<b>Length of Course</b>	1 Semester
<b>Grade Level</b>	9-12
<b>Credit Type</b>	0.5 credit Per Semester
<b>Grading Scale</b>	<p>Pass/Incomplete</p> <p>Pass= Padi Certification</p> <p>Incomplete=unable to complete confined/open water dives at time due to medical emergency or other factors</p>
<b>Course Prerequisite</b>	<p>Passing of a swim test to include 200 meter unassisted swim and ten minute water tread/float with contracted Scuba Teacher.</p> <p>-Scuba medical physical</p>
<b>Course Summary</b>	<p>This course outlines the activities needed to become certified as an Open Water Diver through PADI, the world's leading scuba diver training organization. This course will be a combination of online learning through PADI.com and classroom meetings. One classroom will be the pool/ocean another format of classroom will be face-to-face or distance meetings.</p>

<b>Text and Supplementary Materials</b>	Padi.com Padi textbooks and videos Extra videos <b>*Activities in blue are done in pool/classroom with teacher of this class</b>
<b>Assessment</b>	Classroom quizzes Embedded PADI online quizzes and exams Confined and Open Water Dives

<b>Section or Lesson</b>	<b>(Name)</b>	<b>Standards</b>
<b>Introduction to course, resources</b>	<p><b>Scheduled Swim test for scuba hopefuls</b></p> <p><b>Scheduled calendar of local pool swimming activities</b></p> <p><b>**Schedule of tentative Ketchikan scuba instructions with Wind &amp; Water Charters &amp; Scuba</b></p> <p><b>Discussion of grading and workload assignments</b></p> <p>How to use PADI elearning site and resources</p> <ol style="list-style-type: none"> <li>1.What is the best way to navigate through the program?</li> <li>2.What should you expect when you come across an interactive component or video?</li> <li>3.How do you complete Exercises, Knowledge Reviews, Quizzes and the Final Exam?</li> <li>4.What should you do if your page doesn't appear to load right?</li> </ol> <p>Introduction to the Padi Open Water Diver Course</p> <ul style="list-style-type: none"> <li>• Training and Certification as a PADI Open Water Diver</li> <li>• Getting the Most Out of the PADI Open Water Diver Course</li> <li>• Getting the Most Out of Being a Diver</li> </ul>	

	<ul style="list-style-type: none"> <li>• A World of Diving</li> </ul> <p>Local Pool Sessions included</p>	
<b>Section 1</b>	<p>Being a Diver I</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Water Pressure and Air Volume Effects</li> <li>• The Effects of Increasing Pressure on Body Air Spaces</li> <li>• The Effects of Decreasing Pressure on Body Air Spaces</li> <li>• Breathing Underwater</li> <li>• Buoyancy and Controlling Buoyancy</li> <li>• The Buddy System</li> </ul>	
	<p>Equipment I</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Choosing and Caring for Scuba Equipment</li> <li>• Dive Masks</li> <li>• Snorkels</li> <li>• Fins</li> <li>• Scuba Kit</li> <li>• BCD Buoyancy Control Device</li> <li>• Regulators</li> <li>• Cylinders</li> <li>• Weight Systems</li> </ul> <p>Equipment Quiz and Scuba Kit Set Up</p> <p>Your Skills as A Diver I</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• How to Defog Your Mask</li> </ul>	

- Setting Up Your Scuba Kit
- Gearing Up With Your Buddy(ies)
- Inflating and Deflating Your BCD
- Breathing Underwater
- Hand Signals
- Regulator Clearing
- Regulator Recovery
- Clearing Water Out of Your Mask
- Managing Your Air Supply
- Descending and Equalizing
- Swimming Underwater
- Alternate Air Source (AAS) Use
- Ascents and Returning to the Surface
- Emergency Weight Drop
- BCD Oral Inflation at the Surface
- Exiting the Water
- After the Dive
- Confined Water Dive One

**Hand Signal Quiz**

**Pool session: proper swim with fins, fill/clear mask, (weight belt removal/replacement)**

PADi: Knowledge Review and Quiz one embedded online

**Section 2**

Being a Diver II

- Introduction
- Seeing and Hearing as a Diver
- Swimming and Moving
- Staying Warm
- Breathing Effectively Underwater

- The Buddy System (continued)
- Managing Your Air Supply as a Buddy Team
- Swimming at the Surface
- Descents In Open Water
- Ascents in Open Water

#### Equipment II

- Introduction
- Exposure Suits I
- Cutting Tools
- Dive Gear Bags
- Dive Instruments

#### Your Skills as a Diver II

- Introduction
- Deep Water Entry – Giant Stride
- Weight Check and Proper Weighting
- Dealing with a Loose Cylinder Band
- Snorkel Clearing
- Snorkel/Regulator Exchange
- Neutral Buoyancy
- Mask Removal and Replacement, and No-Mask Breathing
- Disconnecting Your Low-Pressure Inflator
- Air (Gas) Depletion Exercise
- Air Awareness and Managing Your Air Supply
- Deep Water Exit – Ladder Exit
- Confined Water Dive Two

Pool Session: Snorkel Swimming (clearing, diving, fin swim, cramp release, mask removal & replacement)

PADi: Knowledge Review Two and Quiz Two embedded online

### Section 3

Being a Diver III

- Introduction
- Dive Environments and Conditions
- Assessing Conditions
- Diving Within Your Limits
- Aquatic Life
- Diving from Shore
- Shore Diving Through Mild Surf
- Diving from Boats – Preparation
- Diving from Boats – Procedures
- Dive Planning

### Problem Management

- Introduction
- Prevention
- Surface Problem Management – Responsive Diver
- Surface Problem Management – Unresponsive Diver
- Underwater Problem Management
- First Responder Care for Diving-Related Emergencies

### Classroom: General First Aid and CPR knowledge building activities

### Equipment III

- Introduction
- Surface Signaling Devices
- Dive Floats and Flags

### Your Skills as a Diver III

- Introduction
- Deep Water Entry – Seated Back Roll
- Remove and Replace Weights at the Surface
- Cramp Release
- Neutral Buoyancy – Hovering
- Fine-Tuning Your Trim

- Air Depletion/Alternate Air Source Combined Exercise
- Controlled Emergency Swimming Ascent
- Confined Water Dive Three
- Open Water Dive One
- Open Water Dive Two

PADI Knowledge Review Three and Quiz Three

## Section 4

### Equipment IV

- Introduction
- Mesh Utility Bag
- Slates and Wet Books
- Dive Lights
- Log Books and eLogs
- Dive Planning Software
- Spare Parts Kit

### Being a Diver IV

- Introduction
- Your Health and Fitness
- Staying Current and Active as a Diver
- The Air You Breathe
- Oxygen Issues
- Contaminated Air
- Decompression Sickness

### Using Dive Computers and Tables

- Introduction
- How Dive Computers and Tables Work
- No Stop Diving
- Repetitive Diving
- Planning Dives with Your Computer

- Diving with Your Computer

The Underwater World's Ambassador

- Introduction
- Your Role as a Diver

Your Skills as Diver IV

- Introduction
- Deep Water Entry – Put on Scuba Kit at the Surface, Controlled Seated Entry
- Helping a Tired Buddy
- Neutral Buoyancy – Visual Reference Descents, Swimming and Ascents Near Sensitive Environments
- No Mask Swim
- Freeflow Regulator Breathing
- BCD Oral Inflation Underwater
- Skin Diving Skills
- Exit – Remove Scuba Kit in the Water
- Confined Water Dive Four

PADi Knowledge Review Four and Quiz four

Classroom: Dive Table Exercises, scuba kit assembly, parts quiz

**Section 5**

Using Dive Computers and Tables II

- Introduction
- Planning a Minimum Surface Interval
- Flying After Diving and Altitude Diving
- Cold and/or Strenuous Dives
- Emergency Decompression Stops
- First Aid and Treatment for Decompression Illness



	<p>Being a Diver V</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Gas Narcosis</li> <li>• Finding Your Way</li> <li>• Continuing Your Adventure</li> </ul> <p>Your Skills as a Diver V</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Remove and Replace the Scuba Kit Underwater</li> <li>• Remove and Replace Weight System Underwater</li> <li>• Descents and Ascents Without Reference</li> <li>• Minidive</li> <li>• Confined Water Dive Five</li> <li>• Open Water Dive Three</li> <li>• Open Water Dive Four</li> </ul> <p>PADi: Knowledge Review Five</p> <p>Open Water Diver Exam</p> <p>RDP Table and eRDPML Quiz</p>	
<p><b>Travel and Hotel</b></p>	<p>IFA- Ferry seat Travel  Vehicle travel  Food/entertainment</p>	
<p><b>Confined Water Dives</b></p>	<p>Ketchikan Pool  Full Scuba gear  Appropriate Swim attire: swim shirts, shorts, wetsuit if often cold, masks, fins, hoods, gloves, tanks, BCD, regulator, weights,  Swim test #2</p>	

<b>Open Water Diver</b>	Ketchikan Open Water (ocean) locations Full scuba gear Dry Suit (Training required and embedded into confined water dives)	