

Prerequisite to Participation in PEN1136 Open Water SCUBA

The first lab session will consist of a watermanship evaluation and completion of a medical history questionnaire. Students must successfully complete the watermanship evaluation and not have any medical contraindications to participation in SCUBA activities in order to continue in the course. The watermanship evaluation consists of the following:

- Underwater swim of 20 yards on one breath of air with no push off.
- 400 yard continuous swim using the freestyle, sidestroke, breaststroke, and backstroke for 100 yards each.
- 15 minute tread water
- Recovery and replacement of an 8 pound dive weight in 12 feet of water.

The diving medical history questionnaire and information on contraindications to participation in SCUBA diving activities can be found at <http://sfrc.ufl.edu/class/scuba>.

Required Texts/Readings/ Equipment for PEN1136 Open Water SCUBA

1. NAUI Open Water Textbook
2. NAUI Air Dive Tables
3. NAUI Student Logbook
4. NAUI Student Records Folder
5. Neoprene dive booties (**required by 2nd week of pool**)
6. Watch- water proof to 30 meters (required for open water dives)

Recommended Reading

1. NAUI Master Diver textbook
2. NOAA Diving Manual
3. Dive Slate w/ Pencil
4. Line cutting device (for open water dives)