**UMBC UGC Change in Existing Course: PHED 153 SCUBA**

**Date Submitted:** 9/9/19  
**Proposed Effective Date:** Spring 2020

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
<th>Dept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept Chair or UPD</td>
<td>Thomas Maier</td>
<td><a href="mailto:maier@gmail.com">maier@gmail.com</a></td>
<td>56883</td>
</tr>
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<td>Gary Wohlstetter</td>
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<td>52638</td>
</tr>
</tbody>
</table>

**COURSE INFORMATION:** (please provide all information in the “current” column, and only the information changing in the “proposed” column)

<table>
<thead>
<tr>
<th>change</th>
<th>current</th>
<th>proposed</th>
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</thead>
<tbody>
<tr>
<td>☐ Course Number(s)</td>
<td>PHED 153</td>
<td></td>
</tr>
<tr>
<td>☐ Formal Title</td>
<td>Scuba</td>
<td></td>
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<tr>
<td>☐ Transcript Title (≤30c)</td>
<td></td>
<td></td>
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<tr>
<td>☐ Recommended Course Preparation</td>
<td>None</td>
<td></td>
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<tr>
<td>☐ Prerequisite</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td>☐ # of Credits</td>
<td>1.5</td>
<td>x Yes ☐ No</td>
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<tr>
<td>☐ Repeatable?</td>
<td>x Yes ☐ No</td>
<td>x Yes ☐ No</td>
</tr>
<tr>
<td>☐ Max. Total Credits</td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td>☐ Grading Method(s)</td>
<td>☐ Reg (A-F) ☐ Audit x Pass-Fail</td>
<td>x Reg (A-F) ☐ Audit ☐ Pass-Fail</td>
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**CURRENT CATALOG DESCRIPTION:**

**PHED 153 - Scuba**

(1.50)

This course is available to those interested in obtaining the PDIC open-water scuba certification. The course will follow the national training system outline. Students may be responsible for providing their own personal gear, the instructor will provide tanks, weight belt, regulator and BC. An open-water dive will be required for certification. There is an additional fee for this course. (This course is six weeks in length.) This course is repeatable for credit.

**Course ID:** 55982  
**Consent:** No Special Consent Required  
**Components:** Lecture  
**Attributes:** Exclude From Academic Credit - PHED Course, Course Fee = $125.00, Physical Education, Physical Education
PROPOSED CATALOG DESCRIPTION (Approximately 75 words in length. Please use full sentences): leave blank if no changes are being proposed to the catalog description. NOTE: information about prerequisites should NOT appear in the catalog description.)

PHED 153 - Scuba
(1.50)

This course is available to those interested in obtaining the PDIC open-water scuba certification. The course will follow the national training system outline. Students may be responsible for providing their own personal gear, the instructor will provide tanks, weight belt, regulator and BC. An open-water dive will be required for certification. There is an additional fee for this course. (This course is six weeks in length.) This course is not repeatable for credit.

Course ID: 55982
Consent: No Special Consent Required
Components: Lecture
Attributes: Academic Credit - PHED Course, Course Fee = $125.00, Physical Education, Physical Education

RATIONALE FOR CHANGE:

This course will have a much stronger academic component than past classes. Rather than simply passing the skills portion of this class this class, students will also be required to read and discuss aspects of undersea life. Written exams will comprise a greater percentage of final grades. This course meets the physical component of the 8 dimensions of wellness.
PHED 153 SCUBA

OFFICE:
OFFICE HOURS:
TELEPHONE:
EMAIL:
CREDITS:
MEETING INSTRUCTOR:
AREA
REQUIRED TEXT COURSE:

**Course Description:** This course is designed for students with little or no diving experience, emphasizing safety and responsible skin and scuba diving techniques. Topics include the use and care of scuba equipment, diving skills, problem solving, emergency procedures, basic rescue technique, direct and indirect effects of pressure, medical contraindications, oxygen enriched air diving, and gas management. Optional fee assessed for open-water training field trip and certification.

**Course Objectives:**

1. Acquire the fundamentals of health-related fitness, encompassing cardiorespiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and

2. Apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and

3. Acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport; and

4. Gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

**Student Learning Outcomes**

By the end of this course, students will be able to:

- Demonstrate the fundamentals of fitness through their ability to swim a required distance using various equipment.
- Demonstrate the ability to rescue a simulated unconscious skin or scuba diver, provide rescue breathing, and tow the victim to an appropriate area.
- Discuss and explain the importance of a healthy lifestyle as it relates to the prevention physiological injury/barotrauma during skin or scuba diving activities.
• Demonstrate the correct skills and knowledge to ensure the students safety when participating in the activity after completion of this course.
• Demonstrate the correct skills to preserve the marine environment, to work effectively with a dive buddy and to make appropriate decisions regarding the evaluation of dive locations.
• Discuss the theory and science of the direct and indirect effects of pressure, the history of scuba, proper dive site evaluation, and decision-making
• Explain and demonstrate the knowledge regarding accepted safety policies and procedures related to skin and scuba diving.

Course Expenses/Fees
• Required books and materials Lab Fee$
• Mask, fins, snorkel, gloves $$
• Certification card $

Attendance:
Students are expected to attend all classes and arrive and leave at the scheduled times. Students are allowed 1 unexcused absence. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructors. This is a participation based class. If you cannot participate in a class for any reason, you will be considered absent.

Grading
100-90=A
89-80= B
79-70= C
69-60= D
Below 60 =F

Grading Criteria
Written Exams 40%
Physical Skills tests 50%
Instructor Evaluations * 10%

*Instructor evaluation of student skills throughout the semester, includes decision making, equipment handling/care, buddy techniques, trim, buoyancy control, propulsion techniques and limiting hand motion.
If you have a documented disability and need to request academic accommodations for access to your courses, please refer to the SOS website at sds.umbc.edu for registration information and to begin the process, or alternatively you may visit the SOS office in the Math/Psychology Building, Room 212. For questions or concerns, you may contact us through email at disAbility@umbc.edu or phone (410) 455-2459. If you require accommodations for this class, make an appointment to meet with me to discuss your SOS-approved accommodations.

Title IX /Sexual Misconduct
UMBC is dedicated to fostering an inclusive and welcoming environment for all members of the campus community and recognizes its responsibility to maintain an environment which is free from Sexual Misconduct, Interpersonal Violence, and Other Related Misconduct. UMBC prohibits all forms of Discrimination and Harassment on the basis of sex (including pregnancy), gender, sexual orientation, or gender identity or expression in its educational programs and activities or with respect to terms and conditions of employment.

UMBC expressly prohibits:

• Sexual Misconduct, which is a form of sex discrimination, including Sexual and Gender based Harassment, Sexual Violence (including Sexual Assault and Sexual Coercion), Sexual
Exploitation, and Sexual Intimidation
- Interpersonal Violence, including Relationship Violence (Dating Violence) and Domestic Violence
- Stalking/Retaliation

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture</th>
<th>Pool</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Safety Orientation, Paperwork</td>
<td>Equipment introduction( tank, hydrostatic &amp; visual inspection, bouncy compensator, regulator, assembly) snorkel 4 lengths of the pool, buddy assist putting on gear, breathing scuba no mask breathing, mask flooding, &amp; clearing regulator clearing, regulator loss/recovery, oral inflation</td>
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<tr>
<td>Week2</td>
<td>Pressure, Descents,Squeezes Absolute Pressure, Boyles Law</td>
<td>Giant shide entry, review (mask remove, regulator loss/recovery), tank r/r on bottom, doff &amp; don,</td>
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<td>Week3</td>
<td>Ascents, Review Boyles law, Pneumothorax (causes, symptoms, first aid), Arterial Gas Emolism (causes, symptoms, first aid), Mediastinal &amp; subcutaneous emphysema (causes, symptoms, first aid), DAN, Ascent rates</td>
<td>Giant shide entry, review (mask remove, regulator loss/recovery), tank r/r on bottom, doff &amp; don,</td>
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<td>Week4</td>
<td>CO2 poisoning (symptoms, treatment, CO poisoning (symptoms, treatment), Hypoxia (symptoms and treatment), Dalton's gas law of partial pressures Oxygen toxicity (symptoms, treatment) Nitrogen Narcosis (symptoms, treatment) Decompression sickness (stages, symptoms, treatment)</td>
<td>Back roll entry, Review (mask r/r, regulatory loss/recovery, tank r/r no-mask), Buddy breathing, (single regulator), Buddy breathing (octopus regulator), Station to station, Emergency swimming ascent (no regulator)</td>
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<td>Week5</td>
<td>Review decompression sickness, Ascent procedures Dive tables, Altitude (flying) after diving, Missed decompression stop procedure</td>
<td>Review, Ball-out (enter water with no gear, assemble at bottom, Emergency buoyant / lost weight belt procedure (no regulator), Weight belt replacement on surface</td>
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<tr>
<td>Week6</td>
<td>Review, Written test</td>
<td>Sailboat entry Check out</td>
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