

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

Date Submitted: 9/9/19

Proposed Effective Date: Spring 2020

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

change	current	proposed
<input type="checkbox"/>	Course Number(s) PHED 153	
<input type="checkbox"/>	Formal Title Scuba	
<input type="checkbox"/>	Transcript Title (≤30c)	
<input type="checkbox"/>	Recommended Course Preparation None	
<input type="checkbox"/>	Prerequisite <b>NOTE:</b> Unless otherwise indicated, a prerequisite is assumed to be passed with a "D" or better. None	
<input type="checkbox"/>	# of Credits Must adhere to the <a href="#">UMBC Credit Hour Policy</a> 1.5	
x	Repeatable? x Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes x No
x <input type="checkbox"/>	Max. Total Credits 1.5	<b>Max. Total Credits:</b> This should be equal to the number of credits for courses that cannot be repeated for credit. For courses that may be repeated for credit, enter the maximum total number of credits a student can receive from this course. E.g., enter 6 credits for a 3 credit course that may be taken a second time for credit, but not for a third time. Please note that this does NOT refer to how many times a class may be retaken for a higher grade.
x	Grading Method(s) <input type="checkbox"/> Reg (A-F) <input type="checkbox"/> Audit x Pass-Fail	x Reg (A-F) <input type="checkbox"/> Audit <input type="checkbox"/> Pass-Fail

### 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 of 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.

# UMBC Statement of Values for Academic Integrity

In February 2001, the Faculty Senate affirmed the importance of our values and practices by adopting the Statement of Values for Academic Integrity that is placed on most course syllabi:

*Academic integrity is an important value at UMBC. By enrolling in this course, each student assumes the responsibilities of an active participant in UMBC's scholarly community in which everyone's academic work and behavior are held to the highest standards of honesty. Cheating, fabrication, plagiarism, and helping others to commit these acts are all forms of academic dishonesty, and they are wrong. Academic misconduct could result in disciplinary action that may include, but is not limited to, suspension or dismissal.*

The purposes of higher education are the learning students and faculty undertake, the knowledge and thinking skills developed, and the enhancement of personal qualities that enable students to be strong contributing members of society. In a competitive world, it is essential that all members of the UMBC community uphold a standard that places integrity of each student's honestly earned achievements above higher grades or easier work dishonestly sought.

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If you have a documented disability and need to request academic accommodations for access to your ***Safety Concerns:***

***Inform the instructor of any medical concerns that may restrict participation in the activity. Inform the instructor of any symptoms of nausea, fainting, shortness of breath or dizziness. Drink plenty of fluids throughout the day and prior to participation in class. A proper warm-up and stretch is needed before beginning activity.***

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## **ADA Statement:**

### **Student Disability Services (SDS)**

UMBC is committed to eliminating discriminatory obstacles that may disadvantage students based on disability. Services for students with disabilities are provided for all students qualified under the Americans with Disabilities Act (ADA) of 1990, the ADAAA of 2009, and Section 504 of the Rehabilitation Act who request and are eligible for accommodations. The Office of Student Disability Services (SOS) is the UMBC department designated to coordinate accommodations that would allow students to have equal access and inclusion in all courses, programs, and activities at the University.

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](http://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](mailto: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**

Week	Lecture	Pool
Week 1	Safety Orientation, Paperwork	
Week2	Pressure, Descents,Squeezes Absolute Pressure, Boyles Law	Equipment introduction( tank, hydrostatic & visual inspection, bouncy compensator,regulator,assembly) snorkel 4 lengths of the pool, buddy assist putting on gear, breathing scuba no mask breathing, mask flooding, &clearing regulator clearing, regulator loss/recovery, oral inflation
Week3	Ascents, Review Boyles law, Pneumothorax (causes, symptoms, first aid), Arterial Gas Embolism (causes, symptoms, first aid), Mediastinal & subcutaneous emphysema ( causes, symptoms, first aid), DAN,Ascent rates	Giant slide entry, review (mask remove,regulator loss/recovery), tank r/r on bottom, doff & don,
Week4	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)	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)
Week5	Review decompression sickness, Ascent procedures Dive tables, Altitude (flying) after diving, Missed decompression stop procedure	Review, Ball-out (enter water with no gear, assemble at bottom, Emergency buoyant /lost weight belt procedure (no regulator), Weight belt replacement on surface
Week6	Review, Written test	Sailboat entry Check out

