

The Swimmer's Ear

University of Pittsburgh at Johnstown/Zamias Aquatic Center

Fall 2010

Scuba Diving Class

**Starts September 2, 2010
Thursdays (5:30-9:00 p.m.)**

Student: two credits + \$200.00

Faculty/staff: \$235.00+

Community: \$270.00+



This course leads to the NAUI Scuba Diver certification. NAUI is the National Association of Underwater Instructors. NAUI, a Red Cross "affiliate" and member of the Council For National Cooperation in Aquatics (CNCA), is one of the oldest scuba certification agencies in the world. NAUI's program is an outgrowth of the original diver training programs of the Scripps Institute of Oceanography and L.A. County in California. Today's NAUI course is more rigorous than those offered by most other certifying agencies, but divers trained in the NAUI program enter the sport well trained and prepared to dive intelligently and safely.

The course consists of three parts: classroom training, pool training, and open-water training. The classroom training consists of seven lectures concerning diving equipment, the diving environment, diving medicine, physiology and physics, diving safety, and use of decompression tables. A comprehensive written exam is given at the end of the course. The pool sessions introduce students to the use of scuba equipment and the skills needed to safely enjoy recreational diving. The openwater training transfers the knowledge and skills learned in the classroom and pool to the actual open-water environment. Students make five dives during the course of their open-water training.

COSTS: The course fee covers classroom and pool training, open-water training, certification and registration costs, textbooks and related materials & dive tables. Students will have some additional costs; although all scuba equipment is provided during the pool sessions, students must provide their own mask, fins, snorkels, and boots. If you already own these, you are ready to go. If not, the equipment is discussed during the first class and students are assisted in finding places to purchase the items. Most students spend about \$195.00 on the gear. All scuba equipment for the open-water training dives is provided except for the wet suit. The scuba equipment must be picked-up and returned to the dive shop by the student. Wet suit rentals are about \$25.00 for two days of open-water training. If you already have equipment, or access to equipment, that is fine. The equipment must be modern, safe, and in good repair! Students may rent gear elsewhere on their own, but, once again, it must be up to modern standards and it must be safe.

PREREQUISITES: You must be comfortable in the water, be able to swim, and in good health. A swimming evaluation will be completed on the first day of class (Thursday, September 2, 2010). Bring a bathing suit and towel on the first day! You will be asked to swim 300 yards continuously, swim underwater for 60 feet, and float or tread in deep water for 10 minutes. You will be evaluated for comfort and endurance, not style or technique.

You should be healthy. You will be asked to fill out a confidential medical questionnaire on the first day. Most questions can be resolved by consulting with your personal physician. Definite contraindications to diving include congestive lung disease, active asthma (having an attack within the last five years that required medication) most middle ear complications, epilepsy and insulin-controlled diabetes.

Attendance is mandatory at all sessions to be eligible for certification.

For more information or to register, call Jamie Hedrick at 814-269-2006.