

Syllabus for
HPE 036—Scuba and Fitness
1 Credit Hour
Spring 2014

I. COURSE DESCRIPTION

Designed for the student who has little or no scuba diving (self-contained underwater breathing apparatus) experience. After successful completion of the NAUI and pool objectives at ORU, each student is eligible to pursue open-water training from the staff of Oral Roberts University. Open water testing is required to receive one's NAUI Scuba Diver Certification.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703.

Prerequisites for Lab: Moderate swimming skills. **Labs are not required for course grade.**

II. COURSE GOALS

The purpose of this course is to enable the student to do the following:

- A. Through purposeful activity gain both education and training in the safety and techniques of underwater activities.
- B. Educate people to preserve and protect the quality of God's underwater environment.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing of this course, the student will be able to do the following:

- A. Explain what to look for in selecting proper scuba equipment.
- B. Discuss the physical laws related to scuba diving.
- C. Describe the effect of these physical laws on physiological functions, including diseases of diving and accidents.
- D. List the safety procedures and rules of diving including emergency lifesaving procedures.
- E. Demonstrate the correct methods of assembling, disassembling, and care of scuba equipment.
- F. Demonstrate basic skills in the proper use of the various pieces of diving equipment.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
 - 2. Other
ORU Aerobic Activity Log book
- B. Optional Materials
 - 1. Textbooks
None

2. Other
 - National Association of Underwater Instructors (NAUI). (2009). *Scuba diver*. Tampa, FL: NAUI. ISBN-10: 0-9679903-0-0
 - National Association of Underwater Instructors (NAUI). (2000). *Scuba diver student workbook*. Tampa, FL: NAUI. ISBN-10: 0-9679903-0-0
 - Manned Undersea Science and Technology. *The NOAA diving manual ocean realm magazine* (quarterly publication).
 - Divers Alert Network. *Alert diver* (bimonthly publication).
 - The Cousteau Society. *Calypso log* (bimonthly publication).
 - The NAUI Diving Association. *NAUI Scuba Diver* (bimonthly publication).
 - Rodale's Scuba Diving. *Rodale's* (monthly publication).

V. POLICIES AND PROCEDURES

- A. University Policies and Procedures
 1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
 2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
 3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
 4. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.

5. Students are to be in compliance with University, school, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
 - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

B. Department Policies and Procedures

1. Field Test Policy
 - a. Must be taken every semester in each enrolled activities class.
 - b. Must be administered by the student's activities class instructor during the scheduled class time.
 - c. Automatic failure for cheating on Field Test or assisting another to cheat.
2. Class Attire
 - a. Students enrolled in this class must wear appropriate swimwear: one-piece swimsuits for females and regular swimming trunks for males. Flip-flops are suggested for walking to and from the locker room.
 - b. Students not in proper class attire will not be allowed to participate and will be counted as absent.
3. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Letter Grade Reduced From Final Grade
1	0
2	1
3	2
4	3
5	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

C. Course Policies and Procedures

1. Evaluation Procedures
 - a. Grading Procedures:
 - (1) Health fitness
 - (a) Aerobic points (due every two weeks) 5%
 - (b) Field Test 40%
 - (c) Body Mass Index (BMI) 5%
 - (2) Equipment care 15%
 - (3) Workbook (workbooks are due before last test) 5%
 - (4) Knowledge of the activity 30%
 - b. Grading scale:
A=90%

B=80%
C=70%
D=60%
F=59% and below

2. Whole Person Assessment Requirements
None
3. Other Policies and/or Procedures
 - a. Must have moderate swimming skills.
 - b. Swimsuits are required. No cutoffs, walking shorts, or gym shorts allowed. Females must wear one-piece swimsuits. Males must wear swim trunks.
 - c. Eligible to take NAUI scuba training. A student must be in sound physical condition, especially heart, lungs, and ears.
 - d. Aerobic points (average weekly amount for 13 weeks):

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

e. Health fitness standards:

2-MILE RUN, 5-MILE CYCLE, AND 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points	Under 25		25-34		35-44		45-54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
	23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
	21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
	19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor	18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
	17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
	16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
	15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
	13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
	11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
	9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
	7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
	6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
	5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
	4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
	3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
	2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
	1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
	0	>23:30	>24:30	>23:30	>25:30	>24:30	>26:30	>25:30	>27:30	>26:30	>28:30

2-MILE WALKING FIELD TEST STANDARDS

Level of CR Fitness	Points	Under 25		25-34		35-44		45-54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	34	23:25	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	36:45	36:15	37:15
	1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

VI. COURSE CALENDAR

Week	Class Assignments	Pool Skills—All Students	Pool Skills— for Lab Only
1	Syllabus, information sheet, grade sheet, BMI	207 m swim, 10-minute float 50 ft underwater, neutral buoyancy, sizing for BCs	
2	Lecture—scuba and snorkeling eq., rules, discuss lab, folders, DAN, and intro video	Make-up swim skills	
3	Field test		
4	NAUI Video—first 50 minutes until free flow reg. <u>Must be watched before Lab</u>	Practice for Field Test	LAB I (4 hours)
5	NAUI Video—next 45 minutes until dive tables. <u>Must be watched before Lab</u>		LAB II (4 hours)
6	2-hour lecture—Cause and Cure		SNORKELING CLASS (2 hours)
7	Pool	Swimming Field Test	1st Skills test
8	2-hour lecture Dive tables		SKILL TEXT (2 hours)
9	Finish NAUI Video	Practice for Field Test	
10	Complete workbook		2nd check-out dive planning
11	Dive Table test		
12	2-hour lecture Review for test	Try-Scuba	
13	<i>Workbook due at 18:00</i> 100 point test		SKILL TEXT (2 hours)
14	Bring aerobic logbook, aerobic points, and summary sheet Sign test and folders		Dive planning
15	Verify grade and assist with clean-up		

SCUBA LAB I:	Assembling and disassembling of scuba gear, 2 regulator clears, 2 regulator retrievals, 2 mask clears, ear equalization, superperson, ladder exit, and size for wetsuits
SCUBA LAB II:	Basic deep, hovering, ascents and descents, shared air and emergency swimming ascent (ESA), unconscious and conscious victim, don and doff scuba surface, tapping weight belt and depth, sac rate, and snorkel to regulator
SKILL TEXT:	50-point WRITTEN TEST. Assembling and disassembling of scuba gear, 2 regulator clears, 2 regulator retrievals, 2 mask clears, shared air, ESA, Do-Si-Do, fin push, and unconscious diver
SNORKELING:	Giant stride, control seated, seated, back roll, forward roll. Surface dives: pike, tuck, and kelp tows: Do-Si-Do, fin push, ditching weight belt, and unconscious victim to the surface on skin gear

Course Inventory for ORU's Student Learning Outcomes
HPE 036—Scuba and Fitness
Fall 2013

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

	OUTCOMES & Proficiencies/Capacities	Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
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1	Outcome #1—Spiritually Alive Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit			X	
1C	Evangelistic capability				X
1D	Ethical behavior			X	

2	Outcome #2—Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking	X			
2B	Information literacy			X	
2C	Global & historical perspectives			X	
2D	Aesthetic appreciation				X
2E	Intellectual creativity				X

3	Outcome #3—Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			

4	Outcome #4—Socially Adept Proficiencies/Capacities				
4A	Communication skills			X	
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences				X
4D	Responsible citizenship		X		
4E	Leadership capacity			X	