**Basic Scuba Information**

KIN 533 is a 3-credit graded course in the fundamentals of SCUBA diving. This class is geared toward students who might use this course as part of future endeavors, such as Marine Biology, Ocean Engineering, Environmental sciences or Outdoor Education majors.

**Attendance is** **mandatory**

This is a participation class where you are learning skills that may affect your safety. If you are not here for class, you cannot develop the necessary skills and level of safety to be a certified SCUBA diver. This class requires more time and commitment than other 3 credit courses and even some 4 credit courses.

The class is divided into three components:

1. Approximately 60% of the time is spent in the pool learning and practicing diving skills.
2. The other 40% of the time is in the classroom covering diving physics, physiology, safety, decompression tables, etc. There are homework assignments, quizzes and a final exam for this course.
3. Student must maintain a weekly swimming regime of 25 laps (50 lengths). A minimum of 5 open ocean dives must be completed in order to qualify for SCUBA certification. These requirements are conducted outside of the regularly scheduled class time.

There is also a special fee for the class ($200). Students must provide their own diving mask, fins, and booties as well as a wet suit for the 5 ocean dives. The wet suits can be rented inexpensively at a local dive shop.

**Swim Test**

No one is officially admitted to the class until they pass the swim test. The swim test will be held during the first or second scheduled class of each semester and consists of the following skills:

→ swim 400 yards in the UNH pool. This is a non-stop swim using any stroke except

elementary backstroke. The student must complete the 8 laps or 16 lengths of the pool

without undue exertion or needing to stop often

→ tread water in the deep end for 10 minutes

→ touch the bottom of the deep end and continue to swim the width of the pool underwater

→ tow a buddy of similar size for 50 yards or 1 lap of the pool

All decisions will be made at the time of the swim test; there are no make-ups or excuses. If you want to be in this course, show up at the swim test prepared to swim. The best advice we can give you is to PRACTICE the test several times prior to the real thing. Open pool times can be obtained online at: <https://crec.unh.edu/Facility/GetSchedule?facilityId=ea98186f-66d0-4fae-aad1-0daf9371d3fe>

**Conditions that prohibit participation in SCUBA**

To participate in this SCUBA class, you need to be a competent swimmer and in good health. There are certain disorders that are incompatible with SCUBA diving. Individuals diving with these disorders could subject themselves to varying health hazards including DEATH.

**Individuals with any of the following disorders should NOT even consider taking the swim test:**

**1. Any lung problems, including the following:**

∙ smoking

∙ a previous episode of a punctured or collapsed lung

∙ asthma or any exercise induced respiratory problems, even if controlled by medication

**2. Any disorders that might cause a diver to lose consciousness, such as:**

∙ insulin dependent diabetes

∙ epilepsy or seizure syndrome, even if controlled by medication

**Other medical issues that MIGHT cause problems:**

∙ any intolerance to exercise

∙ chronic ear or sinus problems

**Pre-Registration Contract Page**

**KIN 533**

This page must be turned in to the Instructor (see below) of the section of SCUBA you wish to register for. You may contact them directly via email to make arrangements to obtain the prior approval needed for class registration.

Please note that all classes are held on Tuesday & Thursday.

[**becca.toppin@unh.edu**](mailto:becca.toppin@unh.edu) **08:10-09:30 & 02:10-3:30 Becca Toppin**

[**ek@unh.edu**](mailto:ek@unh.edu) **09:40-11:00 Liz Kintzing**

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**INITIAL EACH ITEM BELOW. NEXT INSERT YOUR INFORMATION AT THE BOTTOM OF THIS PAGE. SAVE THIS PAGE TO YOUR COMPUTER DESKTOP AND THEN EMAIL TO THE PROPER INSTRUCTOR LISTED ABOVE.**

**\_\_\_\_\_\_\_After reviewing the Basic Scuba Information Sheet I am still interested in participating in KIN 533. I understand that by pre-registering for this class I agree to abide by the following set of guidelines:**

**---Attendance at all classroom and pool sessions is mandatory.**

**---Swim laps and open water dives will be conducted outside of scheduled class times.**

**---This class has financial obligations with a lab fee, snorkel gear, and wetsuit rental fees.**

**\_\_\_\_\_\_\_I also understand that there are medical disqualifiers for scuba diving as listed above, and by pre-registering for this class I indicate that I do NOT currently have any of these conditions.**

**\_\_\_\_\_\_\_I promise to show up to the first-class meeting of the semester prepared to participate in the swimming evaluation. I will have already completed the swim test at least once before the first day of classes.**

**\_\_\_\_\_\_\_I further understand that passing the swim test is the ONLY way to gain entrance into KIN 533.**

**By filling in the following information and submitting this page to the course instructor I acknowledge that I have read the above information and that I agree to abide by rules set forth for this class and that I understand the inherent risks.**

Full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Information – Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9 Digit UNH ID #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year @ UNH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Major: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Section you are applying for: \_\_\_\_\_\_\_\_ Time: **\_\_\_\_\_\_\_\_\_**