



## **NAUI SCUBA DIVER COURSE**

### **PROGRAM OF INSTRUCTION**

Prepared by: DENNIS G. CATIENZA Course Director # 13571L

#### ***I. Overview***

Scuba diver is the NAUI entry-level scuba certification course. It provides the fundamental knowledge and skills to scuba dive. Upon successful completion of this course graduates are considered competent to engage in openwater activities without supervision, provided the diving activities and the areas dived approximate those of training.

#### ***II. Prerequisites For Entering The Course***

1. AGE. Minimum age is 16 years old (12-15 years old for Junior certification with parent's consent)
2. Diver Certification and Prior Training. Non-required.
3. Health and Fitness. Candidates must provide a certification of good health from a medical professional specifying that they are fit to engage in scuba diving activities.
4. Equipment. Candidates must provide their own mask, snorkel, booties and fins.
5. Watermanship Skills. Candidates must be able to swim unaided a distance of 200m, tread water and swim underwater a horizontal distance of 15m.

#### ***III. Course Outline***

This course will be divided in three phases:

**Academic Sessions**. 12 hours estimated which will be divided into 4 x 3-hr academic sessions. Topics to be discussed are as follows:

- a. ***Applied Sciences***. Physics, physiology and medical aspects as they relate to the diver's performance and safety in the water. Emphasis is placed on physical fitness, diving hazards, personal limitations and the behavior needed to minimize the risks of diving. Material is to be presented in terms of qualitative, practical application.
- b. ***Diving Equipment***. Purpose, feature, types and uses of scuba diving equipment. The candidate is to be able to select, use and care for Skin and scuba diving equipment, and any other basic equipment dictated by the local diving conditions.
- c. ***Diving Safety***. Aspects, which impact upon a diver's safety. Topics are to include emergency procedures, rescue and first aid as applied to diving, underwater communications, basic

- underwater navigation, dive planning and safety measures. Rescue is to address problem prevention and recognition.
- d. ***Diving Environment***. Physical and biological aspects of the environment where open water training is conducted. The candidates shall be trained to recognize potential hazards before entering the water. The program aims to inculcate in the candidates the importance of conservation and the kinds of both negative and positive impact divers can have on the environment.
  - e. ***Diving Activities***. The how, who, when, what, and why of diving. Emphasis shall be placed upon continued education through NAUI training courses.
  - f. ***Continuing Education***. Limitations as new divers and the importance of additional training. An awareness of personal ability shall be emphasized. The importance of logbook use shall be emphasized.

**Confined Water Training**. 18 hours estimated which will be divided into 4 x 3.5-hr pool or confined water training sessions. Skill development shall be sub-divided into three areas and they are as follows:

- g. ***Skin Diving***. Perform skills using proper technique to maximize breath-holding time at depth. Simulate rescue of a struggling diver at the surface and an unconscious diver under water and at the surface.
  - h. ***Scuba Diving***. Perform pre-dive skills like selecting, checking, assembling, adjusting and donning of equipment. Emphasis shall be placed upon equipment handling both in and out of the water, monitoring of instruments, proper buoyancy control, communication, basic navigation, buddy system and dive planning.
  - i. ***Emergency Skills***. This skill is to address problem prevention and recognition. Emphasis is placed upon self-rescue, assists and transports, retrievals from depth, and rescues in open water.
2. **Practical Application or Checkout Dives**. 20 hours estimated which will be divide into 5 scuba dives and 1 skin dive. This activity will be held in a salt water environment in Mabini, Batangas for two consecutive days. All the skills acquired during pool training sessions and the knowledge gained in the academic sessions will be synthesized into this final requirement of the course.

#### **IV. Evaluation**

Candidates will be evaluated both academically (composed of two sets of written examination) and skills performance, which is done after every pool training session, in order to pass the course.

#### **V. Schedule of Activities**

The entire course is scheduled following the itinerary below. The practical application or check-out dives are to be done in Mabini, Batangas and candidates must spend 5D/4N to finish the course. Since the total time requirement is 53 hours and 20 hours of that must be done in a salt water environment, the remaining training hours can be appropriated as follows:

Day 1	AM PM	Arrival Registration/orientation Lecture 1 – 3
Day 2	7:30am 9:30am 12nn 1:30pm 4:30pm 7pm	Breakfast Confined water session 1 Lunch break Confined water session 2 Confined water session 3 Dinner and free time
Day 3	7:30am 9:30am 12nn 1:30pm 4:30pm 7pm	Breakfast Lecture session 3-4 Lunch break Confined water session 4 Confined water session 5 Dinner and free time
Day 4	7:30am 9:30am 12nn 1:30pm 4:30pm 7pm	Breakfast Openwater dive 1 Lunch break Openwater dive 2 Openwater dive 3 Dinner and free time
Day 5	7:30am 9:30am 12nn 1:30pm 4:30pm 7pm	Breakfast Openwater dive 4 Lunch break Openwater dive 5 Optional openwater dive 6 Dinner and written exam – End of program
Day 6	7:30am	Breakfast Free time and depart from Planet Dive

**VI. Facilities and Equipment**

1. Classroom with multi-media equipment
2. Confined water training area similar in condition to that of a swimming pool.
3. Skin diving equipment and wet suit (provided by the instructor)
4. Scuba equipment (provided by the scuba instructor)

**VII. Course Fee**

Package price: Course fee is US\$ 575.00/candidate

Inclusions: Training materials and textbook  
Registration for Certification card  
Scuba equipment rental  
Training facilities  
Lifetime registration fee for the NAUI SCUBA Diver  
C-card and NAUI Textbook

Exclusion: Transportation to and fro Planet Dive (please refer to attached rate)  
Resort accommodation and meals  
Boat rental for 1 day