

San José State University
Kinesiology
Fall 2025, KIN 008 01-02-03-04, Scuba Diving

Contact Information

Instructor:	Kelsea Rossow
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Office Hours:	By appointment
Class Meetings & location	Wed OR Thur 6-8:30 PM lecture/pool combo
Prerequisites:	<p>A. *Medical History: self disclosure regarding medical history with no contra-indications for scuba participation</p> <p>B. *Release of Liability, Waiver of Claims, Express Assumption of Risk and Indemnity Agreement</p> <p>C. All students must demonstrate competency in the following swimming skills:</p> <ol style="list-style-type: none">1. Swim 200 yards (using any strokes) in less than 8 minutes without stopping and without swimming aids2. Tread water in the deep end of the pool for 10 minutes continuously, without the use of swim aids or touching the sides of the pool.3. 50 foot underwater breath hold swim <p><i>* Forms provided first class meeting</i></p> <p>-If you have a pre-existing medical or physical problem you should consult your physician before participating in this class and alert the instructor to any required limitations.</p>

Course Description

Both skin and SCUBA diving skills for enjoyment and to understand dangers connected with the sport. Only one unit can be applied for the physical education graduation requirement.

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course materials may also be found through PADI E-Learning at <https://www.padi.com/>. Instructor will give more information on the PADI E-Learning on the first day of class. Do not purchase PADI E-Learning until class begins.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills and techniques in performing basic scuba skills.
- Proficiency in execution of the basic scuba skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with skin diving and scuba diving.
- An understanding of the mental and physical health benefits to be derived from skin diving and scuba diving here.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- Demonstrate knowledge of:
 - o All online readings assigned and lecture material presented
 - o Proper procedure for use and care of scuba equipment
 - o Proper scuba etiquette and procedures for all populations and ages

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

The instructor will explain options for purchasing online materials and gear requirements during the orientation provided in the first session.

Course Notes

- Class protocol: Each session is a combination of lecture and in-pool instruction. **Lectures** will begin **promptly at 6:00PM** and the timing will vary depending on content. **Water skill instruction** will take place immediately after the lecture session, and students are responsible for providing any required gear as outlined by the instructor and for active participation. Students are responsible for being prepared according to the assignments on the syllabus. The timing will be flexible and depends on the material being covered. If students miss a class, both a lecture and a pool session are missed, or two instruction

sessions – see make up policy below. If a student is present for the instruction, and requires additional assistance with a particular skill, it is the student's responsibility to request assistance. However, if the deficiency is the result of missed class time, see make up policy below. No cell phone use is allowed during class.

- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- **OPTIONAL OCEAN TRAINING AND CERTIFICATION:** Requirements and qualification criteria to be discussed and outlined later in the course.
- **FINAL EXAMINATION:** Both a written final examination and a pool skills examination will be administered as indicated on the class schedule. Weighting for grading purposes is detailed below.
- **MAKE UP POLICY:** There will be no make ups for missed quizzes, tests, or pool skills evaluations, except for documented, serious and compelling reasons. It is the student's responsibility to contact the instructor should such a situation arise. **Students are also responsible for all the material covered during any missed lectures and any pool skills taught during missed pool sessions.** Once we begin scuba skills in the pool, students must demonstrate proficiency in the skills missed before being allowed to progress to the next skills. Missed classes will result in falling behind - **don't miss class!**

Course Requirements, Assignments, and Grading

Tests:

- There will be 5 pool quizzes conducted throughout the semester. There will be a final pool examination at the end of the semester.
- There will be 4 online quizzes and a final examination conducted through PADI's E-Learning. There will also be a written examination conducted in person at the end of the semester.

Assignments/Projects:

- There will be 5 online knowledge reviews due throughout the semester.

Grading

A. Motor (Physical) Component – 60% of grade

1. Pre-dive skills
2. Surface skills
3. Underwater skills
4. Emergency skills

B. Cognitive (Knowledge) Component – 40% of grade

1. Diving Equipment and Diving Skills
2. Diving Sciences, Decompression, Dive tables and Dive Computers
3. Dive Planning and Recording and Problem Solving
4. Diving Environment and Diving Activities

Grading Plan

A. Active participation* – 3% per session for 10 weeks	30%
B. Pool skills evaluation – quizzes	10%
C. Written quizzes	10%
D. Final Written Exam	25%
E. Pool skills evaluation – Final	25%

* This is an activity course: Active participation in this class means arriving on time, and participating for the entire class period in whatever activities are scheduled for that session.

Grading Scale used to determine letter grade for each component above.
Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Campus Resources

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus Information web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

SJSU Technical Support:

Email: itservicedesk@sjsu.edu

Phone: (408) 924-1530

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Aug 20/21: Orientation, going over greensheets and requirements - no pool
2	Aug 27/28: Lecture, personal diving equipment; Water testing - all students be prepared to get in the pool for the required swim tests!
3	Sep 3/4: Lecture; begin skin diving skills (students must provide basic gear)
4	Sep 10/11: Lecture, gear assembly; finish skin diving skills, SCUBA introduction
5	Sep 17/18: Online Knowledge Review 1 and Quiz 1 due ; Lecture; Pool Quiz 1 ; SCUBA introduction
6	Sep 24/25: Lecture; SCUBA, confined water skills section 1
7	Oct 1/2: Online Knowledge Review 2 and Quiz 2 due ; Lecture; Pool Quiz 2 ; SCUBA, confined water skills sections 1/2
8	Oct 8/9: Lecture; SCUBA, confined water skills section 2
9	Oct 15/16: Online Knowledge Review 3 and Quiz 3 due ; Lecture; Pool Quiz 3 ; SCUBA, confined water skills section 2/3
10	Oct 22/23: Lecture; SCUBA, confined water skills sections 3/4
11	Oct 29/30: Online Knowledge Review 4 and Quiz 4 due ; Lecture; Pool Quiz 4 ; SCUBA, confined water skills section 4/5

Week	Course Content (Assignments, Exams/Quizzes, ...)
12	Nov 5/6: Lecture; SCUBA, confined water skills section 5
13	Nov 12/13: Online Knowledge Review 5 and Exam due; in-person Written Exam; Pool Quiz 5 , SCUBA, review for pool final
14	Nov 19/20: Practice for pool final
15	Nov 26/27: NO CLASS - THANKSGIVING BREAK
16	Dec 3/4: POOL FINAL ; No lecture - all pool

***Pool quizzes must be passed to move on to the next module**

***Final day to drop without penalty: September 16**

***Optional Ocean Training Dates for certification:**

2 consecutive dive days required to complete certification: December 6 and 7 (Sat & Sun) OR December 13 and 14 (Sat & Sun).

*Requirements and qualification criteria to be discussed and outlined by the instructor later in the course. Students must qualify for ocean training, and it is conducted as an OPTIONAL, separate activity for an additional cost.