

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Scuba Diving
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**COURSE CODE:**

N069
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**ECTS CREDITS**

2
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**RESPONSIBLE FOR THE COURSE:**

NAME	Antoniou Panagiotis		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B1-6		
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CO-INSTRUCTORS	Kipouros Vassileios, Teacher P.E.		

**SEMESTER:**

1ST     2ND     3RD     4TH   
5TH     6TH     7TH     8TH

**COURSE TYPE:**

OBLIGATORY   
DIRECTION   
SPECIALIZATION   
PREREQUIZITE FOR SPECIALIZATION   
ELECTIVE (*OPEN*)

**HOURS (per week):**

2
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**DIRECTION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

Sports Training	
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**SPECIALIZATION** *(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

### **AIM OF THE COURSE** (*content and acquired skills*)



The course aims to teach underwater technique, diving specific skills and competencies needed for underwater activity and to offer practical and theoretical training in the use of breathing apparatus.

### **COURSE CONTENTS** (*outline – titles of lectures*)

1. 1. THEORY: Historical overview-types of scuba diving -general principles for safe diving conditions.  
ACTION: Demonstration of diving equipment.
2. THEORY: Behavior of gases under pressure.  
ACTION: Using diving equipment.
3. THEORY: Underwater accident-prevention- treatment.  
ACTION: Diving for learning to use the regulator of floatability..
4. THEORY: Describes instruments and means of dive.  
ACTION: Learning technical falls in the water-treatment-loss flooding mask mask-fins.
5. ACTION: Submarine agreement-auxiliary breathing.
6. ACTION: Stay-orientation-incident response.
7. ACTION: Free diver.
8. ACTION: Lifeguard divers.
9. ACTION: Safe diving techniques.
10. ACTION: Special diving techniques.
11. ACTION: Diving 5m in depth.
12. ACTION: Emergence risk.
13. ACTION: Integration techniques in marine environment.

### **TEACHING METHOD** (*lectures – labs – practice etc*)

Lectures, demonstrations and practical exercises

### **ASSESSMENT METHOD(-S)**

Practical Assessment of Skills: (50%).  
Final Written Examination: (50%).

### **LEARNING OUTCOMES**

Upon the completion of this course the student will be able to:

1. They know the basic characteristics of movement and existence in aquatic environment and relative physiologic operation of human organism in conditions under the surface of water.
2. They will have developed dexterities that will allow them to execute dives with safety for their physiologic mechanisms.

3. They will be capable so much in theoretical level what in practical they use cognitive and kinetic dexterities for the implementation of work inside aquatic environment.

### LEARNING OUTCOMES - CONTINUED

<i>Results of Learning</i>	<i>Educational Activities</i>	<i>Evaluation</i>	<i>Pressure of Work of Student (hours)</i>
1) They know the basic characteristics of movement and existence in aquatic environment and relative physiologic operation of human organism in conditions under the surface of water.	Lectures, demonstration and annotation of digital material, study in the house	Intermediary controls with written ordeals of cognitive evaluation	20
2) They will have developed dexterities that will allow them to execute dives with safety for their physiologic mechanisms.	Practical exercises, training, tutorials	Intermediate checks with practical tests kinetic evaluation	20
3) They will be capable so much in theoretical level what in practical they use cognitive and kinetic dexterities for the implementation of work inside aquatic environment.	Lectures, homework, practical exercises, training, tutorials	Intermediaries controls in tests evaluating motor skills	20
		<b>TOTAL</b>	<b>60</b>

### OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. – RUDOLF HOLZAPFEL (1986). ΑΥΤΕΣ ΕΙΝΑΙ ΟΙ ΥΠΟΒΡΥΧΙΕΣ ΚΑΤΑΔΥΣΕΙΣ. Π. ΜΕΤΑΞΑΤΟΣ - Δ. ΛΕΩΝΙΔΑΚΗΣ - Ι. ΚΟΥΡΑΦΑΣ Ο.Ε, ΑΘΗΝΑ