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## PHYSICAL EDUCATION WATER

### **PEN 1171, Water Aerobics Water Aerobics**

**2 hrs., 1 cr.,**

(Offered fall, spring, and summer). This course is designed and organized so students can maintain and/or improve their health and fitness. Instruction in water exercises will contribute to the strength, flexibility, and cardiovascular endurance of the student. NOTE: Swimming skills are not a prerequisite.

### **PEN 1172, Fitness Swim Fitness Swim**

**2 hrs., 1 cr.,**

(Offered fall, spring, and summer). Prerequisite: PEN1121 or complete basic water skills test the first day of class. This course is a noncompetitive but structured lap-swim program combined with stroke analysis and training techniques. The course is designed so students can maintain and/or improve their health and fitness.

### **PEN 2136, Basic and Advanced Skin and Scuba Diving Basic and Advanced Skin and Scuba Diving**

**6 hrs., 3 crs.,**

\$132.00 lab fee. (Offered fall, spring, and summer). Prerequisite: Student must pass a basic water skills test the first class meeting. This course provides an orientation and introduction to physics of diving; anatomy; barotrauma, decompression sickness and decompression tables; general diving and scuba operation and maintenance; diving first aid and CPR; dive planning, environment and marine life.

### **PEN 2137, Advanced Scuba Diving Advanced Scuba Diving**

**4 hrs., 2 crs.,**

\$150.00 lab fee. (Offered fall, spring, and summer). (The lab fee covers one offshore training dive and class materials). Each student must provide all of his/her own equipment or make arrangements for rental of equipment. A medical form is required and any history of heart or respiratory problems will require a doctor's exam. Prerequisite: Open water scuba certification from a recognized certifying agency. The student will have logged a minimum of 10 open water dives prior to taking this class. Students must be at least average swimmers and comfortable in the water. A preliminary swimming evaluation will be made. Topics include underwater navigation, night, low visibility, current, river and deep diving, site evaluation, dive planning, equipment, medical aspects and search and recovery. Six open water dives are required during this course.

### **PEN 2138, Rescue Diver Rescue Diver**

**4 hrs., 2 crs.,**

\$130.00 lab fee. (Offered fall, spring, and summer). The lab fee covers all classroom materials, text books and manuals, and certification materials after successful completion of open water sessions. Certificates include NAUI Rescue Diver and DEMP (Diver Emergency Management Provider) from the Divers Alert Network DEMP is a four course package that includes Oxygen First Aid for Dive accidents, Neurological Assessment, Hazardous Marine Life First Aid, and Basic Life Support. Prerequisite: Advanced SCUBA, pool skill evaluation and each student must provide all of his/her own equipment suitable for open water or make arrangements for rental of equipment. A medical form is required and any history of heart or respiratory problems will require a doctor's exam. The course covers all academics, pool sessions, and open water skill sessions necessary for certification. Topics will include but not be limited to: identifying emergency situations, self-rescue, buddy team rescues, identifying stress, reaction to panic, and prevention techniques. Practice skills to include but not be limited to self-rescue, diver assists, surface and subsurface rescues, beach and boat extrications, and victim management.

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