

SCUBA Diver Level 1 (C004277)

Course size *(nominal values; actual values may depend on programme)*

Credits 3.0 **Study time 84 h**

Course offerings in academic year 2025-2026

A (semester 1) English Gent

Lecturers in academic year 2025-2026

| | | |
|--------------|--------|--------------------|
| Santos, Rui | FAR001 | lecturer-in-charge |
| Padrão, Nuno | FAR001 | co-lecturer |
| Paulo, Diogo | FAR001 | co-lecturer |

Offered in the following programmes in 2025-2026

| | | |
|--|--------------|-----------------|
| International Master of Science in Marine Biological Resources | crdts | offering |
|--|--------------|-----------------|

3

A

Teaching languages

English

Keywords

SCUBA, diving, transferable skills

Position of the course

This is an introductory diving for beginners, taught by the Centre of Marine Sciences (CCMAR) dive instructor, that is based on lectures and exercises, with practical training in swimming pools and in the sea. The student will acquire the fundamental skills and proficiency for safe diving and will qualify for the PADI Open Water Diver certificate.

This course is a pre-requisite for more advanced diving courses also offered (Advanced Open Water Diver and Scientific Diving).

Demonstrate a safe demeanor and proper attitude

Demonstrate proficiency with the following fundamental skills:

Predive sequence

- Two propulsion techniques
- One maneuvering technique
- Buoyancy variation less than 1.5 meters from target depth
- Trim not to exceed 30 degrees from horizontal
- Basic 5 scuba skills
- Sdrill
- Valve drill
- SMB deployment

Demonstrate appropriate situational awareness

Demonstrate capacity in working well as part of a team

Demonstrate capacity with respect to diving academics, dive planning, and pre dive procedures

Complete all knowledge assessments

Contents

The PADI Open Water is designed to develop the essential skills required in all sound diving practice. This course provides the non-diver with an opportunity to develop fundamental diving skills that will support comfort, confidence, and competence in the water. This course also provides a solid diving foundation for individuals with aspirations for more advanced diver training. Learning to function efficiently in an alien environment and to handle scuba equipment requires time,

dedication, quality instruction, and progressive learning. It is the objective of this course to make students the best divers they can be at a recreational/entry level, developing competence in the following areas:

- Aquatic Comfort
- Competency while managing divingrelated
- Academics
- General health and fitness
- Proficiency with fundamental skills
- Safediving demeanour; ability to support a team
- Diving philosophy
- Ability to assist a dive buddy; proficiency in basic, Rescue skills, Appropriate situational awareness, Clear understanding of standardization, Environmental awareness

Initial competences

Ability to swim. Adequate physical condition for diving.

Final competences

- 1 This is an introductory course for beginners that is designed to develop the essential skills required for safe diving.
- 2 The students will qualify for the PADI Open Water Diver certificate and will be prepared to continue with more advanced diving courses offered (Advanced Open Water Diver and Scientific Diving).
- 3 To get basic training in SCUBA diving in order to obtain the PADI Open Water Diver certificate.

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Seminar, Lecture

Extra information on the teaching methods

- The methodology will be theory classes with power point. Theoretical exercises focusing advanced dive planning will be done with all students in an interactive manner.
- Out of the water practice of the future in water skills.
- Underwater practice after teacher demonstration.
- Repetition until mastery is obtain.

Study material

None

References

Doing it Right: The Fundamentals of Better Diving, by Jarrod Jablonski (Global Underwater Explorers)

Beginning with the end in Mind, by Jesper Belgrund Jablonski (Global Underwater Explorers)

Course content-related study coaching

Individual coaching is foreseen for students having problems, and will be on a one to one basis.

Assessment moments

end-of-term and continuous assessment

Examination methods in case of periodic assessment during the first examination period

Written assessment, Assignment

Examination methods in case of periodic assessment during the second examination period

Written assessment, Assignment

Examination methods in case of permanent assessment

Skills test

Possibilities of retake in case of permanent assessment

examination during the second examination period is possible

Extra information on the examination methods

Students will be evaluated in terms of performance in the water, in the theory component with a written exam, and in the practical component with a report.

Continuous evaluation (quizzes, tests and written texts).

- Written examination with open questions,
- oral examination.

Calculation of the examination mark

Students will be evaluated in the theory component with a written exam (20%); and in the practical component with a report (20%). Additionally, a scale from 1 to 4 will be used to evaluate student in water performance (60%) where:

- Unsafe (fail)
- Cannot complete the task (need to repeat)
- Complete the task well (pass)
- Excellent performance (pass)

Retakes are possible; dates for retakes will be arranged between the instructors and the students