

**YORK UNIVERSITY  
KINESIOLOGY AND HEALTH SCIENCE  
PRACTICUM COURSE**

Course: PKIN 0270: Skin Diving I

Term: Winter 2017 M

Prerequisite: Swimming 1 or equivalent ability (with permission of the instructor)

Course Instructor: Tamara Wood  
[tamaraws@yorku.ca](mailto:tamaraws@yorku.ca)

Time and Location: Tuesday and Thursday 8:30-9:30  
Tait Pool

Course Description: This is an introduction to Skin Diving for those with a swimming background. Skin diving is a set of skills and knowledge that crosses several disciplines. It is used commercially in aquatic site and facility inspections. It is an emergency search and rescue skill used by lifeguards, coast guard personnel, etc. It is used in facility and aquatic site construction, fishing, submerged recovery, and much more. It is a sport and prequalification for SCUBA certification. This is a complete skin diving training course that covers the theoretical knowledge and practical skills required to be a safe, competent and confident skin diver. The program components cover safety, scientific, medical, and environmental aspects of skin diving. It also teaches practical skills and techniques including equipment, entries, submersion, donning and doffing gear, swimming, rescues. Students will also understand how to increase their fitness and endurance through aquatics.

The course will be taught through demonstrations, discussion and lots of practice. This is a practical course and students will be required to actively participate in the pool each session. Through practice, observation and feedback students will develop the required skills. Students will work with the instructor and their peers to increase their skill level.

Course Learning Objectives:

Students will learn about the equipment required, how to use, choose and care for it. They will develop skills and techniques to rescue themselves and others around water using skin diving skills. Emphasis will be placed on developing snorkelling and skin diving skills. They will understand how to increase their swimming and fitness skills in the aquatic environment.

The students will be able to

- Demonstrate the ability to don and doff mask, clear snorkel and mask
- Complete an endurance swim in gear (500 metres) and without (200m)
- Develop a variety of entries to include dives, rolls and jumps
- Develop rescue skills to include self rescue and care of victims
- Demonstrate skin diving practical skills to include search and recoveries
- Demonstrate an understanding of skin diving theory through an exam and assignment
- Identify methods to increase their personal aquatic fitness level

Evaluation:

Practical Items Evaluation:	65%
Fitness / Skill Assignment	15%
Theory Exam:	20%

**Please Note: All assignments must be completed as assigned and submitted by due date(s). Otherwise penalties will be incurred; ½ letter grade per day late will be applied. All assignments / exams must be handed in at the start of the class, on the pool deck on the date due. Or they may be handed in to the KINE office to be placed in my mailbox.**

Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option within the last week of the term.

Practicum courses grading scale is A,B,C, F or Pass/Fail.

**NOTE:** If you Opt for the Pass/Fail you do **not** qualify for the Kinesiology and Health Science Honour Roll and Tait Mckenzie Honour Society.

## **Additional Information:**

Participation: to receive credit for a practicum course students must attend and actively participate in a minimum of 80% of the class for the course. Students who miss more than four classes will not pass this course.

It is not enough to attend without participation. Students who attend but do not enter the water will not receive full attendance for that class.

## **Important Course Information for Students:**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, (learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation