

PE 1205 SCUBA all Sections

Health Status: This course involves a moderate to high energy expenditure level and is to be considered moderate to high intensity in nature. It is therefore recommended that students know the status of their health and any limitations on their ability to safely participate in the physical activities involved in the course. If there are any questions about your health status, you should seek advice from a physician. You should also inform the instructor of any pre-existing health condition prior to any activity.

All students are required to complete a medical form prior to any water work and if any of the questions are answered Yes they are required to have a Dr. approval by the 3ed week of class. The medical may be obtained at <http://www.superiorexpeditions.com/PE1205.html>

Instructor Information

Robert J Karl, instructor
University of Minnesota, College of Education and Human Development

Contact Information

Office location:	-----
Email:	karlx002@umn.edu
Telephone number:	651-490-3225
Preferred mode of communication:	either
Office Hours	

I will be available for questions 15 minutes prior to the start of class and 15 minutes at the end of each class. If you need additional time, please contact me via email so we can schedule an appointment.

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Biography

I have been working with the PAP program since I was a TA with Les Bolstad back in 1974 while I was getting my BBS at the U. I continued working with the Life guarding and Water Safety Instructor courses while enrolled at the U.

I graduated from the U in 1979, with a BBS regular degree. After graduating from the U of M, I became SCUBA certified in 1982, and started as a TA with the U's SCUBA class in 1983. About 1993 I started teaching the PE 1205 SCUBA course full time, and have continued since then.

I have worked with the YMCA, MDEA and CMAS, SCUBA programs as an instructor, and for the last 15 + years have been teaching through the SSI system. Currently I am rated as an SSI Dive Control Specialist Master Instructor with more than 3500 open water dives. I also have instructor ratings in specialties, including Deep, Wreck, Nitrox, Stress and Rescue, Underwater Photography and many more.

I have held a US Coast Guard Masters license for the Great Lakes and Inland Waters for 20 years. Through my company Superior Expeditions we run SCUBA charters in Lake Superior during the summer, and lead SCUBA trips throughout the underwater world.

These include Micronesia and many of the Caribbean islands.

My biggest thrill in teaching is seeing the amazed look in student's eyes when they get their first chance to dive in the ocean, as they experience the wonderful critters they find there. Luckily I get to experience that on the many trips I get to lead.

After numerous jobs in business I discovered that I really enjoy teaching SCUBA. I have been blessed in being able to teach something I love, to the over 200 students a year we get through the University SCUBA course.

Communication, Questions, Concerns and Evaluation

You are expected to check your email prior to class in the instance there is a calendar, meeting location or lesson change.

You will have the opportunity to anonymously evaluate the course, classroom environment and teaching strategies at the end of the semester, but you are encouraged to bring any questions or concerns to my attention immediately.

University-assigned student e-mail X500 accounts (jo@umn.edu) are the University's official means of communication with all students. You are responsible for all information sent to your x500 e-mail account, including class announcements and emails from me. If you choose to forward your x500 e-mail account, you are still responsible for all the information, including all attachments, sent to this account

When emailing me, use the following format for the subject line: Last name, First name – Course #, section #, Question

In the body of your email, clearly articulate your:

- Full Name
- Student ID #
- UMN x500 email address
- Telephone number
- Questions – If you have multiple questions, please bullet them and briefly, but succinctly, explain them

Instructors are not expected to respond to all questions over email. Some questions may require you to schedule a meeting or attend office hours. I will provide clarification in these instances.

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Course Information

Class Meeting Details

Your course meets at the times specified for your section. All classes meet in the Aquatic Center room 45 unless otherwise notified by the instructor. Evening classes will be 2 hr of classroom followed by 2 hrs of pool. There will be time to change into swimming attire between. Day classes are usually Tue classroom and Thursday pool. However those do switch occasionally due to scheduling conflicts. This class will not meet during finals week.

To find Aquatic center room 45 enter through the U wellness center take the stairs immediately to you right and descend to the lower level. At the bottom of the stairs you will see a tunnel on the left. Follow the tunnel through the doors straight until you have to take a right. Turn right go through the doors and turn left you will enter the pool area. Go to your right until you see a walkway between the 2 pools. Cross the pools and you will see an office area straight ahead, the classroom is the door to the right . There is usually a trampoline just outside the door.

Description

This course is available to all students and prospective students (through CCE) at the University. The course consists of classroom instruction and practical pool work. SCUBA Certification is not included in the course. The third part necessary for certification (4-open water dives) can be arranged through the instructor at an additional charge. Students may also decide to get a referral letter and take their open water dives at numerous locations around the world. Classroom subjects include the physics and physiology of diving, equipment, decompression, dive planning, emergencies, and the marine environment. Some topics require mandatory attendance. Pool work covers all necessary applications to diving. **All students must be comfortable being in the water, and must be able to swim a minimum of 400 yards.** Students should plan on attending all class and pool sessions as all pool work is built on previously learned skills. All evening students and all day school students, whose classes start on Thursdays, must come to the first class with appropriate swimming attire (i.e. swimming suits).

Please check the website <http://SuperiorExpeditions.com> for forms and notes for requirements and limitations for SCUBA diving. There will be a \$125 course fee. Additionally there is a \$80 online course Kit that needs to be purchased from the instructor the first day of class.

Delivery Method

Class meetings will be 50 percent lecture and 50 percent activity. Come prepared to participate and exercise vigorously each meeting.

Course Learning Objectives

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At the conclusion of this course you should be comfortable with the skills necessary to complete you open water dives and complete you SCUBA certification. From there you should be able to have many enjoyable diving experiences for the rest of your life.

Those skills include but are not limited to:

Mask and regulator clearing, Air sharing, gear assembly and care, emergency procedures, entry an exit procedures, decompression procedures, buddy procedures and dive planning

Upon the completion of this course, it is expected that students will:

1. Be comfortable with the physiological aspects of SCUBA Diving
2. Be comfortable with the in water aspects of SCUBA Diving
3. Understand and practice Safe diving procedures
4. Be prepared to continue to completion of their 4 optional open water dives

UMN Student Learning Outcomes (SLO)

Every undergraduate course at the University of Minnesota must address at least one of the seven UMN SLO's.

UMN SLO	Related Course Learning Objective	Course Activities
<ul style="list-style-type: none"> • Can identify, define, and solve problems • • Can locate and critically evaluate information • • Have mastered a body of knowledge and a mode of inquiry • • Have acquired skills for effective citizenship and life-long learning. 	<p>Asses and complete the required in water skills</p> <p>Recognize and correct problems underwater</p> <p>Complete dive and decompression planning</p> <p>Obtain Open water certification and continue to dive after class</p>	<p>In water skill assessments</p> <p>In water review and repetition of problems</p> <p>Class room homework and quizzes</p> <p>Completion of Study guide questions, final and in water skills review so student can continue and complete their open water dives</p>

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Course Materials and Resources

Required Readings

Scuba Schools International (SSI) Open Water Diver Course Kit. This kit is sold directly

through the course instructor and needs to be purchased the first day of class for \$80 (this is web

based online access). A hard copy may be purchased for an Additional \$15 but does not replace the online Kit which is still required

Equipment, Clothing, and Supplies

Appropriate swimming attire is required for pool times (Females are usually more comfortable in a one piece suit) All SCUBA equipment except a wetsuit, including Mask, Fins and Snorkels are provided. You may provide your own snorkel, fins and wetsuit if you desire.

Additional Resources

Medical information and additional information of the course is available at www.superiorexpeditions.com

All students are required to complete a medical form prior to any water work and if any of the questions are answered Yes they are required to have a Dr. approval by the 3ed week of class. The medical may be obtained at <http://www.superiorexpeditions.com/PE1205.html>

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Student Work and Grading

- Your final course grade is determined by how many points you earn during the course (150 points are possible):
- ✓ Attending all pool sessions and attempting to perform the required skills earns you 50 points. ✓ Quiz and Final Exam account for another possible 100 points.

*** To continue to your open water training sessions you must first get 40 points or better on the Final Exam, and comfortably execute all required SCUBA skills while in the pool.

Schedule of Course Topics

Date	Topic	Chapter(s)	Review Questions Due
Week 1	<i>Into and equipment</i>	1, 2	
Week 2	<i>Physics & Physiology</i>	2	
Weeks 3 & 4	<i>Diving concerns</i>	3	
Week 4 & 5	<i>Diving Planning</i>	4 & 5	Chapter 1 – 3 & Mid term
Week 5 & 6	<i>Decompression</i>	4 & appendix	
Homework assignment not graded			
Week 6	<i>Aquatic Environment</i>	5	
Week 7	<i>Final Exam</i>	1-5	Final exam

*** **Please Note: Attendance policy**

Grade Definitions:

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Grade	Points	GPA	Narrative
A	150 - 140	4.000	Represents achievement that is outstanding
A-	139 - 135	3.667	
B+	134 - 130	3.333	
B	129 - 125	3.000	Represents achievement that is significantly above the level necessary to meet course requirements
B-	124 - 120	2.667	
C+	119 - 115	2.333	
C	114 - 110	2.000	Represents achievement that meets the course requirements in every respect
C-	109 - 105	1.667	
D+	104 - 100	1.333	
D	099 - 095	1.000	Represents achievement worthy of credit, though it fails to meet fully the course requirements
S	150 - 105	N.A.	Represents achievement that is satisfactory, which is equivalent to a C- or better
F	94 or below		Represents achievement that is not worthy of credit
N	94 - 0		Represents achievement that is not satisfactory

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Attendance and skill development

Classroom attendance is absolutely mandatory for weeks 1 & 2, and pool attendance is absolutely mandatory for weeks 1, 2 & 3.

It is in your best interest to attend all class sessions as pool skills are built on previous sessions and repetition, as are classroom discussions

Grading

Your final course grade is determined by how many points you earn during the course (150 points are possible):

- Attending pool sessions and attempting the required skills earns you 50 points.
- Mid Term 25 points
- Final Exam 50 points
- Completion of Study Guide Review Questions
 - 15 points first 3 chapters - Prior to week 4
 - 10 points final 3 Chapters

Grade Definitions (Grade: Points)

A: 150 - 140 A-: 139 -135 B+: 134 - 130 B: 129 - 125 B-: 124 - 120

C+: 119 - 115 C: 114 - 110 C-: 109 - 105 D+: 104 - 100 D: 99 - 95

D-: 94 - 90 S: 150 - 105 N: 89 or below

*** To continue to your open water training sessions you must first get 40 points or better on the Final Exam, and comfortably execute all required SCUBA skills while in the pool.

Student Pool Outline

week	Student Work	Due Date		Total Points
1.	Swim skills and use of Mask, fins and Snorkel			
2.	<ul style="list-style-type: none"> • Equipment assembly and basics of use 			
3.& 4	Basics of underwater skills, Mask clearing, reg loss and recovery air sharing, <ul style="list-style-type: none"> • 			
5.	Entries and Buoyancy			
6.	Surface Emergencies			
7	Review and assessment of learned Skills			50

Points as assessed not on individual abilities but on you willingness to attempt the exercises. Your participation in the pool sessions and attempting all exercises will result in all the points, failure to do so or non attendance for pool sessions will result in 0 points

1.

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2. Skill Development

All of the above skills and more will be evaluated to determine your comfort in the water on SCUBA

Grading will be only applied on a student's attempt of those skills completion of those skills on a pass-fail basis. Perfection is not required for a grade however ability to perform each of the skills is required to continue to the certification phase of SCUBA
Either 50 or 0 points

3. Life-Long Activity Assignment

Chapter 6 of the study guide

4. Course Evaluations

You will be invited via email to complete an online course evaluation called the Student Rating Forms (SRT) at the end of the semester. You are strongly encouraged to complete the online evaluation. The SRT forms are anonymous and I (the instructor) will not have access to the results until after I have submitted final grades.

There are three purposes for the SRTs: evaluation of instructors, improvement of teaching, and assistance to future students in selecting courses.

The SRT will give you an opportunity to assess instructor preparedness, presentation, feedback, respectfulness, your understanding as a result of the course, and your interest in the subject as a result of the course. The form also includes open-ended questions on the learning experience and the physical environment of the course. Your written comments are especially requested and help me improve future course offerings.

Extra Credit

There are no extra credit options available for this course. If this changes, I will announce it in class and you will receive an email stating the specific details.

Incompletes

Receiving an incomplete (I) for this course is not an option unless you submit a formal request for an incomplete that includes a documented extenuating circumstance and a suggested plan for completion. This request must be submitted to me via email and as early as possible. Your request will be reviewed on a case-by-case basis and approved in rare and unavoidable extenuating circumstance.

Grading Concerns or Disputes

If you wish to dispute an assigned grade, including the final grade, you must do so within 48 hours of the grade being posted (online, paper or exam returned, etc.). Your dispute must be sent to me from your UMN X500 email address, clearly identify the individual points you would like to dispute and a rationale for why you believe the assigned grade is inaccurate.

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Student Expectations and Course Policies

You are responsible for the specific course expectations outlined below. You will also be held to the University of Minnesota Student Expectations: <http://www.policy.umn.edu/Policies/Education/Education/STUDENTRESP.html>

Excused Absence

An excused absence will only be considered if you have received my permission prior to the missed class. To obtain my permission, you must send me an email from your UMN email address and include your full name, class number, class section, class name, reason for requested excused absence, and any additional information that will help determine whether or not your absence should be excused.

Preparation

You are expected to complete assigned readings and assignments *prior to* class to provide a knowledge base needed for discussion, participation in the conversation and activity, group work, and greater understanding of course content and material.

Safety

Prior to participating in course activities, students are required to complete the required medical form, and if any yes answers are required to have a Dr signature on the form by the 3ed week of class Students are required to inform the instructor of any pre-existing conditions, whether injury or illness, before class and must be aware of their own personal limitations. Additionally All students are required to view the risk awareness video and complete and sign a liability release prior to the first pool session.

Students are expected to maintain a safe learning environment. They are also expected to notify the instructor immediately of any injuries or incidents that take place during the course.

Calendar Changes

The calendar is tentative and subject to change. Updates to the schedule will be announced in class and will be either e-mailed or handed out to the students in class. If you miss a class, it is your responsibility to connect with a classmate for any syllabi changes and to **review your email** for updates.

Class Cancellations

There may be a rare instance where an unforeseen class cancellation will be necessary due to weather, sickness or other emergency issues. Due to any class cancellation, assignments due that day will be due the following scheduled class day.

Student Work Submission

Completion of Study guides as specified

Exam Retakes and Coursework Resubmission

You will not be allowed to retake any exams or quizzes or to resubmit assignments in an attempt to improve your grade.

Workload Expectations

One conventional credit is equivalent to three hours of learning effort per week averaged over the duration of a semester.

Full-term: Each week you should expect to spend one hour in class and two hours out of class.

A and B-Term: Each week you should expect to spend two hours in class and four hours out of class.

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University Policies

Student Conduct Code

The University seeks an environment that promotes academic achievement and integrity, that is protective of free inquiry, and that serves the educational mission of the University. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community. As a student at the University you are expected adhere to Board of Regents Policy: *Student Conduct Code*.

To review the Student Conduct Code, please see:

http://regents.umn.edu/sites/default/files/policies/Student_Conduct_Code.pdf.

Note that the conduct code specifically addresses disruptive classroom conduct, which means "engaging in behavior that substantially or repeatedly interrupts either the instructor's ability to teach or student learning. The classroom extends to any setting where a student is engaged in work toward academic credit or satisfaction of program-based requirements or related activities."

Use of Personal Electronic Devices in the Classroom

Electronic devices are not allowed in class. If you have an extenuating circumstance that would require you to have your electronic device on, you must inform the instructor before class begins. Using personal electronic devices in the classroom setting can hinder instruction and learning, not only for the student using the device but also for other students in the class. To this end, the University establishes the right of each faculty member to determine if and how personal electronic devices are allowed to be used in the classroom. For complete information, please reference:

<http://policy.umn.edu/Policies/Education/Education/STUDENTRESP.html>.

earn an average grade.

Scholastic Dishonesty

You are expected to do your own academic work and cite sources as necessary. Failing to do so is scholastic dishonesty. Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis. (Student Conduct Code:

http://regents.umn.edu/sites/default/files/policies/Student_Conduct_Code.pdf) If it is determined that a student has cheated, he or she may be given an "F" or an "N" for the course, and may face additional sanctions from the University.

For additional information, please see: <http://policy.umn.edu/Policies/Education/Education/INSTRUCTORRESP.html>.

The Office for Student Conduct and Academic Integrity has compiled a useful list of Frequently Asked Questions pertaining to scholastic dishonesty: <http://www1.umn.edu/oscai/integrity/student/index.html>. If you have additional questions, please clarify with your instructor for the course. Your instructor can respond to your specific questions regarding what would constitute scholastic dishonesty in the context of a particular class-e.g., whether collaboration on assignments is permitted, requirements and methods for citing sources, if electronic aids are permitted or prohibited during an exam.

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Makeup Work for Legitimate Absences

With proper notification, students will not be penalized for absence during the semester due to unavoidable or legitimate circumstances. This requires that the instructor is notified of the upcoming absence prior to the start of the class or prior to the student work due date. Such circumstances include verified illness, participation in intercollegiate athletic events, subpoenas, jury duty, military service, bereavement, and religious observances. Such circumstances do not include voting in local, state, or national elections. For complete information, please see: <https://policy.umn.edu/education/makeupwork>

Appropriate Student Use of Class Notes and Course Materials

Taking notes is a means of recording information but more importantly of personally absorbing and integrating the educational experience. However, broadly disseminating class notes beyond the classroom community or accepting compensation for taking and distributing classroom notes undermines instructor interests in their intellectual work product while not substantially furthering instructor and student interests in effective learning. Such actions violate shared norms and standards of the academic community. For additional information, please see: <http://policy.umn.edu/Policies/Education/Education/STUDENTRESP.html>.

Sexual Assault and Harassment

University policy prohibits unwelcome sexual advances, requests for sexual favors, and/or other verbal or physical conduct of a sexual nature. Such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive working or academic environment in any University activity or program. Such behavior is not acceptable in the University setting.

Reports of harassment are taken seriously, and there are individuals and offices available for help. All persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation. Contact the Office of Equal Opportunity and Affirmative Action, 419 Morrill Hall, 612-624-9547.

In the event that you choose to write or speak about having survived sexualized violence, including rape, sexual assault, dating violence, domestic violence, or stalking, federal and state education laws require that, as your instructor, I must notify the Title IX Director, Kim Hewitt. She (or her designee), will contact you to let you know about accommodations and support services at the University of MN-Twin Cities and possibilities for holding accountable the person who harmed you. If you do not want the Title IX Director notified, instead of disclosing this information to your instructor, you can speak confidentially with the following people on campus and in the community. They can connect you with free support services and discuss your options and rights for holding the perpetrator accountable.

The Aurora Center 24 hour helpline: 612.626.9111 Appleby Hall 117/Coffey Hall 110	Boynton Mental Health Clinic 612-624-1444	Student Counseling Services 340 Appleby Hall Phone: 612-624-3323
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If you are a survivor or someone concerned about a survivor and need immediate information on what to do, please go to <http://www1.umn.edu/aurora/>
University policy: <http://www1.umn.edu/regents/policies/humanresources/SexHarassment.html>

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Equity, Diversity, Equal Opportunity, and Affirmative Action

The University will provide equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. Students come from widely diverse ethnic and cultural backgrounds and hold different values. A key to optimal learning and successful teaching is to keep an open mind and hear, analyze, and draw from diverse views. Racism, sexism, homophobia, classism, ageism, and other forms of bigotry are unacceptable. I encourage active, lively dialogue, and I expect collegial and respectful discourse. Failure to adhere to these expectations in the class and will be grounds for removal. For more information, please consult Board of Regents Policy: http://regents.umn.edu/sites/default/files/policies/Equity_Diversity_EO_AA.pdf.

Services for Students with Disabilities

The University of Minnesota views disability as an important aspect of diversity, and is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center (DRC) is the campus office that collaborates with students who have disabilities to provide and/or arrange reasonable accommodations.

- If you have, or think you have, a disability in any area such as, mental health, attention, learning, chronic health, sensory, or physical, please contact the DRC office on your campus (UM Twin Cities - 612.626.1333) to arrange a confidential discussion regarding equitable access and reasonable accommodations.
- Students with short-term disabilities, such as a broken arm, can often work with instructors to minimize classroom barriers. In situations where additional assistance is needed, students should contact the DRC as noted above.
- If you are registered with the DRC and have a disability accommodation letter dated for this semester or this year, please contact your instructor early in the semester to review how the accommodations will be applied in the course.
- If you are registered with the DRC and have questions or concerns about your accommodations please contact your (access consultant/disability specialist).

<https://diversity.umn.edu/disability/>

Mental Health and Stress Management

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. University of Minnesota services are available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website:

<http://www.mentalhealth.umn.edu>.

Academic Freedom and Responsibility

Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.

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Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact the instructor, the Department Chair, your adviser, the associate dean of the college, or the Vice Provost for Faculty and Academic Affairs in the Office of the Provost.

Mission Statements

The new **College of Education and Human Development** (CEHD) is a world leader in discovering, creating, sharing, and applying principles and practices of multiculturalism and multidisciplinary scholarship to advance teaching and learning and to enhance the psychological, physical, and social development of children, youth, and adults across the lifespan in families, organizations, and communities.

The **School of Kinesiology** focuses on the biological, developmental, social, and behavioral bases of physical activity, recreation, sport and human performance through its programs in Kinesiology, Sport Management, and Recreation Administration. Our academic degree programs prepare students for a variety of professional opportunities in both public and private sectors that include teaching, research, health promotion, rehabilitation, medicine, coaching, sport administration, and services related to physical activity and fitness. Positions are found in settings that include schools, colleges and universities, public and private agencies, clinical environments, government, business, and the military.

The **Physical Activity Program** offers a series of courses that encourage a lifetime of involvement in physical activity while serving the University's mission to prepare students to be lifelong learners, well-rounded individuals, and engaged and active citizens.