

# KIN A149: SNORKELING

Item	Value
Curriculum Committee Approval Date	03/01/2023
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

## Course Description

Instruction and practice in basic knowledge of snorkeling competence while presenting strategies for experiencing the sport in a self-contained or closed environments and ocean environments. The course trains students in proper use of equipment, breathing and surface techniques, and methods of submerging in shallow areas. Awareness of currents, bottom conditions, ocean entry strategies based on conditions, aquatic life identification, and safety practices are studied and discussed. PREREQUISITE: Ability to swim. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Compare and contrast the safety requirements for successfully snorkeling in a pool and ocean.
2. Demonstrate the ability to use snorkeling equipment and clearing a mask in a pool and ocean.

## Course Objectives

- 1. Demonstrate basic knowledge using snorkeling equipment;
- 2. Show ability to clear the snorkel after a shallow dive
- 3. Explain safety protocols for entering the water in both a pool and ocean environment;
- 4. Explain the differences from snorkeling in a pool vs. ocean and how currents affect control and movement;
- 5. Various kicking and propulsion methods, gliding in prone position;
- 6. Explain concepts of buoyancy and underwater swimming;
- 7. Demonstrate entry and exit strategies while wearing fins;
- 8. Explain breathing methods while using a snorkel;
- 9. Identify various types of fish, seaweed, and marine life found in local oceans;
- 10. Explain fitness requirements for successful snorkeling experiences.

## Lecture Content

Snorkeling environments Use Snorkeling gear including mask, snorkel, and fins Currents, ocean and pool environments, conditions and water clarity Entry and exit strategies with equipment Body mechanics of flow and movement in water Aquatic life identification Breathing techniques with equipment Safety practices and snorkeling with a buddy Emergency situations and emergency plans Concepts of buoyancy and underwater

swimming Mechanics of propulsion Fitness drills for snorkeling Mask clearing Types of surface dives

## Lab Content

A. Use of snorkeling equipment in a pool environment B. Applications of snorkeling skills in a pool C. Skills and methods of snorkeling in the ocean D. Fitness and breathing activities for successful snorkeling ast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-bidi-font-family: Calibri; mso-bidi-theme-font: minor-latin;">E. Clearing mask F. Surface dives and clearing snorkel G. Gliding on water and maintaining flow and movement H. Wearing fins and assessing performance and speed I. New Roman;"> Underwater swimming and showing buoyancy J. Safe entry and exit strategies from water with equipment K. Identify and categorized observed sea life L. Identification of conditions including currents, rocks, and various bottom terrain. M. Kicking with and without fins modeling effective propulsion

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lectures, instructor demonstrations, instructor feedback and evaluation, handouts, and discussions

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self-directed readings related to the topic.

## Writing Assignments

Students will spend approximately 3 hours a week in conditioning programs outside of class meetings.

## Out-of-class Assignments

Swimming to improve stamina. Continued practice in submerging and surfacing with equipment. Continued practice of floating and gliding on the surface of the water. Study of conditions, currents, terrain, and areas of access for snorkeling.

## Demonstration of Critical Thinking

Performance of snorkeling, skills tests, and written test on safety, applications of equipment, entry and exit of water environments, and safety.

## Required Writing, Problem Solving, Skills Demonstration

Performance of snorkeling in various water environments, skills tests, and written test on safety, ocean and pool conditions.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.