Study Guide for 7 Session Basic Scuba Class

Lecture # 1 Review Questions

1. When buying or renting equipment for diving, the most important considerations are _____ and _____ on your body.

2. When selecting a face mask, the most important things to consider are proper _____ and _____.

3. Snorkels over 15 inches in length are not recommended primarily because too much _____ air space.

4. Open heel fins are usually the fins of choice for scuba divers because _____

_____.

5. Weighting systems are used by the diver primarily to offset the _____ buoyancy created by the wet suit.

6. The dive knife is used primarily as a _____ for digging, cutting, pounding and prying.

7. It is recommended that a dive team diving from an anchored boat have a trail line _____ long with a buoy at the end.

8. After diving, your equipment should be _____ thoroughly, _____and _____ in a cool place**.**

9. Because of refraction, objects underwater appear _____ and _____ when the diver is looking through his/her mask.

10. The first color lost in the spectrum upon descent during a dive is _____.

11. Sound travels about _____ times faster in water than in air.

12. A diver's body heat is lost (primarily) through conduction at a rate of approximately _____ times more rapidly than in air.

13. The primary purpose of the exposure suit is to preserve _____ during dives.

14. Atmospheric pressure at sea level is _____ pounds per square inch or _____ atmosphere absolute.

15. The type of pressure that is defined as gauge (water) pressure plus atmospheric (air) pressure is _____ pressure.

16. Two methods of measuring air pressure are BAR or _____ inch.

17. A depth that is equivalent to one atmosphere in the ocean is equal to _____ feet in sea water and _____ feet in fresh water.

18. The absolute pressure in the ocean at 53 feet is_____ atmospheres absolute.

19. Sea water weighs _____ pounds per cubic foot**.** Fresh water weighs _____ pounds per cubic foot.

20. A sealed balloon filled with air that has a volume of 6 cubic inches at 99 feet will have a volume of _____ cubic inches at 33 feet.

Lecture #2 Review Questions

1. The gas law best explains diving medical problems such as ear and sinus squeeze is _____ law.

2. Pressure in the middle ear is equalized through a part of the body called the _____ tube.

3. A diver's inability to equalize his/her ears during ascent could cause a _____ or reverse _____.

4. A diver with blood and mucous in his/her mask upon surfacing will most likely have _____.

5. Two types of materials that scuba tanks are made from are _____ and _____.

6. Stamped (engraved) markings on scuba tanks include date of _____, serial number, and type of _____.

7. According to the Department of Transportation regulations, tanks must be hydrostatically tested every _____ years.

8. Scuba tanks should always have some pressure in them to prevent _____ from entering**.**

9. The stage of the regulator which reduces tank pressure is the _____ stage.

10. When rinsing a regulator, it is best to leave the regulator _____ to the tank or have the dust cap _____.

11. You should have your regulator serviced by a certified repair technician at least _____ per year.

12. The _____ line is the direction of travel line on the compass.

13. NAUI recommends that you should float (with a normal breath) at or near _____ during your buoyancy check while in a vertical position.

Lecture #3 Review Questions

1. Generally, for maximum efficiency, your breathing should be slightly _____ and _____ than you normally breathe.

2. An irregular breathing pattern (skip breathing) while diving will possibly cause _____ excess.

3. Air embolism, mediastinal emphysema, subcutaneous emphysema, and pneumothorax are pressure related injuries which are caused by _____ on compressed air.

4. The most serious of the pressure related injuries is an _____.

5. An air embolism is best described as an "_____" lodged in an artery.

6. Basic symptoms of an air embolism are vision _____, possible breathing / circulatory _____, bloody froth in the _____.

7. Primary treatment for an air embolism is to lay victim down, treat for_____, give _____, and _____ to a chamber.

8. To prevent air embolism, a diver should breathe _____ at all times during ascent and never _____ his or her _____.

9. A mediastinal emphysema is best described as air trapped around _____.

10. Basic symptoms of mediastinal emphysema are pain in the center _____ & difficulty breathing.

11. Primary treatment for mediastinal emphysema is lay the victim down, treat for shock, if in doubt, treat as an _____.

12. A subcutaneous emphysema is best described as air trapped under _____ usually around the neck.

13. Basic symptoms of subcutaneous emphysema are change in _____, crackling of the _____ around the neck when touched.

14. Primary treatment for subcutaneous emphysema is watch, treat for shock, chamber_____ unless other indications require it.

15. A pneumothorax is best described as a collapse of _____ tissue.

16. Basic symptoms of pneumothorax are pain on _____ of the chest, cyanosis of _____, _____ , and _____ .

17. Primary treatment for pneumothorax is lay victim on effected side, treat for shock, and possibly _____ _____ of trapped air.

18. If your dive buddy complains to you about having aching pain in his/her shoulder one hour after the dive, you might suspect _____ sickness.

19. Appropriate first aid measures for an unconscious scuba diver should include consideration of drowning, _____ and decompression sickness.

20. Symptoms of Nitrogen Narcosis are similar to _____ intoxication.

21. A Symptom of carbon monoxide poisoning is often a _____.

22. Physical fitness is an important consideration for scuba divers because it helps to prevent diving accidents due to _____.

23. The most effective way to descend while maintaining orientation and attempting equalization of the ears is _____ first.

24. The <u>preferred</u> action to take if you find yourself alone and out of air at 30 feet in open water is _____ _____ascent.

25. Continued loss of body heat in cold water will produce muscle _____, progressive _____, and insensibility to _____.

26. A diver on the surface waving his/her hand overhead and thrashing violently indicates _____.

27. If you are diving wearing an exposure suit, you should add air to your _____ to safely control buoyancy as you descend.

28. Inadequate _____, recent head _____, and recent ingestion of _____ are physical factors that can make you <u>incapable</u> of sustaining the efforts sometimes demanded when participating in recreational dives.

29. To relieve a cramp in the calf, bend the toe of the fin toward the _____ to stretch the _____.

30. Breathing dry air, a scuba diver tends to become dehydrated due to _____ dry inhaled air.

31. To prevent seasickness you should settle yourself in the _____ point of the boat.

32. A diver experiencing panic should _____, rest, and breathe _____ and _____ until he/she recovers.

33. The _____ can most readily provide assistance to a diver.

34. Four main actions you should consider in giving first aid for diving accidents are maintain basic _____ support, call for _____, treat for _____, and deliver 100% _____.

35. The _____ _____ _____ is a worldwide emergency network of hyperbaric chambers and diving physicians.

36. Almost all injuries from aquatic life are caused by _____ action on the part of the animal.

37. The first aid for sea stings, such as those from jellyfish, is the application of a sting _____ _____.

38. To render first aid for venomous fish wounds, _____ the wound to clean, _____ in hot water, and obtain medical attention.

Lecture #4 Review Questions

1. The predictable daily rise and fall of the ocean at a single point is called _____.

2. Currents which suddenly appear and disappear are _____.

3. It is recommended that a dive team diving from an anchored boat begin their dive _____ the prevailing current.

4. Most surface waves are caused by the _____.

5. The underwater movement of water caused by wave action that you will experience when diving in areas close to shore is called _____ .

6. The point at which a sudden change in water temperature occurs is a _____.

7. Examples of natural navigation aids divers may use during dives include _____ in the sand, sun _____ / _____ light, and bottom_____.

Lecture #5 Review Questions

1. When the pressure of nitrogen is balanced between the air you breathe and your body tissues, you are at a state of _____.

2. According to NAUI, a repetitive dive is defined as more than one dive within a period of _____ hours.

3. According to the NAUI dive tables, dives to less than 40 feet are considered as _____ dives.

4. The ascent rate of _____ per minute for diving is acceptable when using the USN/NAUI dive tables.

5. For optimum no-decompression bottom times, plan repetitive dives so that each successive dive is to a _____ depth.

6. It is advisable that a sport/recreational diver _____ decompression dives.

7. The minimum surface interval recommended between two dives is _____ minutes.

8. A diver with a group letter of "F" making a dive to 60 ft. has a residual nitrogen time of _____ minutes.

9. The maximum dive time for a dive to 60 ft is _____ minutes.

10. The minimum surface interval required to avoid stage decompression after a dive to 88 ft for 18 minutes, followed by a dive to 78 ft for 23 minutes is _____ hr, _____ minutes.

11. Your first dive is to 60 ft for 50 minutes. You spend one hour and 40 minutes on the surface, what is your adjusted maximum dive time at 60 ft? _____.

12. A buddy team in a NAUI Master Scuba Diver Course makes an ocean dive to 95 feet for 20 minutes. After a surface interval of 2 hours and 35 minutes, they make a repetitive dive to 70 feet for 24 minutes. They remain on the surface for 2 hours and 51 minutes before diving to 45 feet. What is their adjusted maximum dive time for the third dive?

_____.

Lecture #6 Review Questions

1. Immediately upon reaching the dive site, you should _____ conditions.

2. When planning and executing a dive, it is important for diving buddies to agree on a dive _____.

3. The following limits should be established prior to every scuba dive, they are: _____ bottom time, _____ depth, _____ air pressure.

4. If it is suspected that the air in a tank is contaminated due to its smell or taste, do not use the tank and immediately _____ the dive shop that filled the tank so they can _____ the problem.

5. If during a dive you and your buddy become separated, you should spend no more than _____ looking and then surface.

6. Completing this entry level scuba certification course makes you knowledgeable and skillful enough to dive safely in or at open water with conditions _____ you were trained.

7. If you receive your entry level training in the surf off California and then move to Boston, the best way of becoming familiar with the diving procedures specific to Boston and the east coast area is to contact an active, preferably NAUI _____ , and _____with him or her.

8. The last thing to check before making a giant stride or any water entry is that area below is _____.

9. If a diver's surface air consumption rate is 25 psi per minute, what would be the consumption rate at 66 feet of seawater? _____ psi per minute.