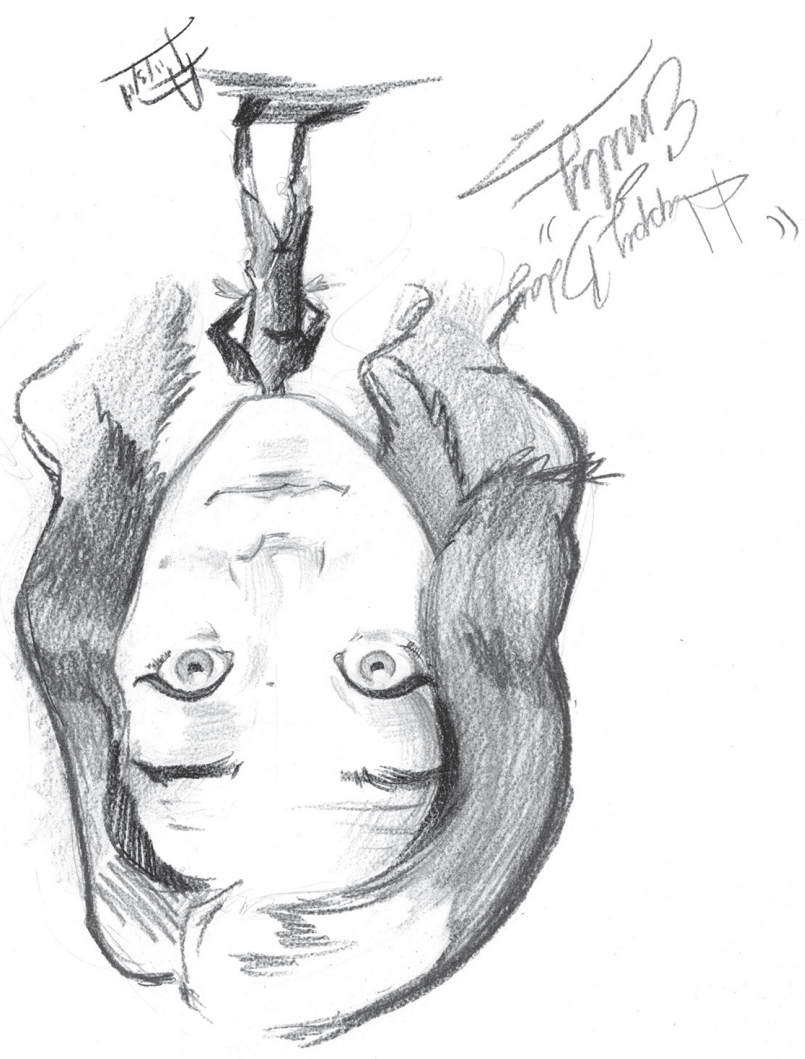




Caricature of me in my wet suit.

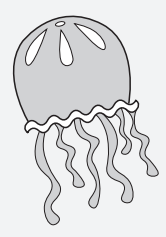


- Essential Scuba Gear:**
- Fins
 - Wet suit
 - Cylinder
 - Mask & Snorkel
 - Dive Computer
 - Buoyancy Control Vest
 - Regulators & Octopus
 - Submersible Pressure Gauge
- Optional Accessories:**
- Weights
 - Boots
 - Hood
 - Dive Light

Scuba diving is an equipment-dependent activity. There are certain pieces of equipment that are necessary to ensure the diver has a safe and enjoyable dive.

Equipment

Caitlyn Easter - DIGM 3351 - Sig 1 Side A 10/20/2017 19:19



Acknowledgements:

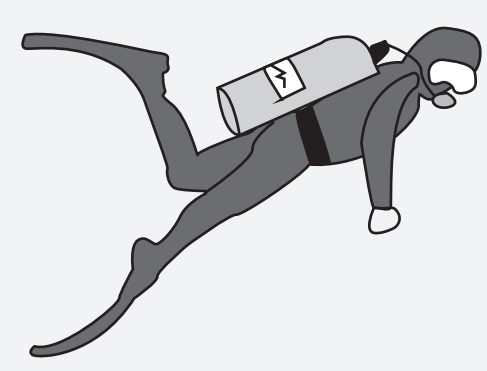
Information gathered from padi.com, healthfitnessrevolution.com, and personal experience.

Photos by Andrew Hamilton.
Artwork created by Tim Walker.



SCUBA DIVING

(at a glance)

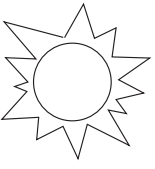


by
Emily Averitt-Cleveland



method required when scuba diving is similar to that of meditation. Combine this with the natural healing effects of water and scuba diving is a great way to ease your mind and relieve stress caused by daily life.

In addition, tropical areas are popular locations for diving, and these warm, sunny places have the important benefits of large amounts of sunlight. Sunlight supplies the body with Vitamin D, which has many health benefits including increased absorption of calcium which strengthens bones (Health Fitness Revolution, "The Health Benefits of Scuba Diving", 2012).



Aside from just being a fun and interesting sport, scuba diving has many mental and physical health benefits associated with it as well. Being underwater provides a natural resistance against our bodies every time we move, making scuba diving a full-body workout. Over time, your body can become stronger and more flexible without you even trying due to the way you move in order to propel yourself through the water. It has also been calculated that diving for an hour can burn up to 500 calories. It may sounds like you're doing a lot of work when you dive, but many people use scuba diving as a way to relax. The slow, deep breathing



Health Benefits

Water Diver Manual or by using the tablet version - PADI Open Water Diver Touch™, or online with PADI eLearning®. At the end of each chapter, you'll answer questions about the material to ensure you understand it. At the end of the course, you'll take a final exam that ensures you have thorough knowledge of scuba diving basics.

Once you pass your test, you'll develop basic scuba skills in a pool or in confined water—a body of water with pool-like conditions, such as off a calm beach. The basic



Getting Certified

There are plenty of diving organizations that can help you get certified, but one of the most well known and trusted is the Professional Association of Diving Instructors (PADI). As stated on their website, scuba certification includes three phases:

1. Knowledge Development
2. Confined Water Dives
3. Open Water Dives

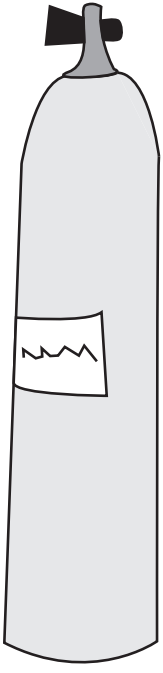
During the first phase of your scuba lessons, you'll learn the basic principles of scuba diving such as what to consider when planning dives, how to choose the right scuba gear for you, and underwater signals and other diving procedures. You'll learn this valuable information by reading it in the PADI Open



What is SCUBA?

Commonly written in all lowercase letters, SCUBA is actually an acronym that stands for:

Self
Contained
Underwater
Breathing
Apparatus



With PADI

scuba skills you learn during your certification course will help you become familiar with your scuba gear and become an underwater explorer.



Some of the essential skills you learn include setting up your scuba gear, how to get water out of your mask, entering and exiting the water, buoyancy control, basic underwater navigation, and safety procedures.

After your confined water dives, you'll head to "open water," where you and your instructor will make four dives, usually over two

days. On these dives you'll get to explore the underwater world. You'll apply the skills you learned in confined water while enjoying what the local environment has to offer. Most student divers complete these dives close to home, but there is an option for finishing your training while on holiday (PADI, "Become a Certified Scuba Diver FAQ", 2014).

For more information regarding scuba certification and all things scuba diving, visit the official PADI website at www.padi.com.

