1. GENERAL INFORMATION	
1.1. Course teacher	Hrvoje Podnar
1.2. Name of the course	SCUBA Diving (Self-Contained Underwater Breathing Apparatus Diving)
1.3. Number of hours	30
2. COURSE DESCRIPTION	
2.1. Course objectives	• To develop an understanding of the fundamental principles of SCUBA diving, to become familiar with the key skills required for safe underwater exploration in controlled conditions and open water, and to promote awareness and responsibility for the protection of underwater ecosystems..
2.2. Learning outcomes at the level of the programme to which the course contributes	• Study of the general principles of human movement, management of the exercise process, and analysis of the effects these processes have on the human organism, including the developmental characteristics of pupils, students, athletes, individuals participating in recreational programmes, and persons with special needs. • Understanding anthropometric, functional, motor, cognitive, and conative characteristics as components of the integral biopsychosocial status of individuals involved in the exercise process. • Knowledge and application of conventional and non-conventional motor skills used in basic kinesiology transformations and various areas of applied kinesiology. • Application of up-to-date knowledge on the functioning of organs and organ systems of the human body in transformation processes through different modalities of physical exercise. • Application of knowledge about the structural and biomechanical characteristics of kinesiology activities for analysing the level of acquisition and performance of various motor skills..
2.3. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	• Describe the fundamental principles of diving, including the effects of pressure, buoyancy, and safe diving practices. • Demonstrate basic diving skills in controlled conditions, such as mask clearing, regulator recovery, and buoyancy control. • Conduct supervised dives in open water using acquired skills and techniques. • Understand the importance of caring for underwater ecosystems and recognize the role of divers in protecting the underwater environment. • Identify the basic requirements and steps needed to obtain a diving certification for independent diving and recognize the importance of continuous learning and improvement of diving skills.
2.4. Course content (topics) including theoretical, theoretical – practical and exercises	**THEORETICAL LECTURES (6 hours)** 1. Basic Principles of Diving *Effects of pressure on the body, buoyancy, principles of breathing underwater, and the physiology of diving. (2h)* 2. Diving Equipment *Overview and function of basic diving equipment, including masks, fins, tanks, regulators, BCD (buoyancy control device), and measuring instruments. (1h)* 3. Safety Procedures and Underwater Communication *Hand signals, emergency procedures, equipment problem management, and safety guidelines for entering and exiting the water. (1h)* 4. Impact of Diving on Underwater Ecosystems *Importance of conservation and sustainability, interaction with marine life, and minimizing human impact on sensitive ecosystems. (1h)*

	5. Dive Planning and Dive Profiling *Basic principles of dive planning, use of dive computers, and understanding dive limits and restrictions. (1h)* **THEORETICAL – PRACTICAL LECTURES (12 hours)** 1. Fundamentals of Diving Equipment *Equipment setup and use, correct procedures for putting on and removing diving equipment. (2h)* 2. Breathing Regulation and Pressure Effects *Breathing with a regulator in controlled conditions, pressure equalization techniques. (2h)* 3. Buoyancy Techniques *Practical buoyancy exercises in water and buoyancy control. (2h)* 4. Communication and Safety Procedures Underwater *Communication with a diving partner underwater and simulation of emergency scenarios. (2h)* 5. Interaction with Underwater Life and Conservation *Practical interaction with marine life, identification and avoidance of potentially dangerous organisms. (2h)* 6. Rescue Techniques and First Aid *Rescue simulations, CPR exercises, and basic first aid. (2h)* **EXERCICES (12 hours)** 1. Diving in Controlled Conditions *Application of basic skills in a controlled environment such as buoyancy control, mask clearing, and use of basic diving equipment. (6h)* **2.** Diving in Open Water Conditions *After successfully completing exercises in controlled conditions, transition to real open-water environments. Application of skills in real contexts, with emphasis on buoyancy control, interaction with marine life, and adaptation to different conditions that may occur during a dive. (6h)*
2.5.	