

Outdoor and Adventurous Activities

Sub Aqua Diving

Unit 2564 (AS)

National Governing Body: Sub Aqua Association
26 Breakfield Road North, Liverpool, L5 4NH
Tel: 0151 287 1001
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STANDARDISATION

Where this activity is taught by coaches who are not involved in the general delivery of AS/A2 Physical Education, it is essential that the person responsible for AS/A2 Physical Education must be involved in the assessment process. This will ensure that the assessments are made at the same level as assessments in other activities in the Centre, thereby ensuring that candidates are treated fairly.

ASSESSMENT

The candidate is assessed in the selection and application of the acquired and developed skills whilst planning and taking part in a physically and technically demanding dive expedition. This should take place in water that presents an appropriate challenge and allows the candidate to fulfil the assessment phases.

The following regulations will apply:

- The appropriate safety measures must be applied;
- The candidate maintains a log, which covers both the planning of the dive expedition and the expedition itself;
- The log must be available for moderation.

The log should contain:

- The date, time and location of dive;
- The depth, duration and Open Water Instructor(s);
- The planning and safety measure involved together with the use of Buhlmann's Tables for the appropriate depth;
- Weather and water conditions to be encountered.

The Diving Expedition

The dive expedition should consist of a maximum of 2 qualifying dives in any day, maximum depth 18 metres and a minimum duration of 15 minutes. Each candidate must be accompanied by an open water instructor. The candidate must wear the appropriate equipment and, if present, the boat must carry the appropriate safety equipment.

During the expedition, the candidate will be expected to have an understanding of the spirit and contents of the Divers Code.

Assessment is based on the level of success in the performance of the acquired and developed skills and is measured through the phases outlined below:

- Organisation and use of equipment i.e. assemble and test Scuba.
- Demonstration of appropriate safety procedures i.e. safe entry into water, buoyancy control, safe method of descent, clearing of mask and mouthpiece, removal of Scuba equipment when safely on the surface.
- Demonstration of appropriate techniques:
 - achieve neutral buoyancy with weight belt correctly weighted;
 - correct use of buoyancy compensator and correct use of an alternative air supply.
- Planning the dive with particular attention to: air consumption, decompression, tides and currents, weather, sea state, entry and exit, buddy check, signals, lost buddy procedure and dive plan.
- Application of understanding of the spirit and content of Divers Code.

These assessment phases are used in conjunction with the assessment criteria for the conditioned competitive situation. The candidate is assessed out of a maximum of 30 marks.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is the successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate has introduced appropriate strategies and demonstrated an understanding of survival and safety techniques. Performances in the conditioned competitive situations have been excellent and progress has allowed them to achieve their performance based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques on the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate has shown a good understanding of the perceptual requirements to perform and introduced a range of survival and safety techniques. Performances in the conditioned competitive situations have been very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances on the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate has been able to introduce and use sound survival and safety techniques. Performances in the conditioned competitive situations have been good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance on the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate has been able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

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Unit 2567 (A2)

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Tel: 0151 287 1001
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STANDARDISATION

Where this activity is taught by coaches who are not involved in the general delivery of AS/A2 Physical Education, it is essential that the person responsible for AS/A2 Physical Education must be involved in the assessment process. This will ensure that the assessments are made at the same level as assessments in other activities in the Centre, thereby ensuring that candidates are treated fairly.

ASSESSMENT

The candidate is assessed in the selection and application of the acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding 3-day expedition. This should take place in water that presents an appropriate challenge and allows the candidate to fulfil the assessment phases.

The following regulations will apply:

- The appropriate safety measures must be applied;
- The candidate maintains a detailed logbook, which covers both the planning and preparation for the expedition as well as the expedition itself. This log must be available for moderation.

The log should contain:

- The dates, times and locations of dives;
- The depth, duration and Open Water Instructor(s);
- The planning and safety measure involved together with the use of Buhlmann's Tables for the appropriate depth;
- Weather and water conditions to be encountered;
- Evaluative comments in relation to the expedition.

The Diving Expedition

The expedition should include 2 dives per day in open water, diving to a depth no deeper than 35 metres. The group size should be a minimum of 3 and maximum of 5. Each candidate must wear the appropriate equipment and, if present, the boat must carry the appropriate safety equipment. During the expedition the candidate is expected to exhibit an understanding of the spirit and contents of the Divers Code.

Assessment is based on performance in a formal expedition where the candidates perform the acquired and developed skills under pressure in a strategic situation. The level of success of the expedition skills is measured through the phases identified below:

- The range and quality of the candidates diving skills;
- Navigation using maps/guides;
- Planning the dive;
- Organisation and use of equipment;
- Application of safety principles, conservation practices and respect for others.

These assessment phases are used in conjunction with the assessment criteria for the formal expedition. The candidate is assessed out of a maximum of 30 marks.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency is usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate sails occasionally in a team.