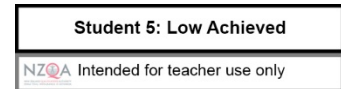


My chosen outcome is: gaining snorkelling and scuba skills to plan a safe, challenging and enjoyable outdoor experience at the sea location.

My strategies are:

1. Practice skills while the instructor is teaching others
2. Using the buddy system
3. Making sure that I have the correct equipment



Research extract

Skill acquisition When we learn a skill, whether it is sports, music, painting, chess, or something Completely different, some experts contend that we go through various stages over time. These stages reflect two things:

- 1) Our increasing sophistication relative to the skill
- 2) Our metacognitive awareness of that Sophistication, or our understanding of our understanding.

The Conscious Competence model helps to explain the process by which we move through these stages to acquire a skill and an awareness of our level of acquisition. Unconscious incompetence is the first stage in the model. In this stage, we don't know much about the skill, and we don't know how much we don't know. In other words, we have only a very rudimentary understanding of what mastery of the skill might entail-and we will eventually find out that understanding is inadequate...(<https://breakingmuscle.com/sports-psychology/the-4-stages-of-skill-acquisition>)

Strategy one

I selected the strategy 'practicing skills while the instructor is teaching others' because I felt that it will be very useful for completing my chosen outcome which is 'gaining skills to plan a safe, to challenging and enjoyable outdoor experience.' I will apply this strategy throughout the whole scuba diving topic because I know that by learning a skill that the instructor has taught, then practicing it while he teaches others will be beneficial for me because it gives me the opportunity to master each skill each lesson before I have to perform it in an open setting, at the sea location. This means I will be able to gain knowledge and practice on skills so I could plan a safe, challenging and enjoyable outdoor experience. Some of the different skills I will learn from the instructor and then practiced when he is teaching others will be equalising, mask flooding/clearing and gear assembling. My time frame, will show the different lessons we will learn different skills on, and which lessons we are to practice skills. For example, (see timeframe attached).

I found this strategy to be very beneficial for me all the way throughout the topic, however, I also found that at times I tended to get bored and went off task for some of the time that the instructor was teaching others. I found that this was because I learnt my skills quickly and as there was only one instructor and a large group of students, it took a long period of time for the instructor to get around everyone. Therefore, in this time found practiced my skill that he had taught me and then got bored so began to get off task. I realised that this was not a wise use of my time So I chose to adjust my strategy to "practicing my skills while the instructor is teaching others, and ask Miss C or the instructor for suggestions on what else I can practice after these skills have been mastered'.

Equalising My research shows that there are many skills involved with scuba diving. One of these skills includes equalising. The goal of equalising is to create pressure inside the ear canal that matches that of increasing pressure from the outside. ...

Mask flooding/clearing

Another skill that I will practice while the instructor is teaching others is mask flooding. Mask flooding is a useful skill to have for many circumstances such as when your mask fogs while you are underwater, if your mask gets knocked or bumped by another diver or if you laugh or smile underwater which would cause the muscles of your face to create channels that will let water into the mask.

In these circumstances, the easiest way to remove water from the mask will be to let water into the mask and then clear it. To clear water from the mask or to replace it underwater, I will need to replace the water with air. When you exhale air into the mask, the air rises to the top and the water flows out the bottom. Replacing the mask underwater is the same process as on land. The steps to clearing water from your mask are: (see table B). When breathing from a scuba, you will need to perform these steps to clearing your mask deliberately and slowly. It is important that you are always consciously thinking about what you are doing and concentrating on inhaling through your mouth and exhaling through your nose. It is important to do this because this pattern is different from normal breathing and is also different from the normal pattern of breathing on scuba. This means that if you are not concentrating on inhaling through your mouth and exhaling through your nose, you may forget and

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accidentally inhale water through your nose which will cause you to choke and cough. A single, sustained exhalation is more effective than strong or short bursts of air. It does not take a lot of air to completely clear a mask. Removing water from your mask is an important skill to have for diving, and it must be practiced and repeated until you are comfortable with using it underwater. Initially, a dive instructor will have you practice this skill in shallower water, then you will need to repeat it in deeper water.

I found this technique and skill of mask clearing very useful in both of my open water dives as was in a small group that swam very close together when underwater. This meant would get the occasional bump from another member of my group and found that when this happened, my mask began to fill up with water and I had to close my eyes. To fix this, I used the mask clearing skill that the instructor had taught me in the pool sessions, that I had also practiced while he was teaching other people. I had managed to perfect this skill by practicing it lots in the pool sessions, then being able to use it in a real-life situation while doing my open water dives. However, I found that because the pool and the sea are very different environments, the first time I did my mask flood and clear underwater in the sea, got a shock at the coldness hitting my face. I had not experienced this in the pool sessions as the water was a lot warmer, so I found that in the beginning felt uncomfortable performing a mask flooding and clear in the sea.

To overcome this, I decided to practice this skill multiple times in the sea while other people were completing their skills with the instructors, as I knew I needed to feel completely comfortable with performing this skill as it is very vital. I found that doing this helped me get used to the colder water on my face and made me feel comfortable performing this skill in an open setting

Strategy two

The second strategy that selected is 'using the buddy system'. This was my second strategy because I felt that it is a useful way to keep safe in an open environment and make sure that nobody from the group gets lost. This strategy also relates to my goal which is 'gaining skills to plan a safe, challenging and enjoyable outdoor experience.'

Using the buddy System relates to my goal as it contributes to planning a safe, challenging and enjoyable outdoor experience. I will apply this strategy throughout the whole scuba diving topic because I know that by using this skill, it contributes to mine and my buddy's safety. For example... In my time frame, it shows the different lessons that we will learn each skill on. Throughout this timeframe, I will be using this strategy in each pool lesson and also in the open water sessions at sea location.

I found that the buddy system was very easy in the pool as the visibility is much better and the area is a lot smaller. When we got to open water conditions, I found that the buddy System was a lot harder to use and required a lot more concentration. This is because the new environment was a lot different from being in the School pool, as the area was much larger and there was quite limited visibility. Because of this, I found that I had to stay closer to my buddy and check on them a lot more often than had to when we were scuba diving in the pool. By trialling this strategy in the pool, I found that it was successful in working and keeping us both safe. I also found this strategy Successful in open water as it is a vital way to keep both of us safe, in tougher conditions, however I found I was not very prepared for the harder conditions and had to make sure I was putting in a lot more concentration and keeping close to my buddy and continuously checking on them.

It is easy to keep track of your buddy in controlled conditions where the visibility is good and the area is limited, such as the school pool. Maintaining contact with your buddy in an open environment is not as easy, which would be the Sea. There are multiple points to follow to make sure you are keeping track of your buddy and staying safe in an open environment. These steps are (see table C).

Strategy three

Gear assembling is crucial to know for diving. The gear includes cylinder, buoyancy compensator (BC), and regulator as well as the weight belt. It is important for a diver to know that you are responsible for the proper assembly and operation of your equipment. My third strategy is 'making sure that I have the correct equipment.' This is because scuba diving is a high risk activity and you need to take many precautions to make sure you are safe and have the correct equipment. This strategy also relates back to my goal which is 'gaining skills to plan a safe, challenging and enjoyable outdoor experience. ...