Official Quiz / Exam

SCUBA Courses & Publications

Advanced Scuba Diver – Module 1 – Version 1

1. What is the maximum depth for dives based on an Advanced Scuba Diver certification?

a) 20 metres
b) 30 metres
c) 40 metres
d) None of the above

2. **"**Trim" affects your body position while being neutrally buoyant.

a) True
b) False

3. Common causes for pulling a diver in a face-up position while hovering are (check all correct answers):

a) A cylinder that is too heavy for the divers' body weight.
b) Too big a BCD that causes loss of contact between the diver's back and the cylinder.
c) Too small a BCD causing discomfort around the chest.
d) None of the above

4. Assuming a position of your choice in mid-water only depends on your equipment. Working with your spinal cord and the positioning of your legs has no influence.

a) True
b) False

5. Swimming at twice the speed will take double the energy.

a) True
b) False

6. Maintaining neutral buoyancy throughout a descent is a key skill for all participants in deeper dives.

a) True
b) False

7. For an ascent adapting the fin position is not needed. During an ascent, the fins follow "behind the centre of gravity" and have far less influence on body position.

a) True
b) False

8. The flutter kick is effective for both swimming in a straight line and for changing direction.

a) True
b) False

9. The frog kick is useful (check all correct answers):

a) To avoid sediment from being stirred up.
b) For changing direction.
c) For swimming underwater.
d) None of the above

10. There is only one way to do a correct frog kick.

a) True
b) False