

Advanced Scuba Diver – Module 1 – Version 2

1. The Basic Advanced Scuba Diver certification:

- a) Is for divers from 12, 13 and 14 years old only.
- b) Is for divers who have completed the theory, pool and first three open water dives from the Advanced Scuba Diver course.
- c) Is for divers who did not succeed the pool session that is required for Advanced Scuba Diver certification.
- d) None of the above

2. The centre of gravity should approximately be located:

- a) In your legs, so that you can hover in a face-up position.
- b) In the centre of your body, so that you can hover in any position with only minor corrections.
- c) Behind you – this is the reason why divers use heavy steel cylinders and not light carbon cylinders.
- d) None of the above

3. 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

4. Failure to add air to the BCD every few meters during the descent can cause too fast an approach to the bottom, resulting in stirring up silt and thus ruining the visibility.

- a) True
- b) False

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

- a) True
- b) False

6. Since a diver is not swimming down during a descent, the position of the fins is not at all important.

- a) True
- b) False

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

- a) True
- b) False

8. 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

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

- a) True
- b) False

10. How can you comfortably fix the position of weights on a weight belt (check all correct answers)?

- a) By placing a weight stopper on top of the weight
- b) By turning the belt on top of the weight
- c) By putting a weight stopper on each side of the weight