

Syllabus Number: 3.D.8

CMAS One Star Instructor Training Programme

Minimum Training Programme Content

1. Required theoretical knowledge

1.1 **Subject Area 1: Introduction**

- 1.1.1 The participant shall be provided with all such information, as provided for in Clause 4.2 of Chapter 1 in order to enable him to take an informed decision about his participation in the CMAS One Star Instructor Training Programme.
- 1.1.2 The participant shall be provided with the information about the CMAS as provided for in Clause 4.3 of Chapter 1.

1.2 **Subject Area 2: Advanced Diving Knowledge**

- 1.2.1 The participant shall have a professional level of knowledge of all of the theory and the skills prescribed by the relevant CMAS Diver Training Standards for the following CMAS Diver Training Programmes:
 - 1.2.1.1 CMAS One Star Snorkel Diver Training Programme
 - 1.2.1.2 CMAS Two Star Snorkel Diver Training Programme
 - 1.2.1.3 CMAS Three Star Snorkel Diver Training Programme
 - 1.2.1.4 CMAS Introductory SCUBA Experience Training Programme
 - 1.2.1.5 CMAS One Star Diver Training Programme
 - 1.2.1.6 CMAS Two Star Diver Training Programme
 - 1.2.1.7 CMAS Three Star Diver Training Programme
 - 1.2.1.8 CMAS Oxygen Administration Training Programme
 - 1.2.1.9 CMAS Rescue Diver Training Programme

1.3 **Subject Area 3: The role of the CMAS Instructor**

- 1.3.1 The participant shall have a professional level of knowledge of the following roles of a CMAS Instructor:
 - 1.3.1.1 The CMAS Instructor as a professional
 - 1.3.1.2 The CMAS Instructor as a leader
 - 1.3.1.3 The CMAS Instructor as a trainer
 - 1.3.1.4 The CMAS Instructor as an assessor
 - 1.3.1.5 The CMAS Instructor as a councillor
 - 1.3.1.6 The CMAS Instructor as a first responder and a rescue manager
 - 1.3.1.7 The CMAS Instructor as an Instructional Assistant to a CMAS Two Star Instructor
 - 1.3.1.8 The CMAS Instructor as a role model

1.4 **Subject Area 4: The Theory of Learning**

- 1.4.1 The participant shall have a professional level of knowledge of the theory of training, including the following:
 - 1.4.1.1 The learning process
 - 1.4.1.2 The principles of learning
 - 1.4.1.3 How people learn
- 1.4.2 Differences in the ways adults and children learn

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1.5 Subject Area 5: Theoretical instruction

1.5.1 The participant shall have a professional level of knowledge with regard to the following aspects of theoretical instruction:

- 1.5.1.1 The lecture technique
- 1.5.1.2 Visual aids and other training aids
- 1.5.1.3 Preparation, lesson planning, lesson delivery and feedback on participant performance
- 1.5.1.4 Information that must be provided to a participant before or during the first class
- 1.5.1.5 Classroom requirements, selection and layout of a classroom
- 1.5.1.6 Control of participants in a classroom
- 1.5.1.7 Classroom safety
- 1.5.1.8 Other instructional techniques that can be used for theoretical instruction
- 1.5.1.9 Assessment of a participant's theoretical knowledge
- 1.5.1.10 Counselling of participants who have problems mastering the theoretical knowledge requirements

1.6 Subject Area 6: Confined water instruction

1.6.1 The participant shall have a professional level of knowledge with regard to the following aspects of confined water instruction:

- 1.6.1.1 The demonstration technique
- 1.6.1.2 Training aids that can be used for confined water training
- 1.6.1.3 Instructor, Assistants and participant's equipment requirements for confined water training
- 1.6.1.4 Preparation, lesson planning, lesson delivery and feedback on participant performance
- 1.6.1.5 Confined water skills that are taught during the CMAS Snorkel Diver Training Programmes, the CMAS Introductory SCUBA Experience Training Programme and the CMAS One Star Diver Training Programme
- 1.6.1.6 Problem recognition and problem solving in participant confined water skill performance
- 1.6.1.7 Supervision and control of participants in the confined water environment
- 1.6.1.8 Conducting a risk assessment for a confined water lesson
- 1.6.1.9 Emergency equipment and procedures for confined water training
- 1.6.1.10 Information that must be provided to a participant before every confined water lesson
- 1.6.1.11 Confined water training venue requirements, selection and placement/positioning of participants in the confined water environment
- 1.6.1.12 Working with an Instructional Assistant in the confined water environment
- 1.6.1.13 Confined water training safety
- 1.6.1.14 Assessment of a participant's confined water skills
- 1.6.1.15 Counselling of participants who have problems mastering the Confined water skill requirements

1.7 Subject Area 7: Open water instruction

1.7.1 The participant shall have a professional level of knowledge with regard to the following aspects of Open water instruction:

- 1.7.1.1 The demonstration technique
- 1.7.1.2 Training aids that can be used for open water training
- 1.7.1.3 Instructor, Assistants and participant's equipment requirements for open water training
- 1.7.1.4 Preparation, lesson planning, lesson delivery and feedback on participant performance
- 1.7.1.5 Open water skills that are taught during the CMAS Snorkel Diver Training Programmes, the CMAS Introductory SCUBA Experience Training Programme and the CMAS One Star Diver Training Programme
- 1.7.1.6 Problem recognition and problem solving in participant open water skill performance
- 1.7.1.7 Supervision and control of participants in the open water environment
- 1.7.1.8 Conducting a risk assessment for a open water lesson
- 1.7.1.9 Emergency equipment and procedures for open water training

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- 1.7.1.10 Information that must be provided to a participant before every open water lesson
- 1.7.1.11 Open water training venue requirements, selection and placement/positioning of participants in the Open water environment
- 1.7.1.12 Working with an Instructional Assistant in the open water environment
- 1.7.1.13 Open water training safety
- 1.7.1.14 Assessment of a participant's open water skills
- 1.7.1.15 Counselling of participants who have problems mastering the open water skill requirements

1.8 **Subject Area 8: Training requirements of the candidates that the CMAS One Star Instructor is authorised to certify**

1.8.1 The participant shall have an extensive theoretical knowledge of the following CMAS Diver Training Programmes with specific reference to the competencies of each level of certification, the prerequisites for participation in the training programme, the requirements for certification as well as the knowledge and the skill requirements for each level of certification:

- 1.8.1.1 CMAS One Star Snorkel Diver Training Programme
- 1.8.1.2 CMAS Two Star Snorkel Diver Training Programme
- 1.8.1.3 CMAS Three Star Snorkel Diver Training Programme
- 1.8.1.4 CMAS Introductory SCUBA Experience Training Programme
- 1.8.1.5 CMAS One Star Diver Training Programme

1.9 **Subject Area 9: Medical and Psychological Contraindications to Diving**

1.9.1 The participant shall have an appropriate knowledge of the following:

- 1.9.1.1 Difference between absolute and relative contraindications
- 1.9.1.2 Absolute medical contraindications
- 1.9.1.3 Relative medical contraindications
- 1.9.1.4 Absolute psychological contraindications
- 1.9.1.5 Relative psychological contraindications
- 1.9.1.6 Medication and diving
- 1.9.1.7 Understanding and interpreting the responses on the Medical History/Statement Form used by the CMAS Federation

1.10 **Subject Area 10: Provision or rental of equipment to participants or certified divers by the CMAS Instructor or the Training Facility**

1.10.1 The participant shall have appropriate knowledge with regard to the requirements that he or his Training facility has to comply with, as prescribed in the Universal Standards and Procedures, when providing equipment or renting equipment to participants or certified divers.

1.11 **Subject Area 11: Compressors and the filling of diving cylinders**

1.11.1 The participant shall have an appropriate knowledge of compressor operation, including the following:

- 1.11.1.1 The methods of safely filling diving cylinders with air and Nitrox
- 1.11.1.2 Analysing a Nitrox cylinder
- 1.11.1.3 The relevant local regulations concerning cylinder working pressures and testing requirements

1.12 **Subject Area 12: The Business of Diving Instruction**

1.12.1 The participant shall have appropriate knowledge with regard to the following business principles:

- 1.12.1.1 The fundamentals of marketing
- 1.12.1.2 Prospecting and recruiting participants to attend CMAS Diver Training Programmes

- 1.12.1.3 Budgeting and costing for diver training programmes
- 1.12.1.4 The fundamentals of retailing
- 1.12.1.5 Customer relations
- 1.12.1.6 Relationships and communication with relevant public authorities (e.g. police, customs, rescue organisations, fire-brigade etc.)
- 1.12.1.7 Legal aspects of diving instruction including the instructor's duty of care
- 1.12.1.8 Safety regulations affecting scuba diving service provision (e.g. regulations affecting schools, centres, clubs, organisations etc.) in the country where the training programme is being presented.
- 1.12.1.9 Instructor ethics
- 1.12.1.10 Sustainable use of the diving environment
- 1.12.1.11 The specific procedures required of the Instructor when working with the CMAS Federation

1.13 **Subject Area 13: Career development**

- 1.13.1 The participant shall be provided with the career development information as provided for in Clause 4.4 of Chapter 1.

2. Required SCUBA skills

2.1 **Confined water skills**

- 2.1.1 The participant shall, after receiving tuition on the demonstration of skills to a student, be able to competently demonstrate to a CMAS Instructor all of the confined water skills as prescribed by the CMAS Three Star Diver Training Programme Standard in a manner showing the highest level of mastery and competence in the confined water environment.

2.2 **Open water skills**

- 2.2.1 The participant shall, after receiving tuition on the demonstration of skills to a student, be able to competently demonstrate to a CMAS Instructor all of the open water skills as prescribed by the CMAS Three Star Diver Training Programme Standard in a manner showing the highest level of mastery and competence in the open water environment.

3. Required Teaching skills

3.1 **Theoretical knowledge**

- 3.1.1 The participant shall demonstrate to a CMAS Three Star Instructor a level of theoretical knowledge required for this grade. This can be done through a written or oral examination. The subject matter may be on any topic that they may need to instruct on once qualified.

3.2 **Theoretical teaching skills**

- 3.2.1 The participant shall demonstrate to a CMAS Instructor lesson preparation, planning and delivery of at least three (3) lectures on any of the subject areas or a part of a subject area prescribed in the CMAS One Star Diver Standard.

3.3 **Confined water teaching skills**

- 3.3.1 The participant shall demonstrate to a CMAS Instructor lesson preparation, planning and delivery (including briefing and debriefing), skill demonstration, group control and supervision, problem recognition, problem solving and participant assessment for at least three (3) confined water skills teaching presentations from the confined water skills prescribed in the CMAS One Star Diver Standard.

3.4 Open water teaching skills

- 3.4.1 The participant shall demonstrate to a CMAS Three Star Instructor lesson preparation, planning and delivery (including briefing and debriefing), skill demonstration, group control and supervision, problem recognition, problem solving and participant assessment for at least three (3) open water skills teaching presentations from the open water skills prescribed in the CMAS One Star Diver Standard

4. Required Emergency Procedure skills

4.1 First aid skills

- 4.1.1 The participant shall demonstrate to a CMAS Instructor that he is competent in First-Aid and CPR during a simulated rescue exercise.

4.2 Oxygen administration skills

- 4.2.1 The participant shall demonstrate to a CMAS Instructor that he is competent in providing oxygen to a diving casualty during a simulated rescue exercise.

4.3 Rescue skills

- 4.3.1 The participant shall demonstrate to a CMAS Instructor that he is competent in diver rescue skills during a simulated rescue exercise. He shall be assessed with regard to at least the following:
- 4.3.1.1 Recognition of emergency situations (e.g. loss of breathing gas supply, lack of response etc.)
 - 4.3.1.2 Effective emergency surface actions
 - 4.3.1.3 Controlled casualty recovery from depth
 - 4.3.1.4 Effective emergency depth actions
 - 4.3.1.5 Casualty recovery from the water
- 4.3.2 Rescue management, including co-ordination with emergency services in accordance with local emergency procedures