



**DIVING MEDICAL OFFICER** (CIN A-6A-0010), The Diving Medical Officer Course, also known as the DMO Course, is an integral part of the Naval Undersea Medical Officer Candidate Course (CIN B-6-A-2200). Training will also be provided to qualified Army, Air Force, and Foreign National Medical Officers. The course is approximately 9 weeks in length and provides training necessary to: support fleet diving operations, diagnose and treat diving related illnesses and injuries, support hyperbaric chamber operations, and evaluate fitness for diving duty. These objectives are achieved by providing training in diving physics, decompression procedures, and diving medicine. Additionally, upon successful completion of the course, each Medical Department Diving Officer will have attained Hyperbaric Chamber Inside Tender, SCUBA, and Surface-Supplied Air Diving Qualifications.

Fleet diving operations may be performed from surface or subsurface vessels, ship repair facilities or other selected sea and shore installations as necessary, dependent upon organizational mission and the commander's requirements. As such, Medical Department Diving Officers are provided with a basic understanding of the following topics: open circuit SCUBA diving, closed circuit re-breathing systems utilized by the Special Warfare and Special Operations Communities, Surface Supplied Air Diving, Mixed Gas Diving, and Saturation Diving. Of Note: upon completion of the Medical Department Diving Officer Course, Medical Officers do not attain closed circuit re-breathing system, Mixed Gas, or Saturation Diving Qualifications.

**Prerequisites:**

Each applicant must have successfully completed a medical or osteopathic degree (M.D. or D.O.) plus at least one year of medical internship, hold a valid state medical license, and be physically qualified in accordance with MANMED, Article 15-102. Additionally, each applicant must be able to meet the physical requirements in accordance with MILPERSMAN, Article 1220-100.

The Medical Department Diving Officer Course places a strong emphasis on physical conditioning and daily intense physical exercise. It is highly encouraged to arrive at the Naval Diving and Salvage Training Center in excellent physical condition. Inability to successfully complete the diving physical screening test will result in removal from the course.

**Accreditation Statement:**

The Navy Medicine Professional Development Center (NMPDC), Continuing Medical Education (CME) Department, Bethesda, Maryland is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for Physicians. NMPDC designates this Live Activity for a maximum of 62.5 AMA PRA Category 1 Credit(s)(TM). Physicians should only claim credits commensurate with the extent of their participation in the activity.

**Disclosure Statement:**

The Activity Director and all others involved in the development and presentation of the Medical Department Diving Officer (or Recognition and Treatment of Diving Casualties on the R&T page) CME course provide the following disclosure information: Nothing to Disclose.

**Navy Divers Physical Requirements (Navy Pers Man. Article 1220-410)**

<b><u>Required Exercise</u></b>	<b><u>Number</u></b>	<b><u>Time</u></b>
1. <b>SWIM:</b> In swimming trunks, swim nonstop 500 yards utilizing the side or breast stroke. Applicant may push off pool sides during turns.	-	12:30 MIN
2. Ten-minute rest period.	-	-
3. <b>PUSH-UPS:</b> The exercise will be performed with the back straight, head up, and knees together. Begin by bending the elbow and lowering entire body until the top of the arms, shoulder and lower back are aligned and parallel to the deck. They will then push their body up, keeping their back straight, and locking their elbows. They will count each repetition aloud as they complete a push-up.	50	2 MIN
4. Two-minute rest period.	-	-
5. <b>SIT-UPS:</b> Lie flat on back with knees bent, heels close to buttocks (approximately 10 inches) with arms folded across the chest and feet held to the floor by partner. Sit up touching elbow to thighs. Each time you touch your thighs will count as one sit-up. Lie back touching shoulder blades to deck. Repeat as many times as required in the allotted time frame. You may stop and rest in the up or down position, however, if you lower your legs, fail to keep your feet to the ground, or fail to keep your arms folded across your chest, the test is ended.	50	2 MIN
6. Two-minute rest period.	-	-
7. <b>PULL-UPS:</b> The exercise will be performed by grasping the pull-up bar and hanging straight down. Hands should be placed on the bar with palms away, at shoulder width. Repetitions will be counted aloud by applicants each time they pull their chins over the bar. Applicants shall not swing or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise.	6	N/A
8. Ten minute rest period.	-	-
9. <b>RUN 1.5 MILES:</b> Applicants may wear sneakers and shorts.	12 MIN	30 SEC

[Return to NDSTC](#)