



First Class Diver. (CIN A-433-0025, MASL P179011), The First Class diver Course is designed to provide qualified 2nd Class Divers with the advanced instruction and training in surface supplied air, mixed gas, SCUBA diving techniques, inspection, search, salvage and underwater procedures to safely and effectively perform as a dive team member/first class diver, per approved technical manuals and the U.S. Navy Diving Manual.

Prerequisite course is Diver Second Class (A-433-0022).

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

<u>Required Exercise</u>	<u>Number</u>	<u>Time</u>
1. SWIM: 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. PUSH-UPS: 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. SIT-UPS: 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. PULL-UPS: 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. RUN 1.5 MILES: Applicants may wear sneakers and shorts.	12 MIN 30 SEC	

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