

# Beginner Scuba Certification Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## **Questions**

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- 1. Which symptom indicates difficulty in breathing during emphysema?**
  - A. Change in appetite**
  - B. Shortness of breath**
  - C. Excessive coughing**
  - D. Chest tightness**
  
- 2. When the pressure of nitrogen is balanced between the air and your body, you are at a state of \_\_\_\_**
  - A. Equilibrium**
  - B. Disturbance**
  - C. Pressure**
  - D. Stability**
  
- 3. How much does sea water weigh per cubic foot?**
  - A. 60.2 pounds**
  - B. 64.1 pounds**
  - C. 68.5 pounds**
  - D. 70.4 pounds**
  
- 4. Gauge pressure plus atmospheric pressure is known as what type of pressure?**
  - A. Static pressure**
  - B. Dynamic pressure**
  - C. Absolute pressure**
  - D. Ocean pressure**
  
- 5. In treating pneumothorax, what action is taken to relieve the trapped air?**
  - A. Inject medication**
  - B. Release the trapped air**
  - C. Compress the chest**
  - D. Perform CPR**

**6. What protective gear is essential for maintaining body temperature underwater?**

- A. Safety vest**
- B. Exposure suit**
- C. Weight belt**
- D. Life jacket**

**7. According to NAUI, a repetitive dive is defined as more than one dive within a period of \_\_\_\_.**

- A. 24 hours**
- B. 12 hours**
- C. 48 hours**
- D. 36 hours**

**8. Your first dive is to 60 ft for 50 minutes. After spending one hour and 40 minutes on the surface, what is your adjusted maximum dive time at 60 ft?**

- A. 10 minutes**
- B. 19 minutes**
- C. 30 minutes**
- D. 50 minutes**

**9. How frequently should you have your scuba regulator serviced?**

- A. Every six months**
- B. Once per year**
- C. Every two years**
- D. Every three years**

**10. Which of the following is NOT typically included in the stamped markings on a scuba tank?**

- A. Date of test**
- B. Inspection location**
- C. Serial number**
- D. Type of tank**

## **Answers**

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1. B
2. A
3. B
4. C
5. B
6. B
7. A
8. B
9. B
10. B

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## **Explanations**

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**1. Which symptom indicates difficulty in breathing during emphysema?**

- A. Change in appetite**
- B. Shortness of breath**
- C. Excessive coughing**
- D. Chest tightness**

Shortness of breath is a key symptom of emphysema and indicates difficulty in breathing. Emphysema is a chronic lung condition that affects one's ability to exhale air properly due to damage to the air sacs in the lungs, leading to trapped air and reduced airflow. This condition causes the individual to struggle with adequate respiration, which manifests as an inability to catch their breath or experiencing a feeling of suffocation. Shortness of breath may worsen with physical activity, but it can also occur at rest in more advanced cases. While change in appetite, excessive coughing, and chest tightness may play a role in overall respiratory health and could be related to other conditions, they are not definitive indicators of breathing difficulty specifically in emphysema. Understanding these symptoms is crucial for recognizing and managing this chronic respiratory condition effectively.

**2. When the pressure of nitrogen is balanced between the air and your body, you are at a state of \_\_\_\_**

- A. Equilibrium**
- B. Disturbance**
- C. Pressure**
- D. Stability**

When the pressure of nitrogen is balanced between the air and your body, you are at a state of equilibrium. In this context, equilibrium refers to a state where the partial pressure of nitrogen in the air and the partial pressure of nitrogen in the tissues of your body are equal. This balance is critical in the context of diving because an imbalance could lead to conditions such as decompression sickness, often referred to as "the bends." When divers ascend too quickly, the nitrogen that was absorbed into their body tissues at higher pressures can form bubbles as the pressure decreases too rapidly, which can lead to serious health issues. Achieving equilibrium is essential for safe diving practices, allowing the body to adequately adapt to changes in pressure while underwater. This concept of balance underpins many safety protocols in scuba diving, emphasizing the importance of controlled ascent rates and safety stops to allow for the gradual release of gases.

### 3. How much does sea water weigh per cubic foot?

- A. 60.2 pounds
- B. 64.1 pounds**
- C. 68.5 pounds
- D. 70.4 pounds

Sea water has a typical density of around 64.1 pounds per cubic foot. This value is influenced by several factors, including temperature, salinity, and pressure, but for typical ocean conditions, 64.1 pounds per cubic foot is a standard reference. Understanding the weight of sea water is important for divers as it affects buoyancy and overall underwater dynamics. The other potential weights provided are higher or lower densities that do not accurately reflect the average weight of sea water under most conditions found in oceans. Being familiar with this figure is essential for calculating buoyancy and understanding dive dynamics in various oceanic environments.

### 4. Gauge pressure plus atmospheric pressure is known as what type of pressure?

- A. Static pressure
- B. Dynamic pressure
- C. Absolute pressure**
- D. Ocean pressure

Gauge pressure refers to the pressure measured relative to atmospheric pressure, while atmospheric pressure is the pressure exerted by the weight of the atmosphere above a given point. When you add these two pressures together, you arrive at what is known as absolute pressure. This type of pressure accounts for both the pressure of the fluid itself (gauge pressure) and the pressure of the surrounding atmosphere. Absolute pressure is essential in various scientific and engineering applications, as it provides the total pressure exerted, which can affect calculations related to fluid dynamics, buoyancy, and gas laws. Understanding absolute pressure is crucial for scuba divers, as it helps in determining how depth affects pressure experienced by a diver, ensuring safety and correct usage of equipment. Static pressure and dynamic pressure are specific conditions related to fluid behavior under different motions; static pressure refers to pressure within a stationary fluid, while dynamic pressure relates to the pressure of moving fluids. Ocean pressure is not a standard term used in this context and does not encompass the general definition of pressure types.

**5. In treating pneumothorax, what action is taken to relieve the trapped air?**

- A. Inject medication**
- B. Release the trapped air**
- C. Compress the chest**
- D. Perform CPR**

To relieve pneumothorax, the primary action taken is to release the trapped air from the pleural space. A pneumothorax occurs when air leaks into the space between the lung and the chest wall, causing the lung to collapse. This condition can lead to respiratory distress and other serious complications, so it's essential to address it promptly.

Releasing the trapped air can often be done through procedures such as needle decompression or chest tube insertion. These procedures allow the excess air to escape, enabling the lung to re-expand and restore normal breathing. It's crucial to perform this action to alleviate the pressure that prevents the lung from functioning correctly. The other options, such as injecting medication, compressing the chest, or performing CPR, do not directly address the problem of trapped air in the pleural space. While medications may be used to manage pain or inflammation, they do not alleviate the physical issue of the trapped air which is the critical factor in treating a pneumothorax.

**6. What protective gear is essential for maintaining body temperature underwater?**

- A. Safety vest**
- B. Exposure suit**
- C. Weight belt**
- D. Life jacket**

An exposure suit is essential for maintaining body temperature underwater because it is specifically designed to provide thermal insulation against cold water. These suits, which can be made from materials such as neoprene, minimize heat loss by trapping a thin layer of water between the suit and the body. This layer of water is warmed by body heat, helping to maintain a comfortable temperature during dives. In contrast, a safety vest and a life jacket are primarily designed for buoyancy and flotation, rather than thermal protection. While they can enhance safety on the surface, they do not provide adequate insulation from cold water. A weight belt, although useful for helping divers achieve neutral buoyancy, also does not assist in temperature regulation. Therefore, the exposure suit stands out as the crucial protective gear for keeping divers warm and comfortable while submerged.

**7. According to NAUI, a repetitive dive is defined as more than one dive within a period of \_\_\_\_.**

- A. 24 hours**
- B. 12 hours**
- C. 48 hours**
- D. 36 hours**

The definition of a repetitive dive as being more than one dive within a period of 24 hours aligns with safety protocols established by NAUI (National Association of Underwater Instructors) and other diving organizations. This timeframe is significant because it accounts for the changes in nitrogen levels absorbed by the body during the first dive. After a dive, your body needs time to off-gas or eliminate the excess nitrogen absorbed, and the risk of decompression sickness can increase if you perform another dive too soon after the first dive. Therefore, waiting 24 hours allows divers to off-gas sufficiently before conducting additional dives, minimizing the potential for nitrogen-related complications. It is essential for divers to understand the importance of monitoring dive profiles and ensuring adequate surface intervals, especially when planning multiple dives, to maintain safety throughout their diving activities.

**8. Your first dive is to 60 ft for 50 minutes. After spending one hour and 40 minutes on the surface, what is your adjusted maximum dive time at 60 ft?**

- A. 10 minutes**
- B. 19 minutes**
- C. 30 minutes**
- D. 50 minutes**

When planning dives, it's important to consider the repetitive dive limits and surface intervals that impact your allowable bottom time for subsequent dives. After your first dive to 60 feet for 50 minutes, a surface interval of 1 hour and 40 minutes allows for some decompression to take place. From the tables used in diving (like the RDP - Recreational Dive Planner or dive computers), we can estimate that the longer your surface interval, the more "time" it gives you before your next dive regarding nitrogen off-gassing from your body. In this specific case, after your first dive, there is a "no surface interval" time for a repeat dive at this depth. The precise adjusted maximum dive time for a follow-up dive is calculated based on your previous dive profile and the amount of time you have spent at the surface. Therefore, after a surface interval of 100 minutes, you would be able to extend the bottom time on the next dive to around 19 minutes at 60 feet, which is in line with the guidelines that help prevent decompression sickness. This understanding is crucial for safe diving practices, ensuring that divers do not exceed their limits and maintain a safe nitrogen loading level in their bodies.

**9. How frequently should you have your scuba regulator serviced?**

- A. Every six months**
- B. Once per year**
- C. Every two years**
- D. Every three years**

Having your scuba regulator serviced once per year is widely recommended to ensure optimal performance and safety. Regulators are crucial pieces of equipment that control the flow of air from the tank to the diver, and over time, they can experience wear and tear due to environmental factors such as saltwater, sediment, and changes in pressure. Annual servicing helps identify and address any potential issues before they become serious problems. This routine maintenance typically includes cleaning, lubricating, and inspecting the regulator's components, which can enhance the lifespan and reliability of the equipment. Additionally, it reinforces safe diving practices, allowing divers to have confidence in their gear while underwater. Although some might suggest longer intervals for servicing, such as every two or three years, those recommendations may leave too much time between checks. The dynamics of diving, including varying conditions and frequency of use, can impact the performance of the regulator, making annual servicing a prudent choice for safety and reliability.

**10. Which of the following is NOT typically included in the stamped markings on a scuba tank?**

- A. Date of test**
- B. Inspection location**
- C. Serial number**
- D. Type of tank**

The stamped markings on a scuba tank typically include important information to ensure safety and compliance with regulations. The date of test indicates when the tank was last inspected and is crucial for maintaining the integrity and reliability of the tank. The serial number serves as a unique identifier for the tank, which is essential for tracking its maintenance history and ownership. The type of tank specifies the material and specifications of the cylinder, informing users about its design and safety features. In contrast, while inspection locations may be noted on inspection documentation or logs, they are not usually included in the stamped markings on the tank itself. This distinction is important, as it emphasizes the focus of the markings on the safety and identification of the tank rather than the specifics of where inspections are carried out. Understanding the purpose of these markings helps divers ensure they are using properly maintained and safe equipment.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://beginnerscuba.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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