

DIVE DECOMPRESSION TERMINOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 abbreviation represents the time between surfacing and the next dive?**
 - A. Surface Interval Time
 - B. Surface Induction
 - C. Surface Interval
 - D. Surface Inertia

- 2. What is the purpose of a 'deco ceiling' in some models?**
 - A. The maximum depth of the dive.
 - B. A theoretical limit indicating the deepest segment where no further deco stops are required; helps determine surface interval necessity.
 - C. The depth at which a safety stop is mandatory.
 - D. The minimum depth for optimal gas exchange.

- 3. How do MOD and NDL interact when planning a nitrox-based decompression schedule?**
 - A. The gas's PPO₂ limits set the MOD; NDL limits bottom time; both constrain the plan; you must ensure the depth does not exceed MOD and times fit NDL.
 - B. MOD is determined solely by depth, ignoring PPO₂.
 - C. NDL is the only constraint; MOD is not relevant.
 - D. Gas mixture does not affect decompression stops.

- 4. What best describes a Deep Stop in ascent planning?**
 - A. A Deep Stop is a stop at greater depth earlier in the ascent to reduce supersaturation.
 - B. A Deep Stop is a safety stop at 3–5 meters at the end of ascent.
 - C. A Deep Stop is a stop only for technical dives.
 - D. A Deep Stop is performed only for dives deeper than 50 meters.

- 5. If RS = 5 and SI = 2, what is LS?**
 - A. 7
 - B. 3
 - C. 2
 - D. 10

6. Which statement correctly compares equilibration and acclimatization times?

- A. Equilibration takes about 12 hours; acclimatization takes about a week
- B. Equilibration and acclimatization both take about a week
- C. Equilibration takes a week; acclimatization takes 12 hours
- D. Equilibration takes a few minutes; acclimatization takes days

7. What defines an Exceptional Exposure Dive?

- A. Hazards are substantially greater than on a normal working dive
- B. It is a shallow recreational dive
- C. It involves no hazard considerations
- D. It has the same hazard level as a normal dive

8. What designation is used to indicate the amount of nitrogen remaining in a diver's body after a previous dive?

- A. Residual Nitrogen
- B. Residual Nitrogen Time
- C. Repetitive Group Designation
- D. Deepest Depth

9. On a zeroed gauge, what is the FSW value for 0-100 fsw?

- A. +2 FSW
- B. +1 FSW
- C. 0 FSW
- D. +3 FSW

10. How long does it take for Acclimatization to occur?

- A. Three days
- B. Ten days
- C. A month
- D. A week

Answers

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

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Explanations

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1. Which abbreviation represents the time between surfacing and the next dive?

- A. Surface Interval Time
- B. Surface Induction
- C. Surface Interval**
- D. Surface Inertia

The time spent on the surface between dives is called the Surface Interval. This interval matters because inert gas continues to off-gas from your tissues after you ascend, and the length of the surface interval affects how much nitrogen remains for the next dive, influencing no-decompression limits or the need for decompression stops. The best match among the options is Surface Interval, since it directly names the period between dives. The commonly used abbreviation for this period is SI. The other terms aren't standard concepts in diving for this purpose: Surface Induction and Surface Inertia aren't related to this timing between dives, and Surface Interval Time is a less precise way to phrase it.

2. What is the purpose of a 'deco ceiling' in some models?

- A. The maximum depth of the dive.
- B. A theoretical limit indicating the deepest segment where no further deco stops are required; helps determine surface interval necessity.**
- C. The depth at which a safety stop is mandatory.
- D. The minimum depth for optimal gas exchange.

The deco ceiling is a calculated limit from your current nitrogen loading that tells you how deep you can ascend and still not need any more decompression stops. It marks the deepest point at which you would be free of additional deco obligations on the way to the surface. If you stay at or above this depth, you're within the no-stop portion of the plan; if you rise shallower than the ceiling, you'd typically have to perform additional decompression before continuing to surface. This helps determine whether you can surface directly or whether you must complete stops first, and it also influences decisions about surface intervals when planning subsequent dives. The other ideas—maximum dive depth, a fixed depth for a mandatory safety stop, or a minimum depth for gas exchange—describe different concepts and aren't what the deco ceiling represents.

3. How do MOD and NDL interact when planning a nitrox-based decompression schedule?

- A. The gas's PPO2 limits set the MOD; NDL limits bottom time; both constrain the plan; you must ensure the depth does not exceed MOD and times fit NDL.**
- B. MOD is determined solely by depth, ignoring PPO2.
- C. NDL is the only constraint; MOD is not relevant.
- D. Gas mixture does not affect decompression stops.

The plan is controlled by two practical limits: how deep you can go with a given nitrox mix (MOD) and how long you can stay at that depth without decompression (NDL). The MOD comes from the oxygen safety limit: $PPO_2 = F_{O_2} \times \text{ambient pressure}$. Using a chosen PPO2 ceiling (for example, around 1.4 atm for a working dive or 1.6 atm for tighter ceilings) sets the maximum depth you can descend to with that gas. The NDL is the bottom-time limit at that depth for a no-decompression dive; if your intended bottom time would exceed the NDL, you must either shorten the bottom time, ascend to a shallower depth, or add decompression stops. So, both constraints shape the plan: stay at or below the MOD for the gas, and ensure your bottom time fits within the NDL or is planned with the appropriate decompression schedule. The gas mixture does affect deco planning by changing nitrogen loading and affecting NDL, but the PPO2 limit still primarily determines how deep you can go.

4. What best describes a Deep Stop in ascent planning?

- A. A Deep Stop is a stop at greater depth earlier in the ascent to reduce supersaturation.**
- B. A Deep Stop is a safety stop at 3–5 meters at the end of ascent.
- C. A Deep Stop is a stop only for technical dives.
- D. A Deep Stop is performed only for dives deeper than 50 meters.

A Deep Stop is a pause taken at a depth deeper than the final surface stop, inserted earlier in the ascent to offgas inert gas at higher pressure. By stopping deeper during the climb, you reduce supersaturation and the chance of bubble growth as you move toward the surface. That's why the description "a stop at greater depth earlier in the ascent to reduce supersaturation" best matches the concept. The shallow safety stop at the end (3–5 meters) is a separate precaution, not a deep stop. Deep stops aren't limited to technical dives, and they aren't defined by a fixed depth like 50 meters—the exact placement depends on the decompression model and the dive profile.

5. If RS = 5 and SI = 2, what is LS?

- A. 7**
- B. 3
- C. 2
- D. 10

On a straight line, distances add up when you pass through intermediate points. The distance from S to L is made up of the segments SI and IL. The diagram shows IL is equal in length to RS, so $IL = RS$. Therefore $LS = SI + IL = SI + RS = 2 + 5 = 7$.

6. Which statement correctly compares equilibration and acclimatization times?

- A. Equilibration takes about 12 hours; acclimatization takes about a week**
- B. Equilibration and acclimatization both take about a week
- C. Equilibration takes a week; acclimatization takes 12 hours
- D. Equilibration takes a few minutes; acclimatization takes days

Gas exchange and physiological adaptation occur on different time scales. Equilibration refers to the quick adjustment of dissolved gases in tissues to a new ambient pressure, which happens over hours because fast-tissue compartments reach near-saturated states relatively quickly. A practical general estimate is about 12 hours for equilibration to be in place. Acclimatization, on the other hand, is a longer-term adjustment of the body to a new environmental condition, involving multiple systems (cardiovascular, respiratory, metabolic, etc.). That kind of remodeling takes days to about a week to unfold. So the statement that equilibration takes about 12 hours and acclimatization takes about a week best reflects the different paces of these processes. The other options mix these timeframes in ways that don't match how quickly gas equilibration compares to broader physiological acclimatization.

7. What defines an Exceptional Exposure Dive?

A. Hazards are substantially greater than on a normal working dive

B. It is a shallow recreational dive

C. It involves no hazard considerations

D. It has the same hazard level as a normal dive

An Exceptional Exposure Dive means the hazards are substantially greater than on a normal working dive. This label signals that the dive carries risk factors beyond what's typical, such as greater depth or bottom time, complex gas planning, significant decompression obligations, repetitive schedules with short surface intervals, or overhead environments. Because of the higher risk, it requires more careful planning, conservative gas management, and stricter adherence to limits and contingencies. The other statements describe scenarios that don't elevate hazard levels or ignore hazards, and thus don't fit the idea of exceptional exposure.

8. What designation is used to indicate the amount of nitrogen remaining in a diver's body after a previous dive?

A. Residual Nitrogen

B. Residual Nitrogen Time

C. Repetitive Group Designation

D. Deepest Depth

In diving planning, the amount of nitrogen left in the body after a dive is shown by the repetitive group designation. This label encodes the residual nitrogen load in the tissues and is what you use with each new dive to figure out how long you can stay at a given depth without decompression stops. It changes based on what depth and time you went to, and how long you've been on the surface, so it provides a practical summary for deciding your next bottom time. The other terms aren't the formal label used on dive tables: residual nitrogen is a general idea, but not the official designation; residual nitrogen time isn't the standard term; deepest depth tells you how far you went, not how much nitrogen remains.

9. On a zeroed gauge, what is the FSW value for 0-100 fsw?

A. +2 FSW

B. +1 FSW

C. 0 FSW

D. +3 FSW

FSW stands for Feet of Sea Water, a way to express pressure as an equivalent depth. On a gauge zeroed at the surface, the decompression table uses a stepped scale in bands. The first band (0–100 ft of seawater) is assigned an FSW value of +1. That means any depth within that range carries a +1 FSW value in this system. Once you exceed 100 fsw, you move to the next band and the FSW value increases to +2, and so on. So for depths from 0 to 100 fsw, the FSW value is +1.

10. How long does it take for Acclimatization to occur?

- A. Three days
- B. Ten days
- C. A month
- D. A week**

Acclimatization is the body's gradual adjustment to a new ambient pressure or altitude, and the primary adaptations develop over several days. Your physiology shifts in steps: ventilation increases to improve oxygen uptake, fluids and blood chemistry adjust, and over time the circulatory system becomes more efficient at delivering oxygen. Because these changes accumulate, the period when most people have completed the major adjustments tends to be around a week. That makes a week the best general estimate for when acclimatization is effectively underway and the body is able to handle the environment more comfortably. Shorter spans, like a few days, may not allow the full set of adjustments to take hold, while a month tends to extend beyond the typical timeframe needed for initial acclimatization. Hence, about a week is the most appropriate choice.

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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.

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

<https://divedecompressionterms.examzify.com>

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

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