

DIVE MASTER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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. Why is it dangerous to delay the urge to breathe during a dive?**
 - A. It may lead to disorientation underwater
 - B. It reduces efficiency of swimming
 - C. It can result in shallow water blackout
 - D. It leads to hypothermia in cold water
- 2. What factors may predispose a diver to Decompression Sickness (DCS)?**
 - A. Age
 - B. Dehydration
 - C. Fat tissue
 - D. All of the above
- 3. What is the correct relationship between arteries and veins in the circulatory system?**
 - A. Arteries carry blood toward the heart, veins carry blood away
 - B. Arteries and veins perform the same function
 - C. Arteries carry blood away from the heart, veins carry blood toward the heart
 - D. Veins carry oxygenated blood, arteries carry deoxygenated blood
- 4. What should divers be cautious about when preparing for a breath hold dive?**
 - A. Maintaining uniform pressure
 - B. Managing carbon dioxide levels
 - C. Using additional weights
 - D. Practicing under cold water conditions
- 5. What essential factor do divers need to control for safe breath hold diving?**
 - A. Water temperature
 - B. Carbon dioxide levels
 - C. Dive equipment condition
 - D. Sunlight intensity

- 6. A mechanical SPG that reads high may indicate a malfunction. Is this statement true or false?**
- A. True
 - B. False
 - C. Depends on the model
 - D. Not enough information
- 7. During what body condition does shallow water blackout most likely occur?**
- A. After an intense workout
 - B. Following prolonged deep breathing
 - C. After excessive hyperventilation
 - D. During calm, controlled breathing
- 8. Which factors should divers avoid to reduce the risk of decompression sickness?**
- A. Diving soon after an illness or injury
 - B. Strenuous exercise right after a dive
 - C. Dehydration
 - D. All of the above
- 9. What is the most efficient way to provide oxygen to a breathing, injured diver?**
- A. With a non-resuscitator demand valve system
 - B. Using a continuous flow with a nonrebreather mask
 - C. With a positive pressure resuscitator system
 - D. Through a pocket mask with free flow oxygen system
- 10. What is considered the most serious lung overexpansion injury?**
- A. Mediastinal emphysema
 - B. Air embolism
 - C. Pneumothorax
 - D. Carotid sinus reflex

Answers

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

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Explanations

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1. Why is it dangerous to delay the urge to breathe during a dive?

- A. It may lead to disorientation underwater
- B. It reduces efficiency of swimming
- C. It can result in shallow water blackout**
- D. It leads to hypothermia in cold water

Delaying the urge to breathe during a dive is primarily dangerous because it can result in shallow water blackout. This phenomenon occurs when a diver holds their breath for too long while rising to the surface after prolonged underwater activity or when they hyperventilate. The reduced levels of carbon dioxide in the blood can lead to a loss of consciousness, which puts the diver at serious risk of drowning, particularly in shallow waters where they may not receive immediate help. Maintaining a regular breathing pattern while diving is crucial for ensuring adequate oxygen levels are supplied to the body and carbon dioxide levels are managed effectively. The urge to breathe is the body's natural signal indicating that it requires more oxygen, and ignoring this signal can impair a diver's ability to make sound decisions and respond effectively to unexpected situations underwater.

2. What factors may predispose a diver to Decompression Sickness (DCS)?

- A. Age
- B. Dehydration
- C. Fat tissue
- D. All of the above**

Decompression Sickness (DCS) occurs when a diver ascends too quickly, leading to the formation of gas bubbles in the bloodstream and tissues. Several factors can increase the risk of developing DCS, and understanding these factors can help divers take preventive measures. Age is a relevant factor because physiological changes associated with aging can affect a diver's body's ability to eliminate nitrogen and adapt to pressure changes. Older divers may have reduced circulation and slower metabolism, increasing their susceptibility to DCS. Dehydration also plays a significant role. When a diver is dehydrated, the blood volume decreases, which can lead to reduced blood flow and slow the removal of nitrogen from the body after a dive. This can enhance the likelihood of bubble formation during ascent. Fat tissue is another important predisposing factor. Because nitrogen is more soluble in fat than in other tissues, individuals with higher levels of body fat may retain more nitrogen during a dive. If ascent is rapid, the excess nitrogen can form bubbles in the body, increasing the risk of DCS. Considering these factors collectively provides a clearer understanding of how divers can be predisposed to DCS. Each contributes to the overall risk, making it essential for divers to be aware of their individual health conditions, hydration status, and

3. What is the correct relationship between arteries and veins in the circulatory system?

- A. Arteries carry blood toward the heart, veins carry blood away
- B. Arteries and veins perform the same function
- C. Arteries carry blood away from the heart, veins carry blood toward the heart**
- D. Veins carry oxygenated blood, arteries carry deoxygenated blood

In the circulatory system, arteries and veins have distinct roles regarding the direction in which they carry blood. Arteries are responsible for transporting oxygen-rich blood away from the heart to the tissues and organs of the body. This is vital for delivering the necessary oxygen and nutrients that cells require for metabolism. On the other hand, veins carry deoxygenated blood back toward the heart after the oxygen has been delivered to the tissues. This blood is then sent to the lungs to be re-oxygenated. Understanding this relationship is crucial for grasping the overall function of the circulatory system. The distinction between the two types of blood vessels ensures that the body maintains a continuous flow of blood, facilitating the vital exchange of oxygen, carbon dioxide, and nutrients. The other choices misrepresent this fundamental aspect of cardiovascular physiology, as they either reverse the roles or incorrectly state the functions of arteries and veins.

4. What should divers be cautious about when preparing for a breath hold dive?

- A. Maintaining uniform pressure
- B. Managing carbon dioxide levels**
- C. Using additional weights
- D. Practicing under cold water conditions

When preparing for a breath hold dive, managing carbon dioxide levels is critical for divers. During a breath hold, the body continues to produce carbon dioxide (CO₂) as a byproduct of metabolism. As CO₂ builds up in the bloodstream and reaches certain levels, it creates a strong urge to breathe, which is the body's primary signal for surfacing and taking a breath. If divers do not adequately manage their CO₂ levels, they risk hypercapnia, which can lead to confusion, loss of consciousness, or even shallow water blackout while underwater. Practicing proper breathing techniques, such as diaphragmatic breathing and controlled exhalation, can help to mitigate the risks associated with elevated CO₂ levels. In contrast, maintaining uniform pressure, while important in diving, is more related to the effects of pressure on the body and the need to equalize air spaces rather than directly associated with the management of breath hold. Using additional weights can affect buoyancy but is not directly linked to the physiological processes related to breath hold diving. Lastly, practicing under cold water conditions is significant for understanding hypothermia risks but does not directly impact the management of CO₂ levels during the dive.

5. What essential factor do divers need to control for safe breath hold diving?

- A. Water temperature
- B. Carbon dioxide levels**
- C. Dive equipment condition
- D. Sunlight intensity

In breath hold diving, managing carbon dioxide levels is crucial for safety. As divers hold their breath, carbon dioxide accumulates in the bloodstream, leading to physiological responses such as the urge to breathe and potential blackouts if levels get too high. It is essential for divers to be aware of how long they can safely hold their breath without risking excessive carbon dioxide buildup. Training often includes recognizing personal limits and physiological signals, ensuring divers can return safely to the surface before reaching dangerous levels. While factors like water temperature, dive equipment condition, and sunlight intensity impact the overall diving experience, they do not play as critical a role as controlling carbon dioxide during breath hold diving. Temperature may affect comfort, equipment condition influences safety and functionality, and sunlight intensity can assist in visibility underwater, but they do not directly affect the diver's ability to hold their breath safely.

6. A mechanical SPG that reads high may indicate a malfunction. Is this statement true or false?

- A. True
- B. False**
- C. Depends on the model
- D. Not enough information

The statement that a mechanical submersible pressure gauge (SPG) that reads high may indicate a malfunction is indeed true. A mechanical SPG measures the pressure of the gas in your scuba tank, and if it consistently shows unusually high readings, this may suggest a problem with the gauge itself or an incorrect calibration, rather than an accurate reflection of the tank pressure. A properly functioning SPG should provide readings that closely match the actual pressure in the tank. If it reads higher than expected, especially in comparison to other gauges or during a refill, it could signal issues such as a stuck needle, internal damage, or incorrect installation. For divers, understanding this aspect is critical for ensuring safety underwater. Relying on faulty equipment can lead to dangerous situations, including running out of air or not being aware of the true state of one's air supply. Thus, it's essential for divers to be diligent about monitoring their instruments and recognizing potential signs of malfunction. As for options implying various levels of certainty or specificity like "depends on the model" or "not enough information," these do not accurately capture the general principle that faulty readings on an SPG, including readings that are too high, indicate a malfunction.

7. During what body condition does shallow water blackout most likely occur?

- A. After an intense workout
- B. Following prolonged deep breathing
- C. After excessive hyperventilation**
- D. During calm, controlled breathing

Shallow water blackout is primarily associated with excessive hyperventilation prior to a dive. This condition occurs when a diver hyperventilates to lower carbon dioxide levels in the blood, which can create a misleading sense of security about their oxygen levels. By intentionally lowering the carbon dioxide levels, the diver can extend the duration of breath-holding. However, this leads to an increased risk of blacking out due to hypoxia, as the body's natural urge to breathe diminishes when carbon dioxide levels are artificially suppressed. In this state, a diver can lose consciousness without experiencing the usual warning signs, which is particularly dangerous in shallow waters where they might descend unexpectedly. The other conditions mentioned may impact a diver's overall safety but do not specifically lead to shallow water blackout in the same manner. Intense workouts can cause fatigue, prolonged deep breathing might be a calming technique but doesn't lead to the same risk, and calm, controlled breathing ensures that oxygen and carbon dioxide levels stay balanced, reducing the likelihood of a blackout.

8. Which factors should divers avoid to reduce the risk of decompression sickness?

- A. Diving soon after an illness or injury
- B. Strenuous exercise right after a dive
- C. Dehydration
- D. All of the above**

Divers should aim to minimize the risk of decompression sickness (DCS) by avoiding various factors that can compromise their safety. Each of the options—diving soon after an illness or injury, strenuous exercise immediately after a dive, and dehydration—contributes to a higher risk of developing DCS. When a diver has recently experienced an illness or injury, their body may not be in optimal condition for the physical stresses of diving. This lack of preparedness can affect circulation and the body's ability to handle the changes in pressure underwater, increasing the likelihood of nitrogen bubbles forming and leading to DCS. Engaging in strenuous exercise right after a dive can also elevate the risk. After diving, the body needs time to off-gas nitrogen safely. Strenuous activities increase blood flow and can accelerate the extraction of nitrogen from tissues, potentially leading to bubble formation and DCS. Dehydration further exacerbates the risk. Adequate hydration is essential for maintaining proper circulation and allowing the body to off-gas nitrogen effectively. When dehydrated, blood viscosity increases, which may hinder circulation and complicate the off-gassing process. Thus, avoiding all three identified factors—recent illness or injury, strenuous post-dive exercise, and dehydration—creates a safer diving experience.

9. What is the most efficient way to provide oxygen to a breathing, injured diver?

- A. With a non-resuscitator demand valve system
- B. Using a continuous flow with a nonrebreather mask**
- C. With a positive pressure resuscitator system
- D. Through a pocket mask with free flow oxygen system

Using a continuous flow with a nonrebreather mask is considered the most efficient way to provide oxygen to a breathing, injured diver because it allows for the delivery of high concentrations of oxygen directly to the patient. The nonrebreather mask is designed with a one-way valve that prevents the inhalation of exhaled gases, ensuring that the injured diver receives fresh oxygen from the tank without dilution from room air. This method is particularly effective in emergency situations where the diver may be hypoxic or experiencing difficulties with their airway or respiratory function. The design of the nonrebreather mask maximizes oxygen supply while minimizing the risk of carbon dioxide retention, which is crucial for maintaining the diver's conscious state and overall stability. In contrast, other methods listed may not provide the same level of oxygen concentration or may be more suitable for different circumstances. For instance, a demand valve system and a positive pressure resuscitator are generally used for non-breathing patients or in scenarios where controlled ventilation is required, which does not apply to a diver who is still breathing. A pocket mask is also less efficient in providing concentrated oxygen compared to the nonrebreather mask, as it primarily focuses on ventilating the patient rather than supplying pure oxygen.

10. What is considered the most serious lung overexpansion injury?

- A. Mediastinal emphysema**
- B. Air embolism
- C. Pneumothorax
- D. Carotid sinus reflex

The most serious lung overexpansion injury is classified as an air embolism. This injury occurs when gas bubbles get into the bloodstream and can lead to life-threatening complications. Air embolism often happens during ascent when a diver holds their breath, causing the air in the lungs to expand and rupture the lung tissue. When this happens, the air can escape into the bloodstream and travel to various parts of the body, causing blockages in blood vessels. Mediastinal emphysema, while serious, typically involves air in the mediastinum and may not lead directly to life-threatening issues on its own. Pneumothorax involves air in the pleural space, which can also be serious but usually presents more localized respiratory distress rather than systemic issues like air embolism. Carotid sinus reflex is a physiological response and not directly related to lung overexpansion injuries. Understanding these distinctions highlights why air embolism is regarded as the most serious outcome of lung overexpansion injuries.

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:

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

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