

NASE Dive Class Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What are symptoms of nitrogen narcosis?**
 - A. Excessive sweating, hyperactivity, and blurred vision**
 - B. Impaired judgment, euphoria, and decreased motor skills**
 - C. Nausea, fatigue, and increased heart rate**
 - D. Loss of consciousness and rapid descent**

- 2. How does nitrogen affect a diver's body during repetitive dives?**
 - A. It enhances breathing efficiency**
 - B. It can lead to decompression sickness**
 - C. It increases buoyancy**
 - D. It improves underwater vision**

- 3. How should divers manage their time during a dive to prevent decompression sickness?**
 - A. By increasing descent speed**
 - B. By adhering to planned limits**
 - C. By ignoring time limits**
 - D. By diving deeper than usual**

- 4. The loss of body heat while underwater can be compared to which of the following conditions?**
 - A. Windy conditions**
 - B. Hot climate**
 - C. Cool climate**
 - D. Stagnant air**

- 5. What additional factor becomes challenging to estimate in extremely clear water?**
 - A. Distance**
 - B. Time**
 - C. Pressure**
 - D. Flow rate**

- 6. What percentage of heat can divers lose through their heads?**
- A. 50%**
 - B. 75%**
 - C. 60%**
 - D. 80%**
- 7. What is a common sign of overexertion while diving?**
- A. Increased alertness**
 - B. Excessive fatigue and difficulty maintaining a normal breathing rate**
 - C. Enhanced buoyancy control**
 - D. Improved underwater visibility**
- 8. Which of the following best describes poor visibility underwater?**
- A. It can lead to improved experiences**
 - B. It makes it easier to see marine life**
 - C. It may cause potential collisions**
 - D. It enhances buoyancy control**
- 9. What type of pressure does a scuba regulator deliver?**
- A. Low pressure**
 - B. Normal pressure**
 - C. High pressure**
 - D. Abundant pressure**
- 10. A balloon displacing eight liters of air at the surface will displace how many liters at a depth of 30m/99ft?**
- A. 4 liters**
 - B. 6 liters**
 - C. 2 liters**
 - D. 8 liters**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are symptoms of nitrogen narcosis?

- A. Excessive sweating, hyperactivity, and blurred vision
- B. Impaired judgment, euphoria, and decreased motor skills**
- C. Nausea, fatigue, and increased heart rate
- D. Loss of consciousness and rapid descent

Nitrogen narcosis, often referred to as "rapture of the deep," occurs when divers are exposed to high concentrations of nitrogen under pressure, typically at depths greater than 30 meters (around 100 feet). The symptoms associated with nitrogen narcosis primarily involve changes in mental status and physical coordination. Impaired judgment occurs as the diver may exhibit poor decision-making and riskier behavior than usual. Euphoria is another common effect, where divers can feel an exaggerated sense of wellbeing or excitement, which can lead to complacency regarding safety. Decreased motor skills manifests as difficulties in performing tasks that require fine motor control or coordination, affecting a diver's ability to navigate and respond to their environment effectively. These symptoms stem from nitrogen's anesthetic properties under pressure, which can influence the central nervous system. It is important for divers to recognize these indicators to prevent accidents, as awareness of the effects of nitrogen narcosis can help in making safe decisions regarding depth and dive duration.

2. How does nitrogen affect a diver's body during repetitive dives?

- A. It enhances breathing efficiency
- B. It can lead to decompression sickness**
- C. It increases buoyancy
- D. It improves underwater vision

During repetitive dives, nitrogen absorption increases due to the higher pressure experienced underwater. As divers descend, the pressure causes nitrogen, which is a component of the air we breathe, to dissolve into the body's tissues. With repeated dives, the accumulation of nitrogen can reach levels that exceed the body's ability to eliminate it when ascending. If a diver ascends too quickly after a series of dives without allowing time for the nitrogen to be safely expelled, this can lead to decompression sickness, commonly known as "the bends." The condition occurs when nitrogen bubbles form in the bloodstream and tissues as pressure decreases, potentially causing severe pain and various serious health issues. Understanding this relationship between nitrogen, pressure, and diving practices is critical for ensuring safety and preventing decompression sickness during and after a series of dives.

3. How should divers manage their time during a dive to prevent decompression sickness?

- A. By increasing descent speed**
- B. By adhering to planned limits**
- C. By ignoring time limits**
- D. By diving deeper than usual**

Managing time during a dive is crucial to prevent decompression sickness, which occurs when a diver ascends too quickly or stays at depth longer than the body can safely handle the buildup of nitrogen. Adhering to planned limits is essential because it allows divers to follow safe ascent rates and decompression stops as outlined in dive tables or computers. By sticking to pre-determined dive profiles, divers ensure they remain within depth and time parameters that minimize the risk of nitrogen bubbles forming in their tissues as they ascend. This adherence is based on physiological principles and research into how the body absorbs and off-gasses nitrogen, emphasizing a cautious and methodical approach to diving. In contrast, increasing descent speed, ignoring time limits, or diving deeper than usual can lead to increased risk of decompression sickness, as these practices disrupt the safe ascent and nitrogen elimination process defined by diving protocols. Prioritizing planned limits allows for a safer diving experience while also enabling divers to enjoy their underwater adventures.

4. The loss of body heat while underwater can be compared to which of the following conditions?

- A. Windy conditions**
- B. Hot climate**
- C. Cool climate**
- D. Stagnant air**

The loss of body heat while underwater can be effectively compared to windy conditions due to the concept of convection. When you are submerged in water, particularly if it is cooler than your body temperature, the water draws heat away more rapidly than air does, similar to how a strong wind can whisk heat away from your skin. This increased heat loss occurs because water has a higher heat capacity and conducts heat away from the body at a faster rate compared to air. In windy conditions, the wind can also enhance the cooling effect by increasing the rate at which heat escapes from the body. As the wind blows over the skin, it removes the warm layer of air that naturally clings to the body's surface, thereby causing a more significant drop in temperature. Both scenarios emphasize the idea that movement—whether that's water or air—can accelerate the loss of body heat, making the comparison valid. The other options, such as hot or cool climates and stagnant air, do not highlight the same accelerated heat loss effect. In a hot climate, for instance, while heat may still be lost through perspiration, the primary challenge is actually overheating rather than heat loss. In stagnant air, without the movement that creates cooling, heat loss is much slower, similar to being in

5. What additional factor becomes challenging to estimate in extremely clear water?

- A. Distance**
- B. Time**
- C. Pressure**
- D. Flow rate**

In extremely clear water, estimating distance becomes challenging due to the lack of visual cues that aid in perceiving depth and spatial relationships. In clear water, objects can appear to be farther or closer than they are because of the way light travels and how it refracts underwater. This phenomenon can result in a misjudgment of how far away a diver or an object may actually be, as the clarity can lead to a sense of perspective that is difficult to gauge. While time, pressure, and flow rate are all important factors in a diving context, they are relatively more consistent and quantifiable through instruments and experience. Time can be tracked with a watch, pressure can be measured with a gauge, and flow rate can be evaluated with specific tools or by determining current patterns. In contrast, distance perception relies heavily on visual interpretation, making it more susceptible to subjective biases in clear water conditions.

6. What percentage of heat can divers lose through their heads?

- A. 50%**
- B. 75%**
- C. 60%**
- D. 80%**

Divers can lose up to 75% of body heat through their heads due to several physiological factors. The head is a highly vascularized area, meaning it has a dense network of blood vessels that can lead to significant heat loss. When a diver is in water, especially cold water, the head may not be insulated as effectively as other parts of the body, such as the torso, which is typically better protected with thicker layers of wetsuit or drysuit material. Moreover, since the head represents a relatively small surface area compared to the rest of the body but contains a large amount of blood flow, any heat loss from this area can disproportionately impact overall body temperature. This is particularly important in diving, as maintaining core temperature is crucial for performance, safety, and comfort while submerged. The significance of head heat loss highlights the importance of wearing appropriate headgear, such as hoods, to help reduce this heat loss during dives, especially in colder conditions. This awareness aids divers in making informed decisions about their gear and preparation for dives.

7. What is a common sign of overexertion while diving?

- A. Increased alertness**
- B. Excessive fatigue and difficulty maintaining a normal breathing rate**
- C. Enhanced buoyancy control**
- D. Improved underwater visibility**

Excessive fatigue and difficulty maintaining a normal breathing rate are significant signs of overexertion while diving. When divers engage in strenuous activities without the appropriate conditioning or if they push themselves beyond their limits, they may experience fatigue that affects their overall performance and safety in the water. This excessive fatigue can lead to a decrease in the ability to maintain a normal breathing rate, which is crucial for effective gas exchange and safe diving practices. An irregular or overly rapid breathing rhythm may indicate that the body is struggling to cope with the demands placed upon it. Recognizing these signs allows divers to take necessary action to rest and recover, ensuring safe diving practices. In contrast, increased alertness, enhanced buoyancy control, and improved underwater visibility are not characteristics associated with overexertion. Instead, they might suggest that a diver is in a relaxed and focused state, which is ideal for a safe and enjoyable dive.

8. Which of the following best describes poor visibility underwater?

- A. It can lead to improved experiences**
- B. It makes it easier to see marine life**
- C. It may cause potential collisions**
- D. It enhances buoyancy control**

Poor visibility underwater significantly impacts a diver's ability to navigate and assess their surroundings. When visibility is reduced, divers cannot see objects clearly and are at greater risk of colliding with other divers, marine life, or underwater structures. This difficulty in perception can lead to dangerous situations, as divers may not be able to gauge their distance from other entities or recognize hazards in their path. In this context, improved experiences, easier observation of marine life, and enhanced buoyancy control are all unlikely outcomes of reduced visibility. Instead, decreased clarity and distance perception make safe diving more challenging, underscoring why the potential for collisions is a critical concern for divers operating in conditions of poor visibility.

9. What type of pressure does a scuba regulator deliver?

- A. Low pressure**
- B. Normal pressure**
- C. High pressure**
- D. Abundant pressure**

The correct answer highlights that a scuba regulator is designed to deliver low pressure. Specifically, this means that the regulator reduces the high pressure of the air in the tank to a much lower pressure that is safe and breathable for the diver. In the context of diving, high-pressure air is stored in scuba tanks, typically at pressures around 3000 psi or more. As the air is needed for breathing while underwater, it must be decreased to a pressure that is manageable and comfortable, usually around ambient water pressure plus a safety margin. The regulator automatically adjusts to these varying external pressures, enabling divers to breathe normally regardless of their depth. Low-pressure delivery is crucial for a diver's safety, as breathing air at high pressure can lead to complications. This functionality is vital for ensuring that divers can breathe naturally without experiencing strain or undue stress. Understanding the operation of a scuba regulator is an essential part of dive training, as it illustrates the fundamental principles of how pressure affects breathing and safety underwater.

10. A balloon displacing eight liters of air at the surface will displace how many liters at a depth of 30m/99ft?

- A. 4 liters**
- B. 6 liters**
- C. 2 liters**
- D. 8 liters**

At a depth of 30 meters (or 99 feet), the pressure increases due to the weight of the water above. For every 10 meters of seawater, the pressure increases by approximately one atmosphere. By 30 meters, the pressure would be about four times the atmospheric pressure at the surface (3 atmospheres from the water plus the 1 atmosphere from the air). According to Boyle's Law, which states that the volume of a gas is inversely proportional to its pressure (when the temperature is held constant), as the pressure increases, the volume of the gas decreases. In this situation, a balloon that displaces 8 liters of air at the surface will see its volume decrease as it is submerged to a depth of 30 meters. Each time the pressure doubles, the volume is halved. Therefore, as the balloon is subjected to increased pressure at 30 meters, its volume will diminish significantly. With a total pressure of four atmospheres, we can estimate the new volume by performing the following calculation: Starting from the initial volume (8 liters) and halving it for each atmosphere of pressure increase results in: - First atmosphere: $8 \text{ liters} / 2 = 4 \text{ liters}$ - Second atmosphere: 4 liters

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://nasediveclass.examzify.com>

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

SAMPLE