

SSI Instructor Practice Exam (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. In the "Breaststroke Kick Heel Touch" drill, which part of the body should the heels touch during correct kick recovery?**
 - A. Buttocks**
 - B. Thighs**
 - C. Lower back**
 - D. Upper legs**

- 2. What is the starting position of the student when performing the 1-2-3 Breathe drill?**
 - A. Floating on the back**
 - B. Standing in water**
 - C. In a streamline position**
 - D. On the side of the pool**

- 3. Instructors play a crucial role in building what aspect of a diver's learning experience?**
 - A. Technical diving expertise exclusively**
 - B. Confidence and safety awareness among students**
 - C. Competitive diving performance**
 - D. Theoretical knowledge retention**

- 4. How does the use of positive reinforcement influence swimming instruction?**
 - A. It distracts students**
 - B. It encourages student engagement and confidence**
 - C. It creates competition among students**
 - D. It is ineffective in skill development**

- 5. What is the concept of buddy diving in scuba?**
 - A. Having a solo dive experience**
 - B. Pairing up two divers for enhanced safety**
 - C. Only diving with an instructor**
 - D. Avoiding any assistance during dives**

- 6. How does an instructor primarily evaluate a student's performance in the water?**
- A. By conducting written tests**
 - B. By observing skills during practical exercises**
 - C. By comparing them to other students**
 - D. By requiring them to teach a segment**
- 7. What additional training is needed to teach the AngelFish program?**
- A. Advanced lifeguarding**
 - B. CPR and first aid**
 - C. Special needs training**
 - D. Water safety instruction**
- 8. What should be included in a pre-dive briefing?**
- A. A discussion about personal equipment**
 - B. Covering dive objectives and emergency procedures**
 - C. Explaining equipment insurance policies**
 - D. A review of previous dives only**
- 9. What is a key benefit of understanding dive site conditions?**
- A. It helps divers choose equipment**
 - B. It enhances the diving experience by preparing divers for challenges**
 - C. It allows divers to set personal records**
 - D. It improves social interaction among divers**
- 10. What is the significance of maintaining a diving manual?**
- A. It serves as a decoration for diving gear**
 - B. It provides guidelines and resources for safety procedures**
 - C. It is only needed for competitive divers**
 - D. It replaces the need for instructor training**

Answers

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

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Explanations

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1. In the "Breaststroke Kick Heel Touch" drill, which part of the body should the heels touch during correct kick recovery?

- A. Buttocks**
- B. Thighs**
- C. Lower back**
- D. Upper legs**

The correct answer is that during the "Breaststroke Kick Heel Touch" drill, the heels should touch the thighs during the kick recovery phase. This position is crucial because it ensures that the legs are positioned correctly for an effective breaststroke kick. Bringing the heels to the thighs allows for a compact and efficient recovery, which helps maintain proper body alignment and reduces resistance in the water. This movement mimics the natural motion of the breaststroke kick by promoting a streamlined position when the kick is initiated. It emphasizes the importance of using the hips for propulsion, as well as ensuring that the feet come forward into the breaststroke position optimally for the next downward kick. In contrast, if the heels were to touch the buttocks, it might indicate an excessively high recovery, which can disrupt the swimmer's body position and reduce efficiency. Touching the lower back or upper legs would also indicate that the recovery isn't being executed properly. Thus, the emphasis on touching the thighs helps swimmers refine their technique for a more powerful and efficient breaststroke kick.

2. What is the starting position of the student when performing the 1-2-3 Breathe drill?

- A. Floating on the back**
- B. Standing in water**
- C. In a streamline position**
- D. On the side of the pool**

The starting position of the student when performing the 1-2-3 Breathe drill is in a streamline position. This position involves the swimmer extending their arms overhead, aligning their body in a straight line, which allows for optimal body position and balance in the water. Starting from this streamlined stance is crucial as it encourages proper alignment and minimizes drag, which is essential for effective breathing techniques during swimming. It sets the foundation for executing the breathing drills correctly, fostering a smooth transition into breathing without disrupting the body's streamlined position.

3. Instructors play a crucial role in building what aspect of a diver's learning experience?

- A. Technical diving expertise exclusively**
- B. Confidence and safety awareness among students**
- C. Competitive diving performance**
- D. Theoretical knowledge retention**

Instructors significantly contribute to building confidence and safety awareness among students, which are foundational elements of a diver's learning experience. Diving inherently involves risks, and an instructor's role is to educate students about these risks and equip them with the necessary skills and knowledge to manage them effectively. By fostering a safe learning environment, instructors help students gain confidence in their abilities to handle various diving situations, ensuring they can enjoy diving activities while prioritizing their safety and that of their dive buddies. This focus on confidence and safety awareness means that students are more likely to develop proper diving habits and make informed decisions when diving, which is critical for their overall diving journey. While technical expertise and theoretical knowledge are certainly important, they serve as tools within the larger context of being a confident and safety-conscious diver. Competitive performance, although a goal for some divers, is not a primary focus of instructor-led training for the majority of divers who are learning for recreational purposes.

4. How does the use of positive reinforcement influence swimming instruction?

- A. It distracts students**
- B. It encourages student engagement and confidence**
- C. It creates competition among students**
- D. It is ineffective in skill development**

The use of positive reinforcement significantly impacts teaching swimming by fostering an environment that encourages student engagement and builds confidence. When instructors implement positive reinforcement, such as praise or rewards for successful skill execution, it motivates students to continue practicing and participating actively in the lessons. This approach creates a supportive atmosphere where learners feel valued and empowered, which can enhance their overall enjoyment of swimming and willingness to learn. By rewarding positive behavior and progress, instructors help students associate swimming lessons with positive emotions and accomplishments, leading to increased self-esteem. This self-assurance is vital in a skill like swimming, where confidence can directly affect a learner's ability to perform and overcome challenges in the water. Thus, positive reinforcement is a potent tool in swimming instruction that helps cultivate a more engaged and capable group of learners.

5. What is the concept of buddy diving in scuba?

- A. Having a solo dive experience
- B. Pairing up two divers for enhanced safety**
- C. Only diving with an instructor
- D. Avoiding any assistance during dives

Buddy diving is a fundamental practice in scuba diving that involves pairing two divers together to enhance safety and support during underwater excursions. This approach is based on the principle that divers can look out for each other, assisting with equipment issues, sharing air in emergencies, and ensuring that both divers are aware of each other's well-being throughout the dive. This system promotes a safety network in which each diver is responsible not only for their own safety but also for the safety of their buddy. In practice, this means that buddy divers maintain close proximity, communicate regularly through hand signals or other methods, and have emergency plans in place, such as sharing an air supply if one diver encounters unexpected difficulties. The other options do not align with the concept of buddy diving. Solo diving does not involve any partner and is usually accompanied by greater risks unless very specific training and precautions are taken. Diving exclusively with an instructor does not encompass the buddy system for regular divers, and avoiding assistance contradicts the core principles of safety and mutual support that buddy diving is built upon.

6. How does an instructor primarily evaluate a student's performance in the water?

- A. By conducting written tests
- B. By observing skills during practical exercises**
- C. By comparing them to other students
- D. By requiring them to teach a segment

Evaluating a student's performance in the water primarily involves observing the skills they demonstrate during practical exercises. This approach allows the instructor to assess the student's proficiency in a real-world context, which is crucial for determining their ability to apply learned skills effectively. Watching students perform diving techniques, for example, provides immediate insights into their comfort levels, technique execution, safety practices, and overall competence in the water. Practical evaluations capture not just the completion of tasks, but also the quality of performance, which might be difficult to assess through written tests or comparisons with others. Practical assessments help instructors identify areas needing improvement and offer personalized feedback, fostering a productive learning environment. Overall, observing skills in context directly informs an instructor's judgment and enhances the student's learning experience.

7. What additional training is needed to teach the AngelFish program?

- A. Advanced lifeguarding**
- B. CPR and first aid**
- C. Special needs training**
- D. Water safety instruction**

The AngelFish program, designed to provide aquatic instruction for individuals with special needs, requires instructors to have a background in special needs training. This specialized training equips instructors with the knowledge and techniques necessary to effectively engage with participants who may have diverse physical, emotional, or developmental challenges. It focuses on understanding different disabilities, adaptive communication methods, and the best practices for creating a supportive and inclusive learning environment. This ensures that the teaching approach is tailored to meet the unique needs of each participant, fostering a safe and enjoyable experience while learning to swim or engage in water activities. The emphasis is on enabling participation and promoting confidence in the water, which is particularly important for individuals with special needs.

8. What should be included in a pre-dive briefing?

- A. A discussion about personal equipment**
- B. Covering dive objectives and emergency procedures**
- C. Explaining equipment insurance policies**
- D. A review of previous dives only**

Including a discussion on dive objectives and emergency procedures in a pre-dive briefing is crucial for safety and effective communication among divers. This element ensures that all team members are aligned on the goals of the dive, such as the marine life they hope to see or the underwater tasks they aim to complete. Additionally, covering emergency procedures prepares divers for potential situations that could arise, such as equipment failure, getting separated from the group, or other unforeseen circumstances. By clearly outlining these objectives and emergency protocols, divers can enhance their preparedness, confidence, and overall experience underwater. This aspect of the briefing fosters a collaborative atmosphere, ensuring that everyone is aware of their roles and responsibilities, ultimately contributing to a safer diving environment.

9. What is a key benefit of understanding dive site conditions?

- A. It helps divers choose equipment**
- B. It enhances the diving experience by preparing divers for challenges**
- C. It allows divers to set personal records**
- D. It improves social interaction among divers**

Understanding dive site conditions is crucial as it enhances the diving experience by preparing divers for challenges they may encounter underwater. Being aware of factors such as current strength, visibility, marine life, and temperature allows divers to anticipate potential hazards and adjust their diving plan accordingly. This preparedness can significantly affect a diver's safety and enjoyment, enabling them to engage more fully with the underwater environment while navigating any difficulties that arise. Additionally, knowledge of site conditions can lead to improved decision-making during a dive, helping divers to respond effectively to unexpected situations, such as rapid changes in weather or water conditions. This proactive approach fosters a safer and more enjoyable dive, ensuring that divers can appreciate the marine ecosystem without undue stress or concern.

10. What is the significance of maintaining a diving manual?

- A. It serves as a decoration for diving gear**
- B. It provides guidelines and resources for safety procedures**
- C. It is only needed for competitive divers**
- D. It replaces the need for instructor training**

Maintaining a diving manual is of great significance primarily because it provides guidelines and resources for safety procedures. A diving manual serves as an essential tool for divers of all experience levels, offering critical information on best practices, safety protocols, and emergency procedures. This resource helps divers understand how to conduct dives safely, respond to potential hazards, and ensure their own safety as well as the safety of their dive buddies. Having a comprehensive diving manual readily available supports the learning process and encourages divers to review important concepts and refresh their knowledge before and during dives. It can cover a wide range of topics including equipment usage, dive planning, environmental considerations, and emergency situations, making it a fundamental component of safe diving practices. While some might think that it's just a decorative item or only relevant for competitive divers, the reality is that every diver, regardless of their level or focus, benefits from the safety and knowledge that a diving manual provides. It is certainly not a replacement for instructor training, as practical skills and hands-on experience are essential, but rather a complementary resource that underscores safety in diving.

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://ssiinstructor.examzify.com>

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

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