



Student name: _____

Date: _____

1. _____

2. _____ bar

3. _____ bar

4. A B C D

5. A B C D

6. _____

7.
 TLC = _____
 RV = _____
 FRC = _____
 VC = _____
 TV = _____

8. A: _____ B: _____ C: _____ D: _____

9. A B C

10. A B C

11. A: _____ B: _____ C: _____

12.

RELAXATION / START TIME	SWIM DISTANCE	REPETITIONS

13.

RELAXATION TIME	BREATH HOLD	REST TIME

14. A: _____ m B: _____ m

15. _____



Student name: _____

Date: _____

16. _____

20. _____

17. A = _____

B = _____

C = _____

21. A B C D E F

22. _____

18. _____

23. _____

19. Peripheral Vasoconstriction =

24. A B C D E F G

25. _____

Cause = _____

Cerebral Vasoconstriction =

Cause = _____

26. _____



Student name: _____

Date: _____

27. _____

28. _____

29. _____

30. A B C D

ALWAYS DIVE WITH A TRAINED BUDDY!

AIDA3 Exam Score: _____ / 100 Points

Minimum Pass is 75%

My instructor has reviewed with me any questions that I missed and I now fully understand the information presented.

Signature: _____

Name: _____

Date: _____