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## **Diving Science**

Michael Strauss, Igor V. Aksenov



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Prepare for each underwater adventure and its challenges. *Diving Science* will help you anticipate, recognize, and respond to the physical, physiological, and psychological stresses encountered in sport diving.

Written by two experts in diving physiology and medicine, this comprehensive resource will help you manage each stage of a dive more safely and successfully. Whether you're on the surface or bottom, in the descent or ascent, you'll know exactly what to do and when to do it. With information on everything from on-gassing and off-gassing to first response interventions for medical problems, Diving Science is as essential as a wetsuit for your next dive.

Use the book's diving-specific fitness specifications to learn how to make diving safe and enjoyable at any age. And apply the detailed equipment recommendations to prepare properly for each dive.

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