

## **Abstract**

**Title:** Methodology of apnea diving

**Objectives:** The main objective of this work is to develop materials that could serve as a learning support students in basic studies of apnea diving. A part of the history of diving equipment and diving physiology of flavor and also methodologies apnea diving.

**Methods:** Study of available sources. Literature available sources. Development of educational material using the material used and its own experience.

**Results:** The result is a learning support for students apnea diving.

**Keywords:** Diving, apnea diving, diving training, training with essential gear