



Marine Recreational Tourism **WORKBOOK**

fun & informative

BALQIS BINTI AHMAD SHAHAR



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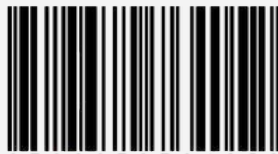
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Marine Recreational Tourism
Workbook



About Author



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Lecturer of Diploma in Recreation Management at Polytechnic Hulu Terengganu. She has been involved in teaching Marine Recreational Tourism for 10 years and have various certificate in teaching Marine Recreational subjects including Advance Scuba Diver, Kayaking Star 1 & 2 and Pool Life Saver. More over, she has been involved competition in kayaking and orienteering. She obtained her degree from University of Malaysia Terengganu in Marine Biology. The author is from Kepong, Kuala Lumpur and has served in the Department of Tourism and Hospitality since February 2021 until now.



Welcome to the Workbook

- MAKES YOU UNDERSTAND MORE
- A FUN WAY TO REFRESH AND RE LEARN
- DISCOVERY IN AN INTERACTIVE MANNER



*good
luck*



The Synopsis

This ebook is to served student who learn subject Marine Recreational Tourism. It comprises worksheet and questions about the topics in Marine Recreational Tourism Subject. Students will understand more and enjoy learning

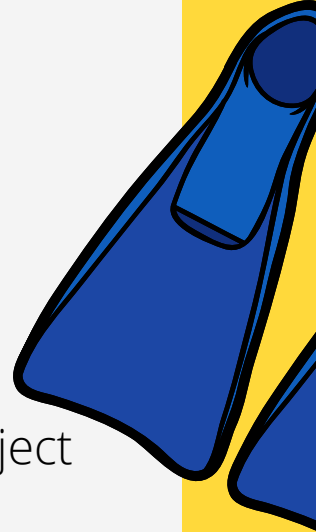




Table of Content

WELCOME TO THE WORKBOOK

I. BASIC SWIMMING

II. SNORKELING

III. KAYAKING

IV. RECREATIONAL FISHING

V. SCUBA DIVING

Date: _____



Basic Swimming

Purpose of basic swimming

Safety procedure for basic swimming

Before

During

After



Date: _____



Basic Swimming

Two basic swimming strokes and how to perform this strokes:

Date: _____



Basic Swimming

What are the four steps in freestyle stroke

1

2

3

4



Date: _____



Basic Swimming

What are the four steps in breast stroke

1

2

3

4



Date: _____



Basic Swimming

Suitable location for swimming:

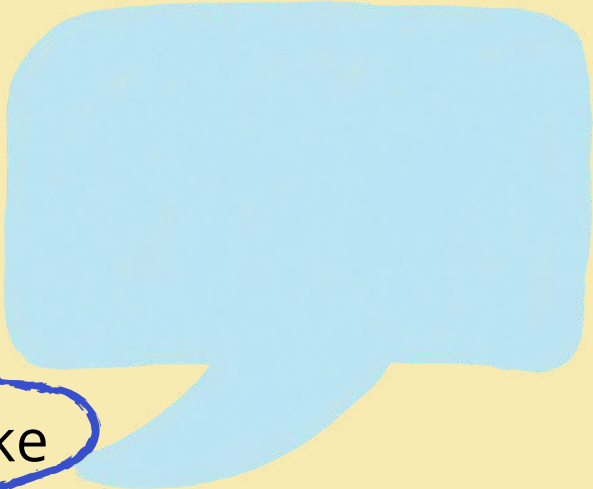
Two white brushstroke-style rectangular boxes for writing.

Two white brushstroke-style rectangular boxes for writing.

Describe water rescue activities skills and techniques:



Side stroke



Retrieve stroke

Date: _____



Basic Swimming

Find basic swimming equipments:

Swimming equipments

N	O	O	P	S	D	R	A	O	B	K	C	I	K
E	S	B	F	O	K	S	G	O	G	G	L	E	S
F	W	E	S	S	N	U	A	B	P	F	S	S	W
E	E	S	S	B	S	W	O	O	A	W	S	S	I
A	E	S	W	L	D	E	N	O	C	F	R	S	M
W	E	F	S	I	I	D	K	T	M	G	S	O	M
E	N	W	L	N	M	B	F	I	I	I	O	A	I
T	L	S	O	O	I	N	C	E	W	E	T	E	N
E	R	F	A	S	A	F	O	S	S	I	A	S	G
C	M	N	G	T	D	T	R	O	U	O	Y	C	S
B	M	E	A	E	I	T	S	C	D	L	R	E	U
A	E	S	S	K	I	O	I	B	N	L	S	I	I
G	N	I	R	Y	T	E	F	A	S	E	E	M	T
N	S	M	T	O	W	E	L	S	T	G	B	S	I

BOOTIES
SWIM CAP
SWIM NOODLES
FLOATS
FINS
TOWELS
GOGGLES
SWIMMING SUIT
SAFETY RING
KICKBOARDS

Play this puzzle online at : <https://thewordsearch.com/puzzle/3732102/>

*Psstt..You can
play this puzzle
online*



Date: _____



Snorkelling

Concept of snorkelling

Identify snorkelling equipments:

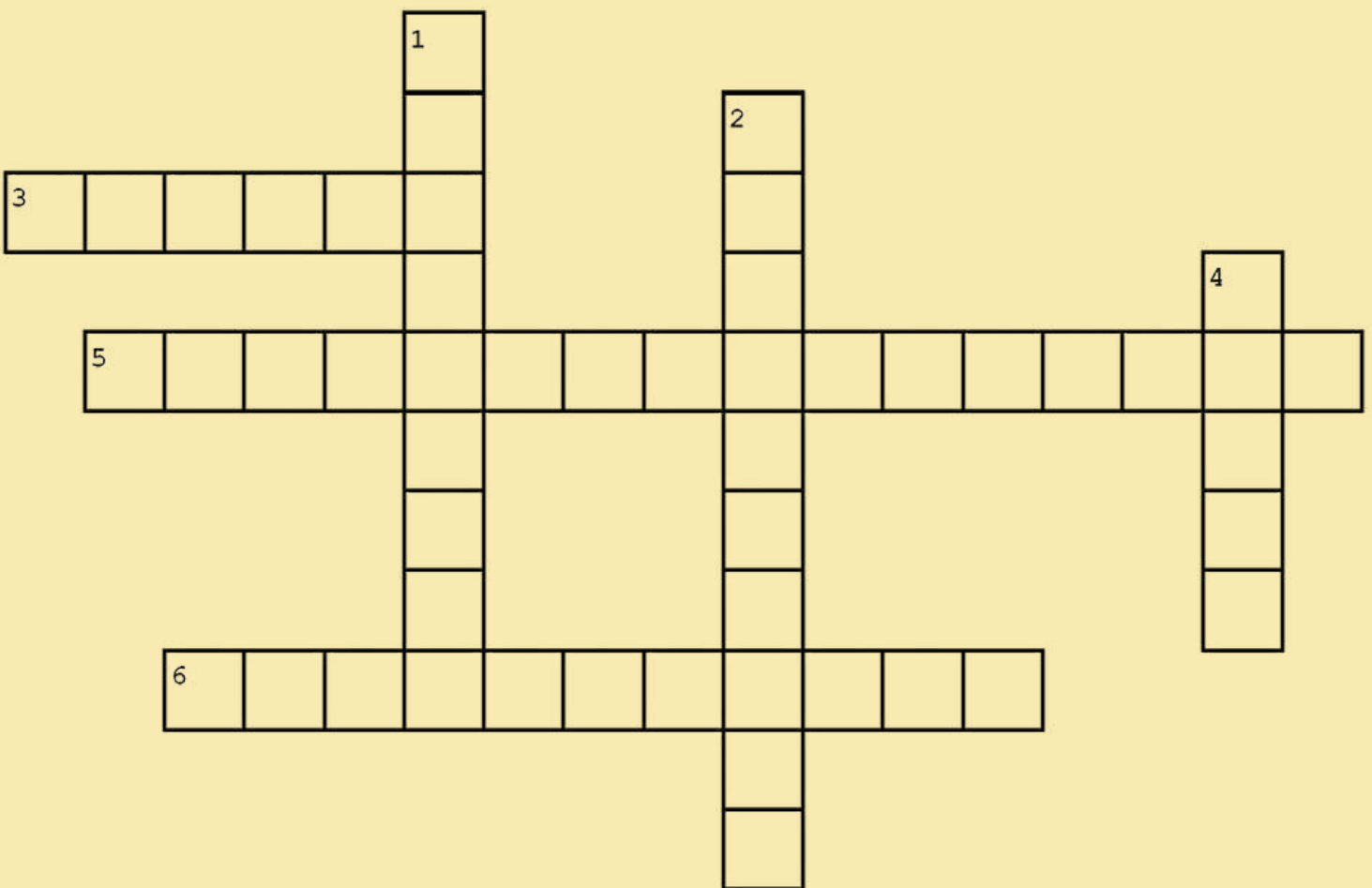


Date: _____



Snorkelling

Answer the crossword below:



Across

3. Famous snorkeling site
5. done to remove water from snorkel
6. type of kicking in snorkeling

Down

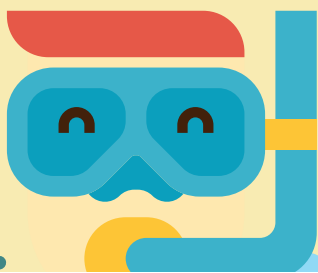
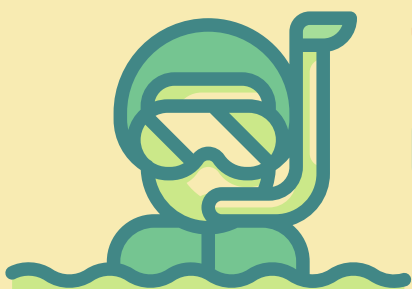
1. you should be _____ while snorkeling
2. wear to help you float
4. friend who goes snorkeling together

Date: _____



Snorkelling

List down safety procedures before any snorkelling activities:



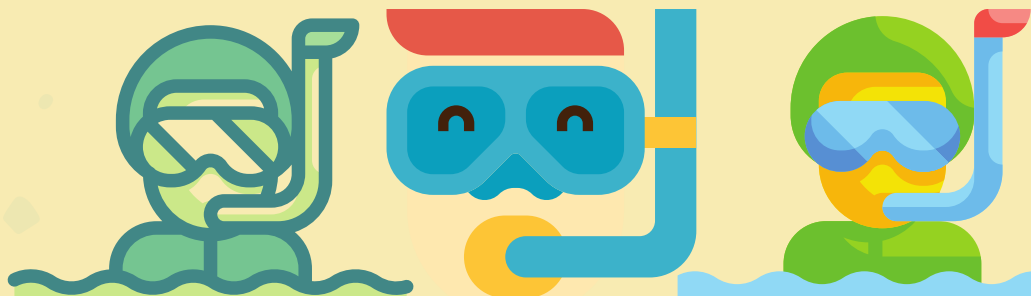
Date: _____



Snorkelling

Explain buddy system

Function marine park for snorkeling



Date: _____



Snorkelling

Describe the function for each of the equipment







Date: _____



Snorkelling

Describe each of this technique

Flutter kick



The focus points the kick is driven from the hips. But the propulsion is created by the feet bend

Frog kick



The legs move in sync and perform movements similar to a dolphin's tail

Scissor kick



the legs are drawn up and spread outward at the knees and then extended and brought together with a snap

Dolphin kick

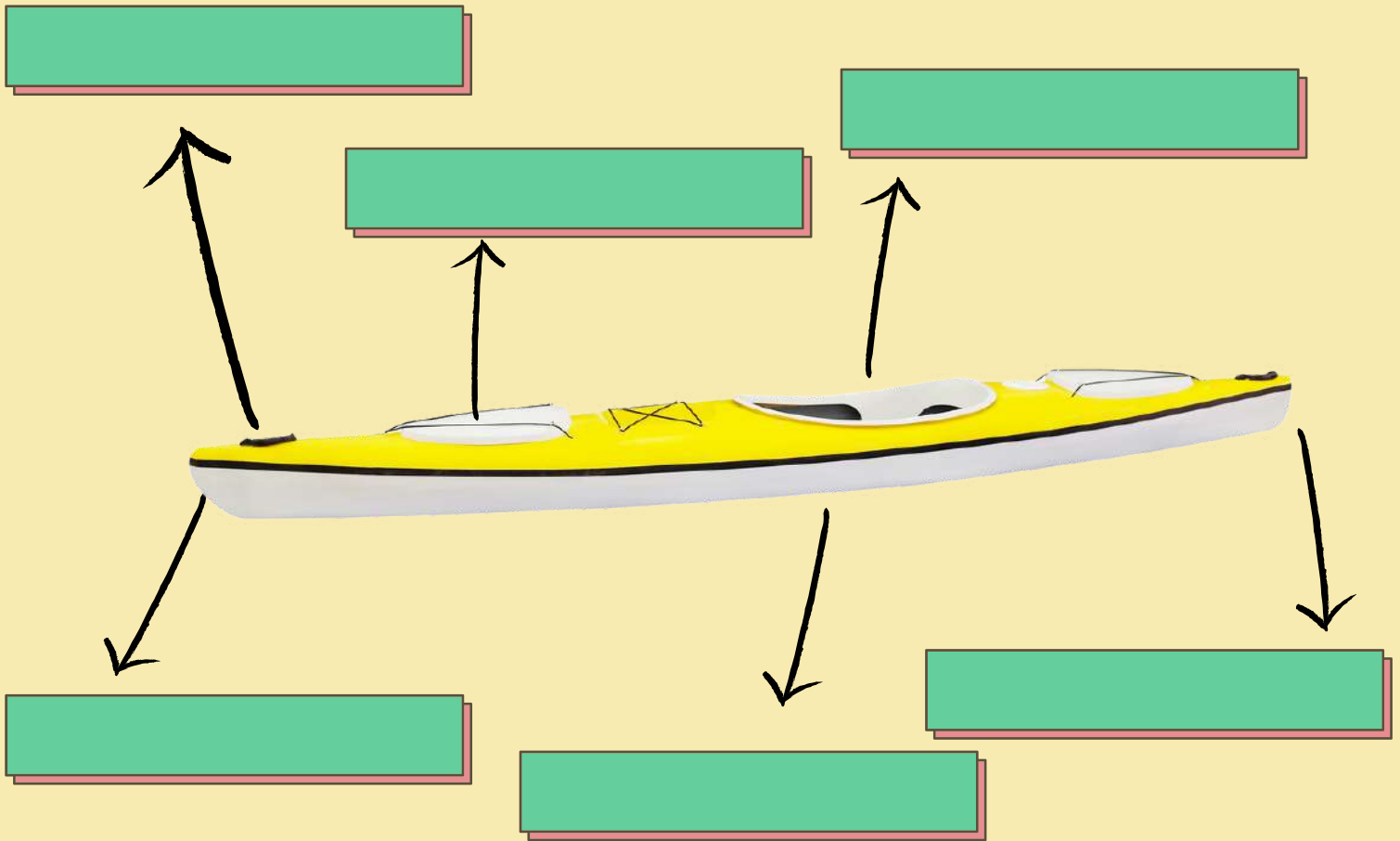


your leg top leg reaches forward and your bottom leg bends back then use scissors or close your legs back

Date: _____



Kayaking



Anatomy of kayak

Knowing what parts are on your kayak will help you become more knowledgeable about the sport

Date: _____



Kayaking

Type of kayak



• •



• •



• •



• •

Date: _____



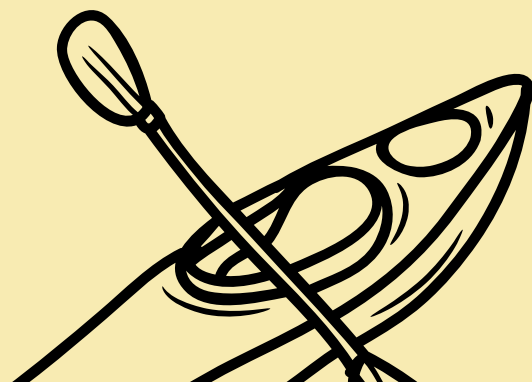
Kayaking

Give THREE advantages of kayaking

1

2

3



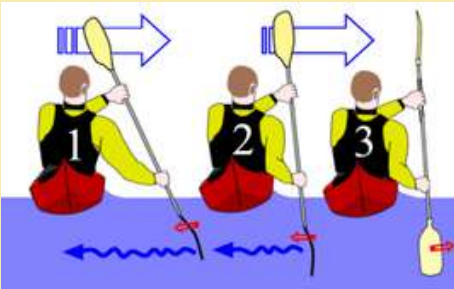
Date: _____



Kayaking

Type of stroke

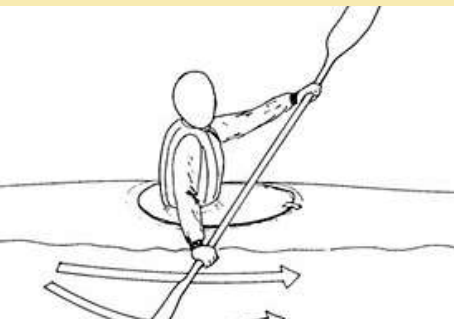
MATCHING GAME



Put the blade in the water and pull it towards you, then repeat on the other side



Put the blade into the water near your hips. Then, you should push the paddle toward the bow of your kayak while turning the trunk of your body.



Reach out with the tip of the blade to touch the water about two feet away, directly on the side of your boat.



Date: _____



Kayaking

List 4 preparation plans before start a kayaking activity...

1

2

3

4

Date: _____



Recreational Fishing

Purpose of recreational fishing

Identify types of fresh and sea water fish

Mackerel



Carp



Catfish



Grouper



Date: _____



Recreational Fishing

Types of fishing rod



Date: _____



Recreational Fishing

Types of fishing hooks

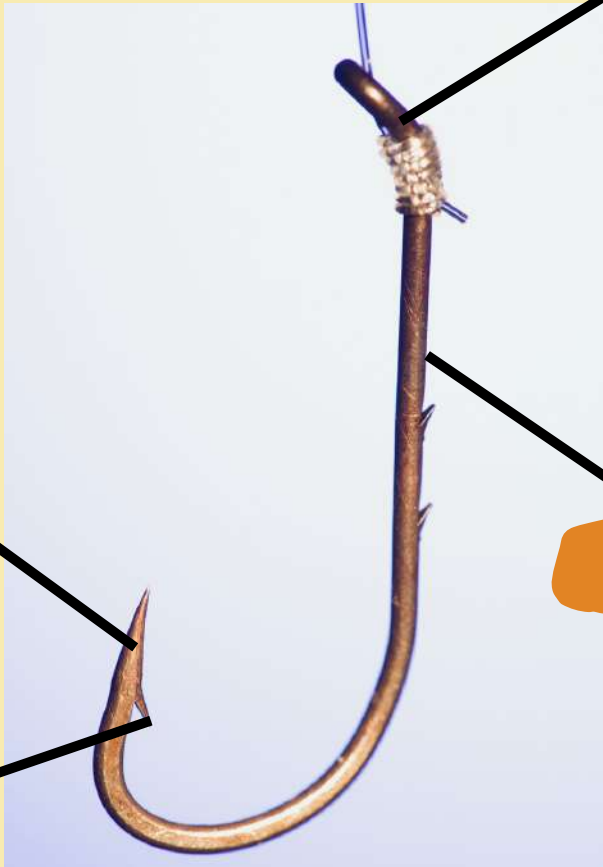


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Recreational Fishing

Anatomy of fishing hooks



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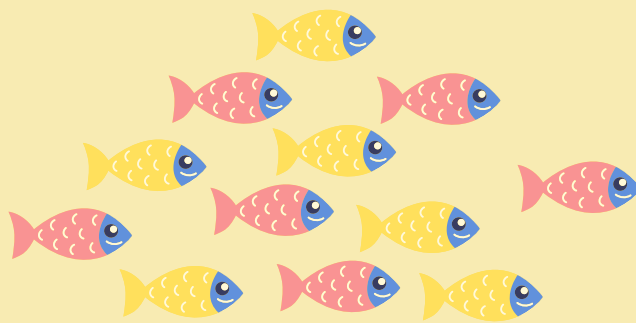
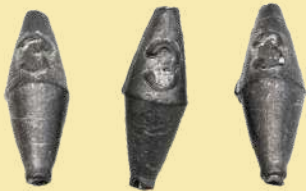
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Recreational Fishing



Date: _____



Recreational Fishing

1

Safety procedures during fishing

2



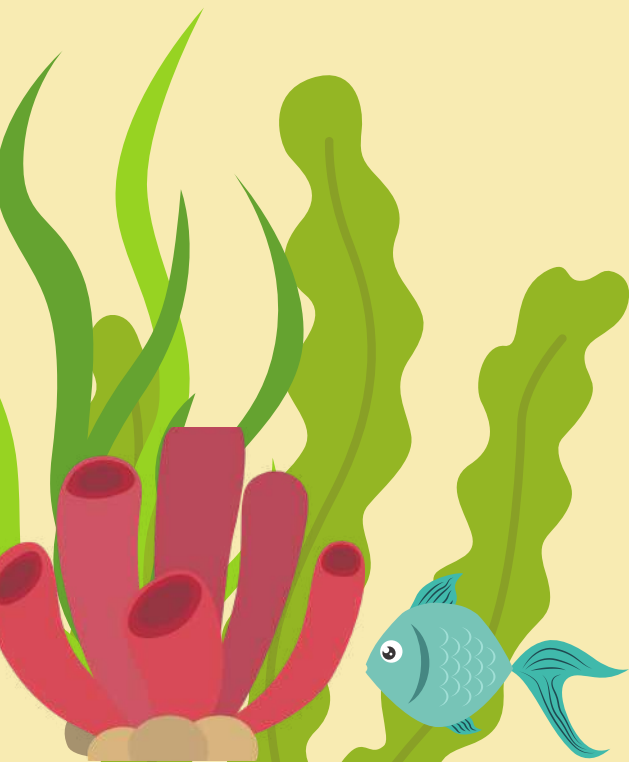
Date: _____



Scuba Diving

Concept

Purpose



Date: _____



Scuba Diving

Scuba diving safety procedure

Before

During

After



Date: _____



Scuba Diving

Scuba diving equipment









Date: _____



Scuba Diving

Fill in the blanks

scientific	equipment	obey
equipment	buddy	condition
water confident	check	basic

1. _____ all the diving instructions given.
2. Make sure the participants are in great _____.
3. Gather information about the _____ for scuba diving.
4. _____ your equipment before diving.
5. You need to know _____ skills of scuba diving.
6. Learn _____ before start scuba diving activities
7. When scuba diving you need to have _____
8. _____ diving is to study about marine life



Date: _____



Scuba Diving





Date: _____



Scuba Diving



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Thank You!

HOPE THIS WORKBOOK SERVE YOU BETTER.

KEEP IT UP.

