

<i>Group 1</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>
<b>Breathing Rate</b>	17.1	0
<b>Heart Rate</b>	58.65	71.3
<b>Systolic BP</b>	125	117.5
<b>Diastolic BP</b>	70	72.5
<b>Pulse Amplitude</b>	0.259	0.198
<b>MAP</b>	88.3	87.5

<i>Group 2</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>
<b>Breathing Rate</b>	20.503	0
<b>Heart Rate</b>	84.235	81.085
<b>Systolic BP</b>	113.5	110
<b>Diastolic BP</b>	79	71
<b>Pulse Amplitude</b>	1.503	0.3405
<b>MAP</b>	90.5	84

<i>Group 3</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>
<b>Breathing Rate</b>	20.94	0
<b>Heart Rate</b>	77.9	73.405
<b>Systolic BP</b>	108	120
<b>Diastolic BP</b>	73.5	78.5
<b>Pulse Amplitude</b>	2.757	1.5125
<b>MAP</b>	85.67	92.33

<i>Group 1</i>	<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>
<b>Breathing Rate</b>	17.1	6.1
<b>Heart Rate</b>	58.65	52.8
<b>Systolic BP</b>	125	120
<b>Diastolic BP</b>	70	62.5
<b>Pulse Amplitude</b>	0.2595	0.232
<b>MAP</b>	88.3	81.7

<i>Group 2</i>	<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>
<b>Breathing Rate</b>	20.503	18.65
<b>Heart Rate</b>	84.235	90.99
<b>Systolic BP</b>	113.5	112
<b>Diastolic BP</b>	79	71
<b>Pulse Amplitude</b>	1.503	1.499
<b>MAP</b>	90.5	84.67

<i>Group 3</i>	<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>
<b>Breathing Rate</b>	20.94	18.135
<b>Heart Rate</b>	77.905	75.77
<b>Systolic BP</b>	110	113.5
<b>Diastolic BP</b>	73.5	71
<b>Pulse Amplitude</b>	2.752	0.2045
<b>MAP</b>	85.67	85.17

**Control (resting)    Dive Room Temperature 26C**

*Group 1*

<b>Breathing Rate</b>	17.1	0
<b>Heart Rate</b>	58.65	55.2
<b>Systolic BP</b>	125	115
<b>Diastolic BP</b>	70	57.5
<b>Pulse Amplitude</b>	0.2595	0.146
<b>MAP</b>	88.3	76.7

**Control (resting)    Dive Room Temperature**

*Group 2*

	20.503	0
<b>Breathing Rate</b>	84.235	69.37
<b>Heart Rate</b>	113.5	114.5
<b>Systolic BP</b>	79	71
<b>Diastolic BP</b>	1.503	2.714
<b>Pulse Amplitude</b>	90.5	85.5

**Control (resting)    Dive Room Temperature**

*Group 3*

<b>Breathing Rate</b>	20.94	0
<b>Heart Rate</b>	77.9	73.6
<b>Systolic BP</b>	108	116.6
<b>Diastolic BP</b>	73.5	75
<b>Pulse Amplitude</b>	2.757	2.856
	85.67	85.6

<b>Apnea (dive)</b>	<b>Recovery from dive</b>	
	0	22.3
	55.2	74.1
	115	132.5
	57.5	57.5
	0.146	0.1035
	76.7	82.5

<b>Apnea (dive)</b>	<b>Recovery from dive</b>	
	0	25.75
	69.37	94.51
	114.5	116.5
	71	71.5
	2.714	0.57
	85.5	86.5

<b>Apnea (dive)</b>	<b>Recovery from dive</b>	
	0	21.84
	81.63	69.235
	120	121
	81	77
	0.291	0.7105
	94	91.67

<b>Non-apneic snorkel and facemask (no dive)</b>	<b>Facemask only (dive)</b>	<b>snorkel only (dive)</b>	
	5.53	0	18.4
	61.9	60	56.1
	127.5	122.5	117.5
	65	57.5	70
	0.359	0.401	0.056
	85.8	79.2	85.8

<b>Non-apneic snorkel and facemask (no dive)</b>	<b>Facemask only (dive)</b>	<b>snorkel only (dive)</b>	
	11.74	0	17.5
	87.25	66.7	71.7
	117.5	11	118
	71	71	72
	0.0915	0.815	0.137
	86.5	84.33	87.33

<b>Non-apneic snorkel and facemask (no dive)</b>	<b>Facemask only (dive)</b>	<b>snorkel only (dive)</b>	
	95.23	0	20.37
	118	97.56	131.86
	75.5	118.5	113.5
	0.17	82	79
	0.4	0.308	0.499
	89.67	94.16	90.5

**Dive Cold Water 10C**

**Dive Warm Water 40C**

0	0
49.4	50.4
127.5	132.5
82.5	77.5
0.182	0.184
97.5	95.8

**Dive Cold Water**

**Dive Warm Water**

0	0
55.72	66.68
112	115.5
69.5	70.5
0.0605	2.173
83.67	85.5

**Dive Cold Water**

**Dive Warm Water**

54.79	38.46
98.36	104.34
112	116
67	72
1.535	2.524

<i>Group 4</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>	<b>Apnea (dive)</b>	
<b>Breathing Rate</b>	14.65		0	0
<b>Heart Rate</b>	86.04		71.55	75.31
<b>Systolic BP</b>	133.33		126	134
<b>Diastolic BP</b>	88		77.67	84
<b>Pulse Amplitude</b>	1.507		0	0
<b>MAP</b>	103.11		93.78	100.67

<i>Group 5</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>	<b>Apnea (dive)</b>	
<b>Breathing Rate</b>	13.5		0	0
<b>Heart Rate</b>	63.5		57.95	74
<b>Systolic BP</b>	118		128.5	130
<b>Diastolic BP</b>	74		74.5	74
<b>Pulse Amplitude</b>	0.709		0.41	0.409
<b>MAP</b>	88.67		92.5	92.67

<i>Group 6</i>	<b>Control (Resting)</b>	<b>Apnea (no dive)</b>	<b>Apnea (dive)</b>	
<b>Breathing Rate</b>	21.5		0	0
<b>Heart Rate</b>	93		94	78
<b>Systolic BP</b>	115		106	131
<b>Diastolic BP</b>	70		63.5	70
<b>Pulse Amplitude</b>	0.258		0.161	0.346
<b>MAP</b>	85		67.5	90.3

<b>snorkel and facemask (dive)</b>	<b>dive</b>
5.05	0
51.1	55.2
127.5	115
70	57.5
0.238	0.146
88.8	76.7

<i>Group 4</i>
<b>Breathing Rate</b>
<b>Heart Rate</b>
<b>Systolic BP</b>
<b>Diastolic BP</b>
<b>Pulse Amplitude</b>
<b>MAP</b>

<b>snorkel and facemask (dive)</b>	<b>dive</b>
16.52	0
81.3	69.37
113.5	114.5
69	71
1.663	2.714
83.83	85.5

<i>Group 5</i>
<b>Breathing Rate</b>
<b>Heart Rate</b>
<b>Systolic BP</b>
<b>Diastolic BP</b>
<b>Pulse Amplitude</b>
<b>MAP</b>

<b>snorkel and facemask (dive)</b>	<b>dive</b>
44.63	0
151.89	73.6
113	116.6
79	75
0.308	2.856
94.16	85.6

<i>Group 6</i>
<b>Breathing Rate</b>
<b>Heart Rate</b>
<b>Systolic BP</b>
<b>Diastolic BP</b>
<b>Pulse Amplitude</b>
<b>MAP</b>

	<b>Control (resting)</b>	<b>Dive Room Temperature</b>	<b>Dive Cold Water</b>
<i>Group 4</i>			
<b>Breathing Rate</b>	14.65	0	0
<b>Heart Rate</b>	86.04	75.31	78.95
<b>Systolic BP</b>	133.33	134	136
<b>Diastolic BP</b>	88	84	83
<b>Pulse Amplitude</b>	1.507	0	0
<b>MAP</b>	103.11	100.67	100.67

	<b>Control (resting)</b>	<b>Dive Room Temperature</b>	<b>Dive Cold Water</b>
<i>Group 5</i>			
<b>Breathing Rate</b>	27.97	0	0
<b>Heart Rate</b>	89.65	26.85	95.1
<b>Systolic BP</b>	104.5	125.5	135
<b>Diastolic BP</b>	53	63	56.5
<b>Pulse Amplitude</b>	0.14	0.0715	82.67

	<b>Control (resting)</b>	<b>Dive Room Temperature</b>	<b>Dive Cold Water</b>
<i>Group 6</i>	21.5	0	0
<b>Breathing Rate</b>	93	78	96
<b>Heart Rate</b>	115	131	126
<b>Systolic BP</b>	70	70	71
<b>Diastolic BP</b>	0.258	0.173	1.266
<b>Pulse Amplitude</b>	85	90.3	89.3

**Recovery from dive**

16.61  
53.8  
141.33  
86.67  
0.659  
104.89

**Recovery from dive**

0  
63  
124  
74.5  
0.5825  
91

**Recovery from dive**

26.5  
83  
129  
67  
0.53  
88

<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>	<b>Non-apneic snorkel and facemask (no dive)</b>
14.65	20.73	15.69
86.04	82.32	85.79
133.33	142	140
88	84.33	89.33
1.507	0.96	0.819
103.11	103.55	106.22

<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>	<b>Non-apneic snorkel and facemask (no dive)</b>
13	23	15.5
64.5	72	54.5
117	125	123
73	74.5	72
0.7085	0.1835	0.232
87	91.33	89

<b>Control (resting)</b>	<b>Non-apneic snorkel (No dive)</b>	<b>Non-apneic snorkel and facemask (no dive)</b>
21.5	20	22
93	100.5	96
115	125	120
70	72	65
0.258	0.055	0.528
85	89.6	83.3

**Dive Warm Water**

0  
73.18  
130  
85  
0  
100

**Dive Warm Water**

0  
66.3  
119  
54  
0.0435

**Dive Warm Water**

0  
148  
129  
71  
0.265  
90.3



Facemask only (dive)	snorkel only (dive)	snorkel and facemask (dive)	dive
0	15.4	19.11	0
74.98	76.38	91.37	75.31
132	141	138	134
84	82	84	84
0	1.42	1.052	0
100	101.67	101.33	100.67

Facemask only (dive)	snorkel only (dive)	snorkel and facemask (dive)	dive
0	0	0	0
47.5	57.5	69.5	61.5
131	129.5	136	129
75	78	77	75
0.408	0.2035	0.159	0.063
93.67	95	96.67	93

Facemask only (dive)	snorkel only (dive)	snorkel and facemask (dive)	dive
0	13.5	27.5	0
91	115.5	122	78
116	121	120	131
61	70	61	70
0.425	0.009	0.112	0.173
79.3	87	80.6	90.3