



Article published on June 13th 2012 | [Vacations](#)

Scuba diving is a sort of underwater diving in which scuba set is used by the diver to help him breath underwater. SCUBA is an acronym for self contained underwater breathing apparatus. The earlier water diving, which relied on holding breath or pumping air from the surface through pipes, is different from the Scuba diving in which divers carry tanks of compressed breathing air with them. This allows them the freedom of movement which was restricted by the older methods of underwater diving. Also through scuba diving, divers will be able to stay in water for much longer as compared to the previous methods used thereby allowing divers to explore more underwater areas in greater depth than was previously possible.

The history of modern day scuba diving can be traced back to Australia where the mouth piece regulator was first developed by Ted Eldred being known as Porpoise. Scuba diving was first introduced during World War II for underwater warfare.

Scuba diving can be performed for a lot of reasons. These reasons maybe either professional or personal such as for entertainment purposes. A lot of people nowadays perform scuba diving for entertainment purposes and may include cave diving, wreck diving, ice diving and deep diving, all of which provide as a means of increasing and maintaining interests of general public.

Scuba diving may also be used for professional purposes. Professional divers are normally employed by firms to carry out the professional tasks underwater. These professional assignments may include tasks related to running of a business that involves deep water, civil engineering tasks such as oil exploration, underwater welding and construction. Firms may hire divers for commercial purposes as well including divers being hired for naval diving, repair and maintenance of boats or underwater fishing.

Divers also work as professional instructors, assistant instructors, dive masters and dive guides in different institutes for diving either on a full or part time basis. Diving can also be done for military purposes, the reason diving was first introduced. Military divers can perform roles such as direct combat, penetration in enemy territories and placing mines etc. Diving is also used by police and rescue teams for search and rescue operations.

Scuba diving is particularly famous in Arab countries of Middle East and south western Asia. A lot of countries such as Oman, Dubai, Abu Dhabi, Ajman etc have proper institutes for Scuba diving that train and arrange scuba diving trips for tourists and local people. There is a strong debate about the best place for diving in United Arab Emirates. The Arabian Gulf of the coast of Dubai and Abu Dhabi are considered as great places for Scuba diving.

Scuba diving is a particularly famous recreational activity for local people and tourists in Oman. Oman scuba diving is preferred by the tourists due to the Musandam coast which is considered as the best diving area in the whole Middle East. A lot of Oman travel agencies and Hotels in Oman offer scuba diving trips for the travelers and visitors. Scuba diving in Dubai is nowadays only being offered by a few agencies due to the visibility problems in the area due to off shore constructions.

Article Source:

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Article Keywords:

Oman scuba diving, Oman travel, Hotels in oman,

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