Table 2. Aquatic skills acquired (mean ± SD) by shallow-water and deep-water students after six months of practice.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Skill | Levels of complexity | T0 (baseline) | | | | T1 (six months pratice) | | | |
| Shallow Water  (n=11) | Deep Water  (n=10) | P-value | Cohen’s  d | Shallow Water  (n=11) | Deep Water  (n=10) | P-value | Cohen’s  d |
| *Sk1* | 1 to 3 | 1.091±.302 | 1.100±.316 | .947 | .029 | 3.000±0.000 | 2.900±.316 | .306 | .448 |
| *Sk2* | 1 to 3 | 1.273±.467 | 1.000±.000 | .081 | .827 | 3.000±0.000 | 0.000±.000 | - | - |
| *Sk3* | 1 to 5 | 1.000±.000 | 1.000±000 | - | - | 4.189±.879 | 3.100±.137 | .042\* | 1.73 |
| *Sk4* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 2.636±.120 | 1.500±.850 | .018\* | 1.87 |
| *Sk5* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 2.727±.647 | 1.200±.422 | .000\* | 2.79 |
| *Sk6* | 1 to 4 | 1.000±.000 | 1.000+.000 | - | - | 2.090±.831 | 1.100±.316 | .002\* | 1.57 |
| *Sk7* | 1 to 3 | 1.000±.000 | 1.000±.000 | - | - | 1.455±.522 | 1.300±.483 | .491 | .308 |
| *Sk8* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 1.000±.000 | 1.000±.000 | - | - |
| *Sk9* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 2.455±522 | 2.100±.316 | .079 | .823 |
| *Sk10* | 1 to 4 | 1.000±.000 | 1.000+.000 | - | - | 2.000±.632 | 1.400±.516 | .029\* | 1.04 |
| *Sk11* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 2.091±.701 | 1.700±.675 | .209 | .568 |
| *Sk12* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 1.818±.874 | 1.200±.422 | .057 | .900 |
| *Sk13* | 1 to 3 | 1.000±.000 | 1.000±.000 | - | - | 2.364±.505 | 1.800±.789 | .064 | .851 |
| *Sk14* | 1 to 3 | 1.000±.000 | 1.000±.000 | - | - | 1.727±.467 | 1.300±.675 | .105 | .736 |
| *Sk15* | 1 to 3 | 1.000±.000 | 1.000±.000 | - | - | 1.364±.505 | 1.500±.527 | .552 | .264 |
| *Sk16* | 1 to 5 | 1.000±.000 | 1.000±.000 | - | - | 1.364±.505 | 1.700±.483 | .136 | .680 |
| *Sk17* | 1 to 4 | 1.000±.000 | 1.000±.000 | - | - | 1.182±.405 | 1.300±.483 | .549 | .265 |