

Imperial Valley College Course Syllabus- ATHL 124

Spring 2021
INTERCOLLEGIATE MEN'S SOCCER & PE
CRN# 21705
ROOM: ONLINE
CLASS DATES: February 6- June 11, 2021
CLASS DAYS: TBA
CLASS TIMES: ON LINE
UNITS: 3

INSTRUCTOR: RAFAEL CONTRERAS
EMAIL: rafael.contreras@imperial.edu
OFFICE: 704
OFFICE HOURS: DAILY 2:35-5:10PM
OFFICE PHONE: 760 355-6325
EMERGENCY Contact: Frances Arce 760 355-6325
REQUIRED TEXT: NONE

COURSE DESCRIPTION:

This course is designated to prepare athletes for intercollegiate competition and master soccer experience for university level competition.

STUDENT LEARNING OUTCOME:

Upon completion, the successful student will have acquired new skills, knowledge, and/or attitudes as demonstrated by being able to:

1. perform with an increase degree of proficiency the skills and techniques of competitive soccer at college and university level standards (SLO 2, SLO 3).
2. Student will increase improvement of physical conditioning, ball control, dribbling, game awareness, decision making, as well as stamina & endurance (SLO 1, SLO 2).
3. Student would have learned rules, team communications, self discipline, and tactical systems skills (SLO 1)

COURSE OBJECTIVES:

1. To develop fundamental physical conditioning, and tactical skills.
2. To understand the basic rules and terminology.
3. To develop and upgrade conditioning level for college soccer games.
4. To develop sufficient interest in soccer to continue at university level.

COURSE OUTLINE:

Week 1 2/16-2/19:	Introduction
Week 2 2/22-2/26:	pre evaluation students conditioning and soccer skills
Week 3 3/1-3/5:	lower body endurance and quickness drills and mile run
Week 4 3/8-3/12:	core strength and mile run
Week 5 3/15-3/19:	power development and mile run
Week 6 3/22-3/26:	stability and balance with mile run.
Week 7 3/29-4/2:	core conditioning and mile run
Week 8 4/5-4/9:	spring break
Week 9 4/12-4/16:	midterm
Week 10 4/19-4/23:	full body strength and mile run
Week 11 4/26-4/30	building endurance and mile run
Week 12 5/3-5/7	athleticism and mile run
Week 13 5/10-5/14	functional strength and mile run
Week 14 5/17-5/21	post evaluation
Week 15 5/24-5/28	make ups
Week 16 5/31-6/4:	final
Week 17 6/7-6/11	course feedback and wrap up

MATERIAL NEEDED:

White/red t-shirt, black soccer shorts, soccer socks, shin guards, and soccer shoes.
All equipment for class needs to be brought by student. NO street shoes of any kind.

Imperial Valley College Course Syllabus- ATHL 124

GRADING:

Your grade is based in three major requirements:

1. Assignments is 35% of the grade.
2. Tests and evaluations are 35% of the grade.
3. Participation on discussions and zooms are 30% of grade

The grading scale is as follows:

90-100%	A
80-89%	B
70-78%	C
60-69%	D
59% & below	F

ATTENDANCE:

A student who fails to attend the first meeting of a class does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online coursed, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as "excused" absences.

CLASSROOM ETIQUETTE:

Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor. **Consider:** specifics for your class/program

Food and Drinks: are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.

Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.

Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

ACADEMIC HONESTY:

Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written material. If you do not understand how to correctly "cite a source", you must ask for help.

Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during and examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

Imperial Valley College Course Syllabus- ATHL 124

ADDITIONAL HELP:

- **CANVAS LMS:** Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: [Canvas Student Login](#). The Canvas Student Guides Site provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for student to use: 877-893-9853
- **Learning Services:** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your Campus Map for the Math Lab; Reading, Writing & Language Labs, and the Study Skills Center.
- **Library Services:** There is more to our library than just books. You have access to tutors in the Study Skills Center, study rooms for small groups, and online access to a wealth of resources.

DISABLED STUDENT PROGRAMS AND SERVICES (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. If you feel you need to be evaluated for educational accommodation, the DSP&S office is located in building 2100, telephone 760 355-6313

STUDENT COUNSELING AND HEALTH SERVICES:

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **Student Health Center.** A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provides basic health services for students, such as first aid and care for minor illnesses. Contact the IVC Student Health Center at 760 355-6128 in Room 1536 for more information.
- **Mental Health Counselling Services.** Short-term individual, couples, family and group counselling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counselling Services at 760-355-6310 or in the building 1536 for appointments or more information.

VETERAN'S CENTER

The mission of the IVC Military and Veteran Success Center is to provide a holistic approach to serving military/veteran students on three key areas: 1] Academics, 2] Health and Wellness, and 3] Camaraderie; to serve as a central hub that connects military/veteran students, as well as their families, to campus and community resources. Their goal is to insure a seamless transition from military to civilian life. The Center is located in Building 600 { office 624 }, telephone 760-355-6141.

Extended Opportunity Program and Services {EOPS }

The Extended Opportunity Program and Services {EOPS } offers services such as priority registration, personal/ academic counseling, tutoring, book vouchers, and community referrals to qualifying low-income students. EOPS is composed of a group of professionals ready to assist you with the resolution of both academic and personal issues. Our staff is set up to understand the problems of our culturally diverse population and strives to meet student needs that are as diverse as our student population.

Also under the umbrella of EOPS our CARE {Cooperative Agency Resources for Education} Program for single parents is specially designed to provide support services and assist with the resolution of issues that are particular to this population. Students that are single parents receiving TANF/Cash Aid assistance may qualify for our CARE program, for additional information on CARE please contact Lourdes Mercado 760-355-6448, lourdes.mercado@imperial.edu.

EOPS provides additional support and services that may identify with one of the following experiences:

- * Current and former foster youth student that were in the foster care system at any point in their lives.
- * Students experiencing homelessness
- * Formerly incarcerated students

To apply for EOPS and for additional information on EOPS services, please contact Alexis Ayala, 760-355-5713, alexis.ayala@imperial.edu.

Imperial Valley College Course Syllabus- ATHL 124

Student Equity Program

*The Student Equity Program strives to improve Imperial Valley College's success outcomes, particularly for students who have been historically underrepresented and underserved. The college identifies strategies to monitor and address equity issues, making efforts to mitigate any disproportionate impact on student success and achievement. Our institutional data provides insight surrounding student populations who historically, are not fully represented. Student Equity addressed disparities and/or disproportionate impact in student success across disaggregated student equity groups including gender, ethnicity, disability status, financial needs, Veterans, Foster youth, homeless, and formerly incarcerated students. The Student Equity Program provides direct supportive services to empower students experiencing insecurities related to food, housing, transportation, textbook, and shower access. We recognize that students who struggle meeting their basic needs are also at an academic and economic disadvantage, creating barriers to academic success and wellness. We strive to remove barriers that affect IVC students' access to education, degree and certificate completion, successful completion of developmental math and English courses, and the ability to transfer to university. Contact 760-355-5736 or 760-355-5733 Building 100

STUDENT RIGHTS AND RESPONSIBILITIES:

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at

http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

INFORMAL LITERACY:

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Student can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>