Basic Course Information

Semester:	**Spring 24**	Instructor Name:	**Hector Vildosola "Coach Hector"**
Course Title & #:	**ES 221 Psychology of coaching**	Email:	**Hector.vildosola@imperial.edu**
CRN #:	**20840**	Webpage (optional):	
Classroom:	**Online - Canvas**	Office #:	**758**
Class Dates:	**Feb 12 – Jun 7**	Office Hours:	**Monday , Wednesday 12- 1 pm Online** **Tuesday , Thursday 12- 1 pm office**
Class Days:	**Online**	Office Phone #:	**760-355-6342**
Class Times:	**Online**	Emergency Contact:	**Hector.vildosola@imperial.edu**
Units:	**2.00**	Class Format:	Online – Asynchronous

Course Description

A course covering all the aspects of the psychology of coaching sports. Includes certain guides to show how teaching and learning
may be applied to the coaching of sports, and to bring out the relationship of meaningful learning to successful athletic coaching.

Course Prerequisite(s) and/or Corequisite(s)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:
1. Analyze the role that competition plays in our continuing development as individuals. (ILO1, ILO2, ILO3, ILO4, ILO5)
2. Explain psychological principles used by successful coaches in various sports. (ILO1, ILO2, ILO3, ILO4, ILO5)
3. Identify the problems in sports as they relate to mental vs. physical performance. (ILO1, ILO2, ILO3)

Course Objectives

Upon satisfactory completion of the course, students will be able to:
1. Identify aspects of the coaching profession.

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2. Analyze the roles and duties of a head coach.

3. Analyze the roles and duties of the assistant coach.

4. Recognize motivational techniques associated with coaching.

5. Assess the ethics relating to the coaching field.

6. Analyze disciplinary techniques and how to apply discipline to student/athletes, dealing with such issues as drugs, alcohol, winning,

and relationships with parents.

7. Analyze the ethics involved in coaching and teaching of student Athletes.

Textbooks & Other Resources or Links

Applied Sport Psychology- Personal Growth to Peak Performance
By Jean M. Williams and Vikki Krane
Either Edition (Preferred)
ISBN-13 978-1259922398

Course Requirements and Instructional Methods

Access to internet/Laptop or Desktop computer/Google Chrome Browse or Firefox to access canvas
information/E Book will be provided in My Lab and Mastering Health program
Out of Class Assignments: Required reading for each chapter/Weekly modules/Discussions
Writing assignments/Quizzes/Exams
Additional info for Out of Class Assignments: The Department of Education policy states that one (1)
credit hour is the amount of student work that reasonably approximates not less than one hour of class
time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a
similar requirement.
What if I need to borrow technology or access to WIFI?
1. To request a loaner laptop, MYFI device, or other electronic device, please submit your request
here: https://imperial.edu/students/student-equity-and-achievement/
2. If you'd like access the WIFI at the IVC campus, you can park in parking lots "I & J". Students must
log into the IVC student WIFI by using their IVC email and password. The parking lots will be open
Monday through Friday from 8:00 a.m. to 7:00 p.m.
Guidelines for using parking WIFI:
-Park in every other space (empty space BETWEEN vehicles)

-Must have facemask available
-For best reception park near buildings
-Only park at marked student spaces
-Only owners of a valid disabled placard may use disabled parking spaces
-Only members of the same household in each vehicle
-Occupants MUST remain in vehicles
-Restrooms and other on-campus services not available
-College campus safety will monitor the parking lot
-Student code of conduct and all other parking guidelines are in effect
-Please do not leave any trash behind
-No parking permit required

If you have any questions about using parking WIFI, please call Student Affairs at 760- 355-6455.

Course Grading Based on Course Objectives

Letter grade based on course participation which include the following:
- *Class Activity*
- *Exam(s)*
- *Discussions*
- *Oral Assignments*
- *Quizzes*
- *Written Assignments*
- *Essay*
- *Problem Solving Exercise*

A Gradebook will be integrated into Canvas to help you keep track of how you are doing in the class. The assignments will be given and
graded in a timely manner. Grading will be based on a point system. Total points will be calculated in Canvas grade book.

Mandatory Attendance Verification	*0 pts*
Introduction Discussion	*30 pts*
Getting to know you survey	*20 pts*
Post Course Self Evaluation, 10 points each	*10 pts*
Pre Course Self Evaluation, 10 points each	*10 pts*
Discussions 30 points each (6)	*350 pts*
Quiz, 20 points each (6)	*120 pts*
Mid Term Essay	*100 pts*
Final Essay	*200 pts*
Total Points Available:	*840 pts*

Total Point Break Down by Grade
840 total points available for the class

840 pts – 756 pts	**A**
755 pts – 672 pts	**B**
671 pts – 588 pts	**C**
587 pts – 504 pts	**D**
503 pts and below	**F**

Attendance

• A student who fails to attend the first meeting of a class or 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 courses, 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.

What does it mean to "attend" an online class?

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of
attendance are:

• Student submission of an academic assignment
• Student submission of an exam
• Student participation in an instructor-led Zoom conference
• Documented student interaction with class postings, such as an interactive tutorial or

computer-
assisted instruction via modules
• A posting by the student showing the student's participation in an assignment created by the
instructor
• A posting by the student in a discussion forum showing the student's participation in an online
discussion about academic matters
• An email from the student or other documentation showing that the student has initiated contact
with a faculty member to ask a question about an academic subject studied in the course.
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Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

Academic Honesty

⬚ **What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.**
⬚ **Students are to comply with the following rules of netiquette:**
 (1) identify yourself,
(2) include a subject line,
(3) avoid sarcasm,
(4) respect others' opinions and privacy,
 (5) acknowledge and return messages promptly,
 (6) copy with caution,
(7) do not spam or junk mail,
(8) be concise,
(9) use appropriate language,
(10) use appropriate emoticons (emotional icons) to help convey meaning, and
 (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].
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Classroom Etiquette

Electronic Devices: Cell phones and electronic devices must be turned off and put away during class,
unless otherwise directed by the instructor.
• Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception.
Additional restrictions will apply in labs. Please comply as directed by the instructor.
• 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, only students enrolled in the class may
attend; children are not allowed.
How do I act differently if I have an on-ground class during COVID?
1. DO NOT COME TO CAMPUS OR ATTEND AN OFF-CAMPUS CLASS IF YOU FEEL SICK, HAVE A
FEVER, OR HAVE A COUGH
a. Even if your symptoms are mild, stay home.
b. Email your instructor to explain why you are missing class.
c. If you are sick with COVID-19 or think you might have COVID-19, provides CDC guidance.
d. If you have tested positive for COVID-19, you must self-quarantine for 14 days and then be
without symptoms for at least 72 hours. Clearance is required prior to returning to any face-to-face interaction. It is recommended that you undergo a final COVID-19 test to confirm that you are no longer infected.
e. If you are exposed through direct contact with a person known to be COVID-19 positive,
then you must submit negative COVID-19 test results prior to returning to any face-to-face
interaction.
2. ARRIVE AT CAMPUS EARLY (at least 15 minutes early is advised).

a. All people entering the IVC campus will need to pass a screening process, which will occur

at the gates as your drive onto campus. You will need to take a short questionnaire and get

your temperature taken (the screening is completely touchless and will take place while you remain in your car).

3. BRING A MASK TO CLASS (and always wear it).

a. Be sure that your mask covers both your nose and mouth. If your mask is cloth, then wash

it each day. If your mask is disposable, then use a new one each day.

4. GO DIRECTLY TO YOUR CLASSROOM.

a. The IVC campus is mostly closed so you should not visit other areas or seek any face-to-face

services. Services are available to students online and can be accessed through www.imperial.edu.

5. WASH YOUR HANDS FREQUENTLY (and use the provided sanitation supplies).

a. Your classroom is equipped with cleaning supplies. Use them as needed.

6. BE SURE TO SOCIAL DISTANCE (stay at least 6 feet from other).

a. The number of students in a classroom at any one time is very limited so you have plenty of

space to spread and ensure that you stay at least 6 feet from others.

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7. BRING YOUR OWN FOOD AND DRINKS.

a. There is no food service currently offered on campus.

IVC Student Resources

Imperial Valley College offers various services in support of student success. The following are some of

the services available for students. Please speak to your instructor about additional services which may

be available.

How do I access services now that we are mostly online?

• CANVAS LMS. Canvas is Imperial Valley College's 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

students to use: 877-893-9853.

• Learning Services. In order to accommodate students and maximize student success during the

COVID-19 Pandemic, all tutoring support is being provided through one Zoom link (IVC online

Tutoring). When campus is open again, there are several learning labs to assist students. Whether

you need support using computers, or you need a tutor, please consult your Campus Map for the Math

Lab; Reading, Writing & Language Labs; and the Study Skills Center.

• Library Services. Visit the Spencer Library's page on the IVC website for a wealth of valuable

resources and online access to databases, e-books and more. Contact us so we can help you with

instructional and research development skills (for those conducting research and writing academic

papers). When campus re-opens, students also have access to tutoring services in the Study Skills

Center as well as private study rooms for small study groups. There is more to our library than just

books!

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• Career Services Center. The Career Services Center is dedicated to serve all IVC students and Alumni.

Services include Career Assessments, Resume and Cover Letter Assistance, Interview Preparation,

Internship Opportunities and Job Placement.

• Child Development Center. The Preschool and Infant/Toddler Centers are on-campus demonstration

lab programs that meet the educational, research, and service needs of the institution and community

at large. The Preschool program (children three to five years of age) and the Infant/Toddler program

(newborn to three years of age) is in buildings 2200 and 2300. Service is available to families who meet the California Department of Education qualifications for enrollment. The centers are open during COVID from Monday-Friday 7:15-5:30. Breakfast, lunch and snack are provided through the California Adult and Child Food Program. Location: Buildings 2200 and 2300. Phone: (760) 355-6528 or (760) 355-6232. Application: https://forms.imperial.edu/view.php?id=150958

Disabled student program 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. When campus is open, the DSP&S office is in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

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, but you must make an
appointment. 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, or when campus reopens, visit Room 1536 for more information.
• Mental Health Counseling Services. Short-term individual, couples, family and group counseling services are available for currently enrolled students. Services are provided in a confidential, supportive, and culturally sensitive environment. Please contact the IVC Mental Health Counseling
Services at 760-355-6310 for appointments, or when campus reopens visit Room 1536, for more information.

Veteran's center

The mission of the IVC Military and Veteran Success Center is to provide a holistic approach to servingmilitary/veteran students in three key areas: 1) Academics, 2) Health and Wellness, and 3) Camaraderie.
The Center also serves as a central hub that connects military/veteran students, as well as their families,to campus and community resources. The goal is to ensure a seamless transition from military to civilianlife. When campus reopens, the Center is 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,book grants, transportation assistance, individualized counseling, tutoring, and community referrals to eligible students. Our staff is available to assist and support students in navigating personal, 10 psychological, academic, and/or career-related issues through empathy, cultural-competence, and a commitment to equity and social justice. Also under the umbrella of EOPS is the CARE (Cooperative Agency Resources for Education) Program, designed to serve single parents and assist with addressing 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 about the EOPS or CARE Programs please contact our Program Office 760.335-6407 and/or visit our Program website www.imperial.edu/students/eops for eligibility criteria and application procedures. We look forward to serving you! - EOPS/CARE Staff

Student equity program

The Student Equity & Achievement 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. SEA addresses disparities and/or disproportionate impact in student success across

disaggregated student equity groups including gender, ethnicity, disability status, financial need, LGBTQIA+, Veterans, foster youth, homelessness, and formerly incarcerated students. The SEA Program also houses IVC's Homeless Liaison, Foster Youth Liaison, Formerly Incarcerated Liaison, and Military Affiliated Liaison, who provide direct services and referrals to students in need. SEA strives to empower students experiencing insecurities related to food, housing, transportation, textbooks, 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 enrollment, education, degree and certificate completion, and the ability to transfer to a university. SEA also provides outreach at local Imperial County high schools to ensure graduating seniors are successfully matriculated into the college and have a strong support system. Please visit us online for assistance at https://imperial.edu/students/student-equity-and-achievement/ or call us at 760-355-6465 or, visit Building 401.

What if I cannot afford food, books, or need other help?

We have many resources that are available to you. Please tell us what you need by submitting your request(s) here: https://imperial.edu/students/student-equity-and-achievement/

Student rights and responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC General Catalog.

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC Library Department provides numerous Information Literacy Tutorials to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Topics Covered

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Week 1 : Introduction/My lab and Mastering setup

Week 2: Chapter 1- Assessing your health/ Chapter 3- Managing Stress-

Week 3: Chapter 4- Improving Sleep

Week 4: Chapter 5- Preventing Violence and Injury/ Exam 1 Chapter 1-5

Week 5: Chapter 6- Building Healthy Relationships

Week 6: Chapter 7-Reproductive Choices

Week 7: Chapter 8- Recognizing and avoiding addiction and drug abuse

Week 8: Chapter 13-Reducing your risk for Cardiovascular Disease & Cancer/Exam 2 Chapter 6-8,13

Week 9: Drop Week Chapter 14-Protecting against Infectious Disease and STD's/All Current Assignments Due

Week 10: Chapter 9-Drinking Alcohol Responsibly and Ending Tobacco Use

Week 11: Chapter 10- Nutrition for Life/Exam 3 Chapter 14,9,10

Week 12: Chapter 11- Healthy Weight Management/ Chapter 12- Engage in Personal Fitness

Week 13: Chapter 15-Making Smart Health Care Choices

Week 14: Chapter 16- Environmental health/Exam 4 Chapter 11,12,15,16

Week 15: Chapter 2-Psycholgical Health/All Current Assignments Due

Week 16: Final

Subject to change without prior notice