Basic Course Information

Semester:	**Spring 2025**	Instructor Name:	**Esau Madrigal**
Course Title & #:	**ES 126**	Email:	**Esau.madrigal@imperial.edu**
CRN #:	**15145**	Webpage (optional):	
Classroom:	**Tennis Courts**	Office #:	**709**
Class Dates:	**February 10, 2025-June 6th, 2025**	Office Hours:	**M-TH 8:30-9:30am**
Class Days:	**M/W**	Office Phone #:	
Class Times:	11:20am- 12:25pm	Emergency Contact:	
Units:	1	Class Format/Modality:	In person

Course Description

Tennis offers training in the basic fundamentals of the game including history, rules, and etiquette. Social etiquette of the game is stressed along with the worthy use of leisure time. Tournament competition in singles and doubles is emphasized. (CSU) (UC credit limited. See a counselor.)

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

No Requirements

Student Learning Outcomes

Student Learning Outcomes 1. Perform to an increasing degree of proficiency in the fundamental skills and techniques of tennis. (ILO1, ILO2, ILO3)

Course Objectives

Upon satisfactory completion of the course, students will be able to:
 1. Develop competency in basic essential fundamentals of tennis.
 2. Recognize the basic strategy in singles and doubles competition.
3. Demonstrate a thorough knowledge of the rules, history, courtesy, etiquette, and terminology of tennis.
4. Recognize the causes of their shot mistakes.
5. Discuss and show competency on footwork, grips, backswing, and follow through.
6. Summarize a wholesome appreciation of competitive and leisure time activity.
7. Develop cardiovascular awareness

Textbooks & Other Resources or Links

There is no textbook required for this course. All material needed will be supplied in canvas.

Course Requirements and Instructional Methods

[Instructional methods include the following; Demonstration, Discussion, Group Activity, Individual Assistance, Lab Activity, Lecture, Audio Visual, Computer Assisted Instruction, and Distance Learning. Regular and Effective Contact Policy for Distance Education Background In hybrid or fully online courses, ensuring regular effective contact guarantees that the student receives the benefit of the instructor's presence in the learning environment both as a provider of instructional information and as a facilitator of student learning. In a face-to-face course, the instructor is present at each class meeting and interacts via all class announcements, lectures, activities and discussions that take a variety of forms. For example, discussions can be held as part of a lecture format, group work scenarios, or content review sessions. The instructor also serves as a content advisor when he or she answers questions both as they come up in class and as they arise in individual situations. These types of questions are dealt with via the telephone, email, or face-to-face office visits. Title 5 regulations do not make a distinction between regular and distance education courses beyond the need to have a separate curriculum approval process and the need to ensure regular effective contact. Therefore, it is assumed that those qualities of regular effective contact described above for the face- to- face environment should also be applied to the distance education situation.

1. *Initiated interaction and frequency of contact. Instructors will regularly initiate interaction with students to determine that they are accessing and comprehending course material and that they are participating regularly in the activities in the course. Distance education courses are considered the "virtual equivalent" of face-to-face courses. Therefore, the frequency of the contact will be at least the same as would be established in a regular, face-to-face course. At the very least, the number of instructor contact hours per week that would be available for face-to-face students, will also be available, in asynchronous and/or synchronous mode, with students in the distance education format. Contact shall be distributed in a manner that will ensure that regular contact is maintained, given the nature of asynchronous instructional methodologies, over the course of a week and should occur as often as is appropriate for the course. A response time of 24-48 hours, Monday through Friday, is desirable but may vary based on course requirements and extenuating circumstances. It must be clear whether or not the instructor will be available after hours or on weekends and holidays.*

2. *2. Establishing expectations and managing unexpected instructor absence. An instructor and/or department-established policy describing the frequency and timeliness of instructor initiated contact and instructor feedback, will be posted in the syllabus and/or other course documents that are made available for students when the course officially opens each semester. If the instructor must be out of contact briefly for an unexpected reason (such as illness or a family emergency that takes the instructor offline), notification to students will be made in the announcements area of the course that includes when the students can expect regular effective contact to resume. If the offline time results in a lengthy absence (a week or more), a substitute instructor should be sought Distance Education Committee – 04/09/14 2 who can assist students while the instructor is unavailable. If, for whatever reason, a faculty member is unable to comply with the regular, timely, and effective contact guidelines set forth, students must be informed via email or high priority announcement as to when they can expect regular, timely, and effective contact to resume.*

3. *3. Type of Contact Regarding the type of contact that will exist in all Imperial Valley College distance learning courses, instructors will use the following resources to maintain contact with students:*

4. *a. Orientation material;*

5. *b. Weekly announcements in the course management system;*

3 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 Activities:

- • *Exam(s)*
- • *Discussions*
- • *Oral Assignments*
- • *Quizzes*
- • *Written Assignments*
- • *Essay*
- • *Problem Solving Exercise*

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

1. *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 4 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 computerassisted 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.

2. *Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student. 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. 6 5 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-toface 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.*

Other Course Information

[Optionally, include other necessary information.]

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Makings SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit http://www.imperial.edu/studentresources or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Week 1: Cardiovascular Fitness
Week 2: Muscular Strength and Edurance
Week 3: Cardiovascular Workouts
Week 4: HIIT Workouts
Week 5: FIIT Formula
Weeks 6-16: Building Workouts

Subject to change without prior notice