

Basic Course Information

Semester:	Fall 25	Instructor Name:	Hector Vildosola "Coach Hector"
Course Title & #:	ES 121 Beginning to Intermediate Swimming	Email:	Hector.vildosola@imperial.edu
CRN #:	11441	Webpage (optional):	
Classroom:	City of El Centro Aquatic center/ IVC GYM (building 700_	Office #:	758
Class Dates:	Aug 11th – Oct 4th	Office Hours:	Monday , Wednesday 12- 1 pm Online Tuesday , Thursday 1-2 pm office
Class Days:	Monday – Wednesday-Friday	Office Phone #:	760-355-6342
Class Times:	8-9:25 AM	Emergency Contact:	
Units:	1	Class Format:	Face to face

Course Description

This course is concerned with teaching the student to successfully execute the proper strokes for swimming. Skills, fundamentals, and safety knowledge are stressed from the beginner to the intermediate swimmer. (Formerly PE 121)

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. Exhibit improved swimming skills by moving up one level on the Am Red Cross Learn-to-Swim Program.
2. Create, implement, and critique one 45-minute swim workout.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate the knowledge of safety skills while in, on, or about the water.
2. Demonstrate the basic swimming strokes and diving skills.
3. Recognize skills and interest in the activity to be enjoyed as a recreational activity.
4. Recognize the importance of swimming as a contributing factor to physical fitness.

Textbooks & Other Resources or Links

American Red Cross. 2016. Water Safety Handbook. 2 Stay Well. ISBN: 9781584807148. American Red Cross. 2017. Swimming and Water Safety. 4 Stay Well. ISBN: 9781584806004.

Course Requirements and Instructional Methods

Grading and Evaluation Criteria

Final grades in this course will be based on participation in classroom activities and performance in pre- and post-course skill assessments. The course emphasizes skill development, safety, and progressive learning in aquatic environments.

Assessment Components

- **Classroom Activities** (100 points)

This includes active participation in all scheduled sessions, appropriate use of pool time, engagement in group activities, and demonstrated effort in learning and practicing the following six swimming strokes:

- **Survival Stroke 1: Jellyfish Float**
- **Freestyle (Front Crawl)**
- **Breaststroke**
- **Backstroke**
- **Butterfly**
- **Survival Stroke 2: Lateral Swim and Floating Techniques**

Attendance, effort, and willingness to improve will all be considered as part of this score.

- **Pre- and Post-Testing** (50 points each)

Students will complete a pre-course and post-course swim skills assessment to evaluate progress in technique, endurance, and confidence in the water. The **pre-test** helps establish a baseline, and the **post-test** evaluates overall skill development.

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. The distance education guidelines require colleges to develop a policy regarding regular effective contact that addresses "the type and frequency of interaction appropriate to each distance education course/section or session." Imperial Valley College Policy All distance education courses at Imperial Valley College, whether hybrid or fully online, will include regular effective contact as described below:

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. 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. 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:
 - a. Orientation material;
 - b. Weekly announcements in the course management system;
 - c. Threaded discussion boards within the course management system with appropriate instructor participation ("Questions for the Instructor" forums are good, but should be used in conjunction with other forums);

d. Email contact within or outside Blackboard (response to student emails recommended within 24-48 hours); and
 e. Timely feedback for student work (recommended within 7-10 days). In addition to items a through e above, it is recommended that instructors use at least two or more of the following resources to maintain additional contact with students:

- f. Participation in online group collaboration projects
- g. Face-to-face informal meetings (e.g. review sessions)
- h. Face-to-face formal meetings (e.g. regular, scheduled class sessions)
- i. Regular podcasts
- j. Virtual Office hours via the chat function in the course management system or other synchronous systems such as CCC Confer.

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 4
- 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

Assessment Category	Points
Classroom Activities	100 pts
Pre-Course Skill Assessment	50 pts
Post-Course Skill Assessment	50 pts
Total Possible Points	200 pts

Letter Grade	Point Range
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A	180 – 200 pts
B	160 – 179 pts
C	140 – 159 pts
D	120 – 139 pts
F	Below 120 pts

Course Policies

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.

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.

Classroom netiquette

☐ 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 (!!!!)].

Academic Honesty

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Other Course Information

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	Module / Topic	Activities, Assignments, and Notes
Week 0	Orientation	Course overview, expectations, safety guidelines
Week 1	Module 1: Pre-Testing, Basic Survival Skills, and Freestyle Stroke	Pre-course swim assessment, introduction to freestyle and basic water safety skills
Week 2	Continued Practice: Freestyle & Floating Techniques	Emphasis on breathing techniques, body positioning
Week 3	Jellyfish Float and Freestyle Refinement	Practice and assessment of float techniques and freestyle stroke
Week 4	Breaststroke Introduction & Floating in Deep Water	Skill breakdown and stroke drills

Week 5	Backstroke and Continued Breaststroke Practice	Backstroke introduction and deep-water comfort techniques
Week 6	Butterfly (Dolphin Kick) & Stroke Technique Review	Focus on dolphin kick mechanics and stroke coordination
Week 7	Stroke Refinement and Deep Water Endurance	Improvement of all strokes, endurance training
Week 8	Final Testing and Skill Assessment	

Subject to change without prior notice