

READINESS PROFILE & COURSE EXPECTATIONS

ENS 1-2- Online

COURSE DESCRIPTION

ENS 1-2 Online provides students the opportunity to learn and apply the core concepts of Health Science and Physical Education. The course is designed to provide the student the knowledge and ability to attain and maintain an active healthy lifestyle through our component curriculum, which includes: Aquatics, Individual/Dual Activities, Fitness, and Health Science. This course satisfies the 5 unit PUSD Health Science requirement and 5 units of the PUSD Physical Education requirement.

COURSE CONTENT AND EXPECTATIONS

- Expectations:
 - Complete the Health portion of the class online.
 - Meets Tuesday, Wednesday, and Thursday on campus during Per. 4 only for the activity portion of the class.
 - Dress out on the 3 activity days.
- Content:
 - Aligned to the CA State Physical Education Course 1 Standards
 - Aligned to the CA State Health High School Health Standards

MAJOR UNITS OF STUDY

- **Aquatics**:- Basic Swim Strokes, treading water, flip turns, etc.
- **Fitness**: - Universal Weight, spin bikes, cardiovascular workouts, etc.
- **Individual/Dual Sports**:- Badminton, volley-tennis, racquetball, dance, etc.
- **Health Science**: - Nutrition, Mental Health, Drugs and Alcohol, Family Life, etc.

STUDENT BACKGROUND

Suggested preparatory courses: **None**

- **This class offers flexibility for students who have busy schedules.**
- **For Sophomores, Juniors, and Seniors: You can sign up for this class and drop the physical education credits so that you only receive the Health units to fulfill the PUSD Health Requirement for graduation. If you do that, you will not need to attend the on campus activity days.**
- **No online class experience necessary.**

Please see syllabus for additional course rules and information