

# READINESS PROFILE & COURSE EXPECTATIONS

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## ENS 1-2

### COURSE DESCRIPTION

ENS 1-2 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.

Satisfies the 5 unit PUSD Health Science requirement and 5 units of the PUSD Physical Education requirement.

### COURSE CONTENT AND EXPECTATIONS

- Expectations:
  - Students will participate and dress out on the 3 activity days and be prepared for the 2 classroom days per week.
- 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, jump rope, spike ball, etc.
- **Health Science**: - Nutrition, Mental Health, Drugs and Alcohol, Family Life, etc.

### STUDENT BACKGROUND

Suggested preparatory courses: **None**

**Please see syllabus for additional course guidelines and information**