

# READINESS PROFILE & COURSE EXPECTATIONS

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## ENS 3-4

### COURSE DESCRIPTION

ENS 3-4 is designed to provide students with the knowledge and ability necessary to attain and maintain a healthy lifestyle. The emphasis of this class revolves around five key curricular components: Exercise Science, Cardiovascular Fitness, Personal Wellness, Lifetime Activities and Strength Building. The objective of this class is to give students a hands-on exposure to key health and fitness concepts that will empower them to pursue a healthy lifestyle.

Satisfies 10 units of the PUSD Physical Education requirement.

### COURSE CONTENT AND EXPECTATIONS

- Expectations:
  - Students will participate and dress out for 4 activity days and 1 classroom day per week.
  - Students must be enrolled in a physical education course at all times during your freshman year.
  - ENS 3-4 can be taken before ENS 1-2
- Content:
  - This course is aligned with the California State Physical Education High School Course 2 Standards.

### MAJOR UNITS OF STUDY

- **Exercise Science** – Training Principles, Nutrition, Sports Psychology, Ergogenic Aids, Exercise Safety
- **Personal Wellness** - Fitness Club type classes (Pilates, Aerobics, Yoga), Self Defense, Tumbling, Dance
- **Cardiovascular Fitness** – Heart Rate, aerobic activities, anaerobic activities, triathlon training, etc.
- **Strength Building** – Muscles physiology, Free Weight room exposure, Universal weight room exposure, etc.
- **Lifetime Activity** – Football type games and strategies, Volleyball type games and strategies, basketball games and strategies.

### STUDENT BACKGROUND

Suggested preparatory courses: **None**

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