

# READINESS PROFILE & COURSE EXPECTATIONS

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## Field Sports

### COURSE DESCRIPTION

Students will understand, participate and teach the advanced principles of training and competition for Field Sports. Areas of study will include: understanding and execution of advanced offensive and defensive strategies, development of appropriate training practices, and application of dynamic scientific principles, sports psychology, optimal nutritional habits, application and modification of rules of the game, officiating, tournament facilitation and coaching. Satisfies 10 units of the PUSD Physical Education requirement.

### COURSE CONTENT AND EXPECTATIONS

- Expectations:
  - Dress out and participate daily
- Content:
  - Aligned to the CA State Physical Education Standard class 3c
  - 5 days of participation
  - General activities covered:
    - Soccer
    - Football
    - Ultimate Frisbee
    - OTL
    - Capture the Flag
    - Spikeball
    - Frisbee Golf

### MAJOR UNITS OF STUDY

### STUDENT BACKGROUND

Suggested preparatory courses: ENS 1-2 & ENS 3-4

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