

EXERCISE & NUTRITIONAL SCIENCES *ENS AQUATICS CLASS*

GRANITE HILLS HIGH SCHOOL

MISSION

Exercise & Nutritional Sciences (ENS) will provide an individualized, developmentally appropriate, and personally challenging instructional program that advances the student's knowledge, confidence, skills and motivation to engage in a lifelong active and healthy lifestyle.

The benefits derived from the ENS program depend upon the amount of effort and positive attitude a student displays. Our program is divided into four (4) main divisions: ENS Course 1 for 9th grade students, P141 for 10th-12th grade students, Weight Training and Aerobics. Two (2) specialty classes are also offered: Aquatics and Advanced Weight Training (Varsity Football.)

EXPECTATIONS FOR ALL STUDENTS

Students are expected to:

Arrive on time to the locker room BEFORE the tardy bell. Students will also arrive in their activity area ready for participation, seven (7) minutes after the tardy bell.
Remove ALL jewelry BEFORE class and lock it in their locker. Removing jewelry helps prevent loss, damage, and personal injury.
Keep food, candy, gum, beverages (except water), glass containers and aerosol spray cans out of the locker rooms and out of class.
Lock up ALL personal items in ENS-assigned locker during class time. <u>The ENS Department will not be held responsible for any items, which are unsecured.</u> Students need to check locker at the beginning and the end of class to make sure it's secured.
Report promptly to their assigned class location upon changing into the proper ENS uniform.
Keep the ENS area clean and respect all facilities and equipment.
NO cellular phones, sunglasses, or cameras shall be brought to class. No iPods allowed except upon teacher approval.
Use appropriate language and refrain from using profanity towards staff, visitors, and other students. Profanity will not be tolerated.
Listen and follow directions during class instruction.
Refrain from horseplay and inappropriate behavior.
Assist in the prevention of escalated disagreements.
Participate in a safe and respectful manner.
Exhibit all aspects of proper sportsmanship.

STUDENT PARTICIPATION

- Students are expected to fully participate in the assigned activity. Students must be properly dressed to participate in class activities. Non-participating students will stay with their teacher in a designated area.
- Students arriving late to ENS should have a note from the appropriate staff member and report to Boy's PE Attendant. Students will then suit up and bring the Late Pass out to the ENS teacher.
- Students are required to bring a note, signed by a parent or guardian, explaining the reason for non-participation, in order to be excused from class activities. A doctor's note is required after **THREE CONSECUTIVE DAYS** of non-participation.
- Students are accountable for making up any class absence(s) within the same 6-week grading period.
- Any doctor's note excusing participation for longer than four (4) weeks may result in removal from class. The student will be able to re-enroll in the ENS class during the next semester.

MAKE-UP POLICY

- Absences, nurse's excuses, NON SUITS, medical excuses, and tardies may be made up.
- TRUANCIES CANNOT BE MADE UP.
- A student may make-up a **MISSED PERIOD** by completing one of the following activities:
 1. A written report (300 words) on an official ENS form (which can be found in ENS offices or online). This make-up activity can be used three (3) times per semester.
 2. Jog/walk one mile on 1st and 3rd Mondays at lunch on track. Students have twelve (12) minutes to complete their mile.
 3. After school weight room tue/th from 3:45-4:30.
- A student may make-up a **NON-SUIT** by completing the following activities:
 1. Attending an after-school mile AND one other ENS class (Period 1, 6, or 7). (These two activities make up one non-suit.)

MEDICAL EXCUSES—MAKE-UP

Medical excuses are marked as non-participation days.

A student on a medical excuse, which is for more than one week, will receive a “C” grade and may be required to do in-class written assignments for the period of time on the medical excuse.

It is up to the individual student to arrange with his/her teacher to make up any work that may have been missed due to a medical problem if he or she desires a grade higher than a “C” for that period of time. (SEE MAKE-UP POLICY)

If a medical condition allows, a student may suit up.

A student on a medical excuse for **more than 4 weeks** may result in a drop and no-credit for the class because performance in an ENS class is based on active participation.

ENS DRESS POLICY

-A proper ENS uniform consists of a Granite Hills ENS shirt, shorts, socks, and appropriate ENS shoes **with laces**. School or street clothes (worn either under or over ENS attire) are **not** acceptable. The ENS uniform should be worn against the skin. During cool weather periods, sweats may be worn **over the** ENS uniform. ENS uniforms should **not be altered** in any way.

-A student not having the **appropriate** shoes will be marked as a ½ non-suit on the first offense and then marked as a **full** non-suit on every subsequent violation.

-Students earning a combination of six (6) or more non-suits and/or period trancies in a semester can be dropped from class with **no credit**.

-Loaner ENS uniforms are available on **Mondays** with no penalty. Students who receive habitual Monday loaners will receive a lunch detention. Other loaners are available on an **emergency basis only!** Loaners will be available on run-days by teacher approval only.

TARDY POLICY

-Tardy to roll call results in ½ non-participation.

DAILY ACTIVITIES:

Aquatics will RUN the perimeter of the campus every Tue and Th in preparation for the Fitness Gram. Please be careful at all times, watch your footing and watch for traffic!!! Swimming and Water Polo lessons will be taught on Mon, Wed, Fri. Rain or shine!

GRADING POLICY

EACH DAY IS WORTH 10 POINTS:

- NON SUIT (-20pts)
- NON PARTICIPATION (up to -8pts)
- TRUANCIES (-25pts)
- ABSENCE (-10)
- MEDICAL (-3)

(Numbers may be slightly different due to Holiday's)

6 WEEK		12 WEEK		SEMESTER	
270-300	A	540-600	A	810-900	A
240-269	B	480-539	B	720-809	B
210-239	C	420-479	C	630-719	C
180-209	D	360-419	D	540-629	D
< 180	F	< 360	F	< 540	F

FITNESS GRAM

ALL Freshmen students will be required to participate in the California state-mandated fitness test during their spring semester in ENS. Each student will be tested in six (6) different areas. Standards for each test vary by the age of the student. All expectations and standards for each test are posted in the Boys' and Girls' Locker Rooms. Each teacher also reviews the expectations and standards.

The 6 tests are:

1. Upper Body Strength
-Push Up
2. Abdominal Strength
-Curl Up
3. Cardiovascular Strength
-Mile Run
4. Hamstring Flexibility
-Sit and Reach
5. Back Flexibility
-Trunk Lift
6. Body Mass Index
-Height and Weight

A student must pass **5 of the 6** required tests to complete the Fitness Gram requirement.



Any student failing 2 or more tests will be enrolled in a 10th grade ENS class in the next semester and will retest **ONLY on the tests that were not passed**. Upperclassman will be tested during the fall semester.

LOCK POLICY


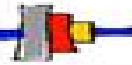
Students will be required to bring their own lock to use for their ENS class. Locks must be a combination lock. If the student cannot afford a lock, they may loan a lock from ENS department for the semester. If the lock is lost, students will be required to pay an \$6.00 fine. Locks will be checked out by each student's individual ENS teacher during the first week of school. Lockers will be issued by the ENS teacher.






WEIGHT ROOM RULES:

Weight Room Rules

- No horseplay at **ANY** time.
- No food or soda in the weight room.
- Do not sit on the various lifting apparatus during your rest interval.
- PE uniforms must be worn at all times.
- Athletic shoes must be worn at all times.
- A **spotter** must be used at all free lifting stations especially at the **bench press, incline press, squat, and power clean stations**.
- Use a weight belt on all overhead lifts and squats.
- Return all free weights to their correct weight rack and/or weight trees.
- Report any injuries to an instructor immediately.
- Never** lift weights without an instructor present.
- Do not attempt a 1 rep max without permission from the instructor.
- Always have a spotter when lifting free weights.
- Wipe down benches after working out.
- Keep the weight room looking "NEW".

ADDITIONAL INFORMATION? QUESTIONS?

Rhett Gaeir	rgaeir@guhsd.net	619-593-5616
-------------	--------------------------------------------------------	--------------

****PLEASE COMPLETE THIS AGREEMENT FORM FOR PARENT SIGNATURE:)**