

Canyons School District Recommended High School Healthy Lifestyles Course Pathways 2019-20	
GRADES	STANDARD PATHWAY
9	PST (Participation, Skills, and Techniques)
10	Fitness for Life and Personal Health and Wellness
11	Individual Lifetime Activities (PE Elective)
12	N/A
<p align="center">Healthy Lifestyles Graduation Requirements</p> <p>Two credits are required for graduation. Students must complete PST(.50 credits), Lifetime Fitness(.50 credits), Personal Health and Wellness(.50 credits), and Elective PE(.50 credits).</p>	
Foundation Courses	Elective PE Options
PST Fitness for Life Personal Health and Wellness	Aerobics Athletics (participating on a UHSAA sponsored sport) Cheerleading Cross-Training Dance 1, 2, 3 Dance Company Drill Team Fitness Training Fundamentals of Basketball Fundamentals of Soccer Fundamentals of Volleyball Lifetime Sports Power Lifting Social/Ballroom Dance 1, 2 Team Sports Track and Field Volleyball 2 Weight Training 1, 2 Wrestling Yoga 1, 2

If a student participates in a complete season of a UHSAA sanctioned sport, the LEA may award the student .50 units of PE credit. If the student completes an additional season with a different sport, the LEA may award the student another .50 units of PE credit. UHSAA athletic participation may be awarded towards Participation Skills and Techniques and/or Individual Lifetime Activities (PE Elective). Athletic participation does not apply to Fitness for Life credit.