# Canyons School District

## Recommended High School Healthy Lifestyles Course Pathways 2018-19

<table>
<thead>
<tr>
<th>GRADES</th>
<th>STANDARD PATHWAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>PST (Participation, Skills, and Techniques)</td>
</tr>
<tr>
<td>10</td>
<td>Fitness for Life and Personal Health and Wellness</td>
</tr>
<tr>
<td>11</td>
<td>Physical Education Elective</td>
</tr>
<tr>
<td>12</td>
<td>N/A</td>
</tr>
</tbody>
</table>

### Healthy Lifestyles Graduation Requirements

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).

<table>
<thead>
<tr>
<th>Foundation Courses</th>
<th>Elective PE Options</th>
</tr>
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<tbody>
<tr>
<td>PST</td>
<td>Aerobics</td>
</tr>
<tr>
<td>Lifetime Fitness</td>
<td>Athletics (participating on a UHSAA sponsored sport)</td>
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<tr>
<td></td>
<td>Cheerleading</td>
</tr>
<tr>
<td>Personal Health and Wellness</td>
<td>Cross-Training</td>
</tr>
<tr>
<td></td>
<td>Dance 1, 2, 3</td>
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<tr>
<td></td>
<td>Dance Company</td>
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<tr>
<td></td>
<td>Drill Team</td>
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<tr>
<td></td>
<td>Fitness Training</td>
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<tr>
<td></td>
<td>Fundamentals of Basketball</td>
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<tr>
<td></td>
<td>Fundamentals of Soccer</td>
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<tr>
<td></td>
<td>Fundamentals of Volleyball</td>
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<tr>
<td></td>
<td>Lifetime Sports</td>
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<tr>
<td></td>
<td>Power Lifting</td>
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<tr>
<td></td>
<td>Social/Ballroom Dance 1, 2</td>
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<tr>
<td></td>
<td>Team Sports</td>
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<tr>
<td></td>
<td>Track and Field</td>
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<tr>
<td></td>
<td>Volleyball 2</td>
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<tr>
<td></td>
<td>Weight Training 1, 2</td>
</tr>
<tr>
<td></td>
<td>Wrestling</td>
</tr>
<tr>
<td></td>
<td>Yoga 1, 2</td>
</tr>
</tbody>
</table>