

**Canyons School District
Recommended High School Healthy Lifestyles Course Pathways 2018-19**

GRADES	STANDARD PATHWAY
9	PST (Participation, Skills, and Techniques)
10	Fitness for Life and Personal Health and Wellness
11	Physical Education Elective
12	N/A

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).

Foundation Courses	Elective PE Options
PST	Aerobics
Lifetime Fitness	Athletics (participating on a UHSAA sponsored sport)
Personal Health and Wellness	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

