

# Healthy Lifestyles Cord

## Application and Requirements

NAME \_\_\_\_\_ STUDENT I.D.# \_\_\_\_\_

### Criteria for Honor Cord:

#### Every applicant must have:

- Participated and completed a **variety of PE classes**, at least **5 different PE classes**
  - o 2 out of the 5 PE classes must be PST and Lifetime Fitness
- **PE Classes offered at Alta High School**
  - Participation, Skill, and Techniques
  - Lifetime Fitness
  - Team Sports
  - Fundamentals of Basketball or Volleyball
  - Volleyball 2
  - Weight Training
  - Lifetime Sports
  - Cross Training/Aerobics
  - Power Lifting
  - Yoga
- **Completed** Personal Health and Wellness
- **Pass all** Healthy Lifestyles classes with an "A" in every quarter
- 3.0+ GPA

#### List **ALL** high school PE classes you have taken, teacher and the final grade received:

Class: _____	Final Grade: _____	Teacher: _____
Class: _____	Final Grade: _____	Teacher: _____
Class: _____	Final Grade: _____	Teacher: _____
Class: _____	Final Grade: _____	Teacher: _____
Class: _____	Final Grade: _____	Teacher: _____

#### Do not qualify for Honor Cord if student has completed any of the following:

- Completed any Online PE or Online Health class
- Completed Summer PE Classes
- Earned a PE credit for an Athletic/Sport Class
- Test Out of Lifetime Fitness
- Overall GPA lower than 3.0

**Attach an unofficial copy of your high school transcript.  
Highlight your Healthy Lifestyles classes.**

**Return to Any PE / Healthy Lifestyles Teacher**