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| **Elective Courses** |
| Fit For Life |
| Movement Dance Gymnastics |
| Personal Training |
| Team Sports |
| Lifetime Individual/Dual Activities |
| Ultimate Challenge |
| Adventure Challenge |
| Outdoor Pursuits |
| Personal Wellness |
| Aquatics |
| Balance |

**Requisite Physical Education Courses**

Fit For Life

**Team-Based Elective Courses**

Team Sports

Adventure

**Individualized Fitness-Based Elective Courses**

Personal Training

Personal Wellness

Balance

**Lifetime-Based Physical Activity Elective Courses**

Individual-Dual

Ultimate Challenge

Aquatics

Outdoor Pursuits

Movement Dance & Gymnastics