



Application for Demonstrated Proficiency for

## Individualized Lifetime Activities Credit

Name	
Address and Phone Number	
Student Number	
School	
School Counselor	
Date	
Credit	.5
Course Number	
Demonstrated Proficiency Activity	
Total Hours Spent	
Number of Days Class Was Held	
Instructor's Name	
Instructor's Qualifications	
List of Instructional Materials Used	
Description of Activity	

**Explain How Each Core Strand Correlates to the Demonstrated Proficiency Activity:**

(<https://schools.utah.gov/file/6192280d-2ab2-4ff1-b5dd-a9c2f95c1b11> This link will take you to the Utah Core Standards for Physical Education, which you can use as a reference. Individual Lifetime Activities descriptions begin on page 67.)

**Strand 1: Students will achieve a level of competency in motor skills and movement patterns.**

Correlation to Strand 1:	
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**Strand 2: Students will apply knowledge to attain efficient movement and performance.**

Correlation to Strand 2:	
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**Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.**

Correlation to Strand 3:	
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**Strand 4: Students will develop cooperative skills and positive behavior through communication and respect for others.**

Correlation to Strand 4:	
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**Strand 5: Students will appraise the personal value of physical activity as a tool for wellness challenges, and interacting with appropriate social skills with friends and family.**

Correlation to Strand 5:	
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**Describe how you can evaluate your success in this activity.**

Assessment:	
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***You must include a letter from your coach and a copy of your training schedule, signed by the coach.***

***Attach evidence of student work and documentation of that work. (Photographs, Journals, Papers, Projects, Coach's Recommendations, Verification of Time Spent in Class, etc.)***

When finished, please e-mail completed form to Patty Ward, Healthy Lifestyles Secretary.

[patty.ward@slcschools.org](mailto:patty.ward@slcschools.org)