

Health Endorsement Courses

June 2019

1. Methods of Teaching Health MIDAS Course # 48784

Class Description: This course is designed to provide a solid foundation to the profession of health education, this course includes an overview of the Utah Core Standards, key terminology, professional standards, curriculum planning, implementation and evaluation procedures.

1.5 USBE Credit Hours - 1 week, 5-6 hours/day for minimum of 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: June 10-13, 2019

Location: Cedar Middle School, 2215 West Royal Hunte Drive, Cedar City, Utah 84720

Room: E8

Time: Mon-Thurs 8:00 am – 3:00 pm (45-minute lunch)

Instructor: Julie Brown, julie.brown@ironmail.org

Recommended Book: *The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment (SHAPE America Sets the Standard)* by Sarah Benes and Holly Alperin, ISBN: 978-1492507635

All assignments must be submitted by Thursday, June 27, 2019 via CANVAS

2. Substance Abuse Prevention MIDAS Course # 48786

Class Description: This course is designed to help new and future Health Education teachers gain a general knowledge of alcohol and other drugs in the context of teaching Health Education I and II. It will cover the effects drugs and alcohol have on the physical, mental, social, and emotional health. One aspect of the course will be to prepare attendees of the course to translate information learned to constructing and present lessons that meet Utah Core Standards.

1.5 USBE Credit Hours - 1 week, 5-6 hours/day for minimum of 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: June 17-20, 2019

Location: West Point Junior High, 2775 West 550 North, West Point, UT 84015

Portable 1 (East side of building)

Time: Mon-Thurs 8:00 am – 2:30 pm (working lunch)

Instructor: Sarah Follett, sfollett@dsdmail.net

Will be incorporating Botvin LifeSkills

All assignments must be submitted by June 22, 2019

3. Nutrition

MIDAS Course # 48787

Class Description: This course is designed to study the relationship of nutrition as it relates to optimum performance and health. Basic nutrient needs, sources, and functions will be discussed for various ages, activity levels, and performance needs. An emphasis will be placed on diet and lifestyle practices that promote overall health while examining the need for proper nutrition to decrease risks of nutrition-related diseases.

1.5 USBE Credit Hours - 1 week, 5-6 hours/day for minimum of 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: June 24-27, 2019

Location: Online Canvas course

Time: Mon-Friday. Different module each day.

Instructor: April Larsen, alarsen@utahonline.org

Required Books: *Nutrition Concepts and Controversies, 12th edition* by Frances Sienkiewicz Sizer, ISBN 978-0538734943

All assignments must be submitted by Friday, June 28, 2019

[MIDAS LINK](#) to register for above courses. Use the Midas Course number to locate each course.