

Health Endorsement Courses for 2023

1. Substance Abuse Prevention

[MIDAS Course # 48786](#)

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. The course will prepare attendees of the course to translate information learned to constructing and present lessons that meet Utah Core Standards.

1.5 USBE Credit Hours - 2-week course, for minimum of 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: May 1 – May 12

Location: Online Canvas course

Time: Mon-Friday for 2-week period. Modules are added as course progresses.

Instructor: April Larsen, alarsen@utahonline.org

Required Books: All materials will be provided in Canvas Modules

All assignments must be submitted by midnight Friday, May 12, 2023

2. Nutrition

[MIDAS Course # 48787](#)

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 - 2-week course, for minimum of 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: May 15 – May 26

Location: Online Canvas course

Time: Mon-Friday for 2-week period. Modules are added as course progresses.

Instructor: April Larsen, alarsen@utahonline.org

Required Books: All materials will be provided in Canvas Modules

All assignments must be submitted by Midnight Friday, May 26, 2023

3. 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: May 26- June 7

Location: Online Canvas course

Time: Mon-Friday for 2-week period. Modules are added as course progresses. Instructor: Susanne Hansen suhansen@wsd.net

Required Book: Essentials of Teaching Health Education 2nd Edition with HKPropel Access, ISBN# 9781492593560

All assignments must be submitted by Friday June 7, 2023 via CANVAS

Please register for all courses in MIDAS: <https://usbe.midaseducation.com/>

Use the Midas Course number to locate each course.