

# Physical Education Endorsement Courses

June 2022

1. Methods of Teaching Fitness for Life  
MIDAS Course # 48789

Class Description: This course is designed to give new and future Physical Education teachers the essential knowledge to teach Fitness for Life. This course will dive into the Utah Core Standards for Fitness for Life, key terminology, planning, implantation and evaluation strategies.

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 13-17, 2022

Location: Provo High School, 1199 Lakeshore Drive, Provo, Utah 84601

Room #C107

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

Instructor: Teri Davis [terildavis@gmail.com](mailto:terildavis@gmail.com)

Required Book: Fitness for Life 6<sup>th</sup> Edition ISBN: 978-1450497534

<https://us.humankinetics.com/collections/fitness-for-life/products/fitness-for-life-6th-edition-with-web-resources-paper>

\*Starting Assignment: Before the first class please read the first 3 chapters of the book to become familiar with it.

2. Exercise Physiology  
MIDAS Course #39420

Class Description: This course for secondary physical education endorsement and/or professional growth examines the physiologic basis of human movement and conditioning as it relates to teaching physical education. Students will learn how to scientifically address and develop various elements of physical fitness including muscular strength and endurance, flexibility, cardiovascular conditioning, weight management, and life-long fitness. Practical application and ease of terminology are goals of this class.

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

Dates: May 16-28, 2022 (Asynchronous)

Location: Online Canvas course

Instructor: April Larsen, [alarsen@utahonline.org](mailto:alarsen@utahonline.org)

Required Book: Online resources in modules

All assignments must be submitted by Friday, May 28, 2022, via Canvas

3. Introduction/Philosophy of Physical Education  
MIDAS Course #39419

Class Description: This course acquaints teachers with the history of physical education, how physical education impacts society in the past and present. An understanding of how children, teenagers, adults and elderly benefit from participation. Studies will be reviewed on body and brain connections, responsibility of physical educators and relationships between physical education, physical activity, sport, and recreation. Attendees will review and discuss current research and issues in physical education.

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

Dates: May 2-15, 2022

Location: Canvas

Instructor: Susanne Hansen [suhansen@wsd.net](mailto:suhansen@wsd.net)

Required Book: Introduction to Teaching Physical Education 2nd Edition With Web Resource,  
Publisher: Human Kinetics, Author Jane M. Shimon, Hard Copy ISBN 9781492566397

All assignments must be turned in via Canvas by May 15, 2022

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