



# Application for the Utah State Board of Education Health Endorsement Form

## Applicant Information

Name: \_\_\_\_\_ Date Application Submitted: \_\_\_\_\_

Cactus ID: \_\_\_\_\_ E-mail: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

District: \_\_\_\_\_ School: \_\_\_\_\_

Major: \_\_\_\_\_ Minor: \_\_\_\_\_

## Select Endorsement Type: Please check one

- This application is for a Health Endorsement
- This application is for a State Approved Endorsement Plan (SAEP)
- This application is for ARL or Out of State Licensure

## Instructions for Completing the Application

1. Print and complete the Health Education Endorsement Application.
2. Submit Transcripts. Original copies of transcripts with courses highlighted is preferred. They do not need to be sealed in an envelope, but they need to be original college or university transcripts on official paper. Photocopies or transcripts that you have electronically received will not be accepted. We will accept electronic transcripts only if they are sent directly from the college or university through a transcript clearinghouse to [transcripts@schools.utah.gov](mailto:transcripts@schools.utah.gov). Transcripts should be sent before you submit your endorsement application. Please note on the application that transcripts have been sent electronically.
3. For those who are submitting Out of State (OOS) or Alternative Routes to Licensure (ARL) application must include a completed endorsement form.
4. Send completed application and transcripts to:
  - Utah State Board of Education – Endorsements  
250 East 500 South  
P.O. Box 144200  
Salt Lake City, Utah 84114-4200

## There are two methods to earn the Secondary Health Education Endorsement

1. Completion of University and/or Professional Development courses approved by USBE
2. Demonstrated Competency

### University and Professional Development Courses Approved by USBE

1. Current Utah teaching license
2. Completion of the six required courses
  - a) Foundation of Health Education
  - b) Methods of Teaching Health
  - c) Human Sexuality/Sex Education
  - d) Nutrition
  - e) Substance Abuse Prevention
  - f) Mental Health
3. Current First Aid and CPR Certification. Submit copies of both sides of certification cards
4. Methods of Teaching Health should be taken within five years of application. All other coursework should be within ten years
5. If you wish to substitute any course not listed from the pre-approved list below, you must provide a course description
6. Provide course number for each required course on the form below

### Demonstrated Competency

1. Current Utah secondary teaching license
2. Score 162 or more on Health Education Content PRAXIS exam 5551
  - a) Information on all PRAXIS tests can be found on the website [www.ets.org/praxis](http://www.ets.org/praxis). To register for a test, go the website and click on the link "Register for a Test." To find information on the content of a particular test, click on the link "Prepare for a Test".
3. Completion of the following course work
  - a) Methods of Teaching Health
  - b) Human Sexuality/Sex Education
  - c) Nutrition
  - d) Mental Health
4. Current First Aid and CPR Certification. Submit copies of both sides of certification cards

For information or questions about the health endorsement please contact the health and physical education specialist:

Jodi Kaufman

Email: [jodi.kaufman@schools.utah.gov](mailto:jodi.kaufman@schools.utah.gov)

801-538-7734

250 East 500 South

P.O. Box 144200

Salt Lake City, UT 841144200

## Requirement Checklist

The courses listed from the following Utah universities or professional development courses have already been pre-approved for credit towards the endorsement. If you have a course that is not pre-approved, list the course title and course number on the *other* row and include course description and/or syllabus with application.

University courses are reviewed and approved by agreement with USBE. You must have original university transcripts attached (internet copies are not acceptable). Professional development courses other than those offered by USBE must be approved by the USBE Health Curriculum Specialist.

### 1. Foundations of Health Education

Course Title	University	Course Number	Check Completed
Principles and Practices of Health Promotion	BYU	HLTH 330	
Wellness Dynamics	SUU	PE 1098	
Foundations of Health Education	U of U	HEDU 4200	
Foundations of Health Education	UVU	HLTH 3220	
Foundations of Health Promotion	WSU	HLTH 3000	
Personal Health and Wellness	USBE		
OTHER			

### 2. Methods of Teaching Health

Course Title	University	Course Number	Check Completed
Health Education Teaching Methods	BYU	HLTH 381	
Methods of Teaching Health Education	SUU	PE 3720	
Health Teaching in Secondary Schools	U of U	HEDU 4230	
Health Education Teaching Methods	UVU	HLTH 4200	
Methods of Teaching Health Education	WSU	HLTH 3200	
Methods of Teaching Health Education	USBE		
OTHER			

### 3. Human Sexuality/Sex Education

Course Title	University	Course Number	Check Completed
Human Sexuality Education in the Curriculum	BYU	HLTH 436	
Methods of Teaching Human Sexuality Education	SUU	PE 3750	
Human Sexuality	U of U	HEDU 3000	
Human Sexuality	UVU	HLTH 2800	
Human Sexuality	WSU	HLTH 3500	
Human Sexuality/Sex Education	USBE		
OTHER			

## 4. Nutrition

<b>Course Title</b>	<b>University</b>	<b>Course Number</b>	<b>Check Completed</b>
Essentials of Human Nutrition	BYU	NDFS 100	
Scientific Foundations of Human Nutrition	SUU	NFS 1020	
Scientific Foundations of Human Nutrition	U of U	NUTR 1020	
Health Weight for Life	U of U	NUTR 3550	
Advanced Human Nutrition	U of U	NUTR 4440	
Science and Application of Human Nutrition	USU	NDFS 1020	
Foundations of Human Nutrition	UVU	NUTR 1020	
Science and Application of Human Nutrition	WSU	NUTR 1020	
Nutrition and Fitness	WSU	NUTR 4420	
Performance Nutrition	USBE		
OTHER			

## 5. Substance Abuse Prevention

<b>Course Title</b>	<b>University</b>	<b>Course Number</b>	<b>Check Completed</b>
Substance Abuse Prevention	BYU	HLTH 460	
Drugs and Alcohol	SUU	PE 3790	
Prevention Practices in Health Promotion	U of U	HLTH 4180	
Drugs and Human Behavior	USU	HEP 3000	
Drugs, Behavior, and Society	UVU	HLTH 2600	
Substance Abuse Prevention	WSU	HLTH 3400	
Substance Abuse Prevention	USBE		
OTHER			

## 6. Mental Health

<b>Course Title</b>	<b>University</b>	<b>Course Number</b>	<b>Check Completed</b>
Mind/Body Health	BYU	HLTH 383	
Stress Management	DSU	PSY 2430	
Child and Family Mental Health	DSU	PSY 3440	
Stress Management and Wellness Concepts	SUU	PE 2100	
Stress Management	U of U	HEDU 3160	
Resiliency	U of U	HEDU 4350	
Health and Wellness	USU	HEP 2500	
Concepts of Stress Management	UVU	HLTH 2400	
Stress Management	WSU	HLTH 1110	
Mind/Body Wellness	WSU	HLTH 2400	
Methods of Teaching Stress Management	USBE		
OTHER			

7. Current CPR/First Aid Card Certification – Must Attach to Application

CPR/First Aid Certification Provider	Check Completed
American Heart Association	
American Red Cross	
National Safety Council’s First Aid and CPR Training	
Emergency Care & Safety Institute	
University Course (list course number)	
Other – to be approved by USBE Specialist	

8. **Other: Human Sexuality Instruction – State Law and Policy**

Required of all Utah Teachers of Human Sexuality *AFTER* hire.

Alternative Route to Licensure (ARL) – Initial Licensure

1. Apply through ARL – Teacher Licensing Department
2. Must complete university and professional development courses approved by USBE listed above (1-8)
3. Pass the Health PRAXIS test # 5551 with a qualifying score of 162 or above.