

Physical Education Endorsement Courses

June 2020

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 8-11, 2020

Location: Provo School District, 1591 Jordan Ave, Provo Utah 84604

Room: GTC Conference Room 1591 Jordan Ave, Provo, UT 84604

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

Instructor: Teri Davis terildavis@gmail.com

Required Book: Fitness for Life 6th Edition ISBN: 9781450497534

<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. Physiology of Exercise
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 - 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 15-19, 2020

Location: Sandridge Junior High, 2075 West 4600 South, Roy, UT 84067

Room: Portable

Time: Mon-Thurs 8:00 am – 2:45 pm (30-minute lunch)

Instructor: Lisa Begley

No Book Required – will be using online resources

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 - 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 22-25, 2020

Location: Payson Junior High, 1025 South HWY 198, Payson, UT 84651

Room: E-86

Time: Mon-Fri 8:00 am – 2:45 pm (30-minute lunch)

Instructor: Eric Archer

Required Book: Introduction to Teaching Physical Education and Strategies, Publisher: Human Kinetics, Author Jane M. Shimon, Hard Copy ISBN 13: 9780736086455

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