

# Health Endorsement Courses

June 2022

## 1. Mental Health

MIDAS Course #39417

Class Description: This course for secondary health education endorsement and/or professional growth emphasizes on methods of teaching mental health/stress management in the secondary health core. It focuses on mental illness and the importance of early intervention and treatment, the types of mental disorders and the stigma associated with them, and how stress impacts both mental and physical health. Strategies to manage stress are demonstrated and practiced.

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

Dates: June 6-20, 2022 (Asynchronous)

Location: Online Canvas course

Instructor: Cindy Allen [Cindy.Allen@ccsdut.org](mailto:Cindy.Allen@ccsdut.org)

Required Book: The End of Mental Illness, by Daniel Amen. ISBN 9781496438157

All assignments must be submitted by June 20, 2022, via Canvas

## 2. Sex Education

MIDAS Course #39418

Class Description: This course for secondary health education endorsement and/or professional growth emphasizes methods of teaching the sex education unit in the secondary health core. It focuses on the physical and emotional growth of adolescents, healthy relationships, the threat and prevention of diseases, and the effective delivery of curriculum. It also clarifies what may be taught within Utah Law and USBE Board Policy. 1.5 USBE Credit Hours - 25 class hours, plus a completed assignment or project is required for the USBE Credit.

Dates: June 13-16, 2022

Location: Maple Mountain High School, 51 North 2550 East, Spanish Fork, UT 84660

Room: Library

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

Instructor: McKenzie Stowell [mckenzie.stowell@nebo.edu](mailto:mckenzie.stowell@nebo.edu)

Optional Books: The 6 Most Important Decisions You'll Ever Make – A Guide for Teens by Sean Covey ISBN: 9781501157134

All assignments must be submitted by Friday, June 17, 2022

## 3. Human Diseases

MIDAS Course #60693

Class Description: This course for secondary health education endorsement and/or professional growth emphasizes methods of teaching human disease including general principles of disease and major diseases of body systems and organs. Applies genetic, behavioral, and environmental issues to the study of human diseases. Course includes a wide variety of pedagogy useful for health educators.

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

Dates: May 2-14, 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 14, 2022, via Canvas

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