Health Endorsement Courses
June 2020

1. Mental Health/Stress Management
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 - 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: West Point Junior High, 2775 West 550 North, West Point, UT 84015
Portable 1 (East side of building)
Time: Mon-Thurs 8:00 am – 2:30 pm (working lunch)
Instructor: Sarah Follett

All assignments must be submitted by June 12, 2020

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 - 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 15-18, 2020
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

All assignments must be submitted by Friday, June 19, 2020
3. Foundations of Health Education
   MIDAS Course #39416

   Class Description: Course will focus on concepts of healthy living. Examination of Comprehensive School Health Programs and relationships to health for the student and future health issues. Course will include concepts leading to personal behavior that need to initiate change as well as the influence of society on health decisions. Attendees will appreciate an understanding of our bodies and requirements to maintain or achieve good physical, mental and emotional health. Course includes a wide variety of pedagogy useful for health educators.

   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 22-26, 2020
   Location: Online Canvas course
   Time: Mon-Friday. Different module each day.
   Instructor: April Larsen, alarsen@utahonline.org
   Required Book: Online resources in modules

   All assignments must be submitted by Friday, June 26, 2020 via Canvas

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