

Health Endorsement Courses

June 2018

1. Foundations of Health Education (formally Personal Health and Wellness)
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 11-15, 2018

Location: Granger High School, 3580 South 3600 West, West Valley City, UT 84119

Room: K119

Time: Mon-Fri 9:00 am – 2:30 pm (30-minute lunch)

Instructor: Lori Heimuli

Required Book: Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (4th Edition) ISBN: 13:978-0321596420 Book can be purchased in paperback and used copies

All assignments must be submitted by Friday, June 15, 2018 via Google Classroom

2. Methods of Teaching 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 18-21, 2018

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

Suggested Books: The Educator's Guide to Mental Health Issues in the Classroom by Frank M. Kline and Larry B. Silver - ISBN 1-55766-670-9, Activities That Teach by Tom Jackson - ISBN-13: 978-0966463316, More Activities That Teach by Tom Jackson - ISBN-13: 978-0966463330, Youth Mental Health First Aid USA: For Adults Assisting Young People - ISBN 978-0-9885176-0-8

All assignments must be submitted by June 22, 2018

3. Methods of Teaching Human Sexuality
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 25-28, 2018

Location: Taylorsville High School, 5225 South Redwood Road, Taylorsville, UT 84123 (park in west lot)

Room: H-113

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

Instructor: Jennifer Hilton

Required Books: Teaching about Sexuality and HIV: Principles and Methods for Effective Education. Hedgepeth, E. & Helmich, J. (1996/2000) ISBN: 9780814735350

All assignments must be submitted by Friday, June 29, 2018

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