



HEALTH AND P.E. ENDORSEMENTS

OVERVIEW

Build your educational resume with endorsements for P.E. and Health. These two fully online endorsements are designed for K-12 teachers and were created in partnership with Utah State Board of Education (USBE). These not-for-credit courses are ideal for current teachers looking to further their careers. These endorsements can be completed in one year and translated into credits by USBE.

DELIVERY

Online or Webinar



COST

\$350 per class

TUITION ASSISTANCE

Utah residents can qualify for assistance up to 50% of the total cost with STIT Funding. Scan QR code on the back to access STIT application.

CONTACT

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2023-2024 SCHEDULE

FALL 2023

Methods of Teaching Health | Sept. 05 - Oct. 23
Nutrition, Safety & Disease Prevention | Oct. 24 - Dec. 11
Methods of Teaching PE & Activities | Sept. 5 - Oct. 23
Methods PE Skills/Lifetime Activities | Oct. 24 - Dec. 11
Methods of Teaching Fitness for Life | Oct. 24 - Dec. 11
Adapted PE | Oct. 24 - Dec. 11

SPRING 2024

Human Development/Sexuality | Feb. 29 - Apr. 18
Mental Health & Substance Abuse Prevention | Jan. 8 - Feb. 26
Methods of Teaching PE & Activities | Jan. 8 - Feb. 26
Methods PE Skills/Lifetime Activities | Jan. 8 - Feb. 26
Methods of Teaching Fitness for Life | Feb. 29 - Apr. 18
Adapted PE | Feb. 29 - Apr. 18

P.E. & HEALTH ENDORSEMENTS

METHODS OF TEACHING HEALTH

As a result of this training, students will be able to develop and implement lesson plans that align with core standards, wellness, developmental and cognitive diversity, pedagogical strategies, cultural responsiveness, assessments that monitor student progress, and Universal Design; analyze key protective factors and their impact on all areas of health; evaluate the characteristics of healthy relationships; and demonstrate professional ethics aligned with a trauma-sensitive approach to teaching, health promotion, integration of lifelong healthy behaviors in the classroom, differentiated instruction, and advocacy.

MENTAL HEALTH AND SUBSTANCE ABUSE PREVENTION

As a result of this training, students will be able to develop and implement lesson plans; identify accurate information and resources when professional health services may be required; create a supportive environment that promotes mental health including stress reduction, coping strategies, eliminating the stigma of mental illness, and suicide prevention; create a lesson plan and formative assessments aligned to the core standards for substance abuse prevention, including ways to resist pressure to participate in risky behaviors; and examine the effects of stress on the immune, endocrine, and nervous systems and the relationship to disease.

NUTRITION, SAFETY, & DISEASE PREVENTION

As a result of this training, students will be able to develop and implement lesson plans, identify infectious, chronic, and acute diseases and apply effective disease prevention strategies; justify appropriate safety behaviors and the avoidance of unnecessary risks to protect physical, mental, emotional, and social health; design a lesson plan on infectious disease prevention strategies, chronic disease prevention strategies, and treating those with chronic diseases with empathy; explain the role, connections, and changes needed in nutrition for the human lifespan.

HUMAN DEVELOPMENT/SEXUALITY

As a result of this training, students will be able to develop and implement lesson plans, identify the anatomy and physiology of the human body and explain the healthy function of the reproductive system, and how to recognize unhealthy signs and symptoms, including the detection of common reproductive diseases and conditions; design a lesson plan and assessment on one or more sexual health topics; identify state law and how the curriculum is selected locally, and plan a lesson aligned to state law and core standards for reporting, seeking help, and stopping sexual harassment, sexual abuse, and sexual assault, including rape. Include the impact of substance use on the ability to consent and perceive consent.

METHODS OF TEACHING PE ACTIVITIES

As a result of this training, students will be able to develop and implement various team sport lesson plans; monitor and evaluate student motor skill progression in sports, dance and other physical education skills; create and defend a personal philosophy of physical education; and evaluate components of exercise physiology including heart rate, breathing, muscle fatigue, flexibility, etc.

METHODS OF TEACHING PE LIFETIME ACTIVITIES

As a result of this training, students will be able to develop and implement lesson plans develop and implement various PE Skills/Individual Lifetime Activities lesson plans, monitor and evaluate student motor skill progression in individual lifetime activities, discuss how physical education impacts mental, social physical, and emotional well-being, and create IEP goals based on data.

METHODS OF TEACHING FITNESS FOR LIFE

As a result of this training, students will be able to develop and implement lesson plans, develop and implement Fitness for Life lesson plans, monitor, and evaluate student motor skill progression and exercise physiology using the health-related components of fitness including nutrition, evaluate and develop safe and effective personal fitness plans, and demonstrate examples of lifelong fitness activities including nutritional changes throughout the lifespan.

ADAPTED PE

As a result of this training, students will be able to design, implement, and evaluate adaptations for students with various disabilities so they can participate with their peers in activities, movement, and sports; collect, analyze, and evaluate data to determine the effectiveness of the program; communicate goals and objectives based on data with special education staff, parents, and students in an IEP setting; and identify technology and resources that enhance student learning and address student's individual needs.

