Health Education Endorsement Specs

Competencies & Requirements

Purpose

The academic success of Utah's students is strongly linked to their health. The goal of Health Education is to support parents and families in developing healthy, responsible students who have the knowledge, skills, and dispositions to work together in an inclusive manner to think critically and participate in a variety of activities that lead to lifelong healthy behaviors.

The Health Education endorsement is required for educators to teach Health I (middle school) and/or Health II (high school) and can be attached to a secondary teaching license.

Endorsement Requirements

Health Education has six content requirements, CPR and first aid certification and training required by Utah law:

Human Disease and Disease Prevention	**Nutrition**	**Mental Health**
Substance Abuse Prevention	**Human Sexuality and Sex Education**	**Methods of Teaching Health**

Submit a copy of current hands-on CPR and first aid certification from one of the following providers:

- American Heart Association
- American Red Cross
- National Safety Council
- Emergency Care & Safety Institute

Each requirement may be earned by taking university courses, completing the Microcredential(s), or other experiences that demonstrates knowledge, skills, and dispositions as approved by the USBE Health Education Specialist. Examples of other experiences could be teaching a university course, certification in a related area, or work experience directly related to the requirement.

Utah law and policy course is required per Utah Code 53G-10-403 of all first-year health educators prior to teaching sex education and must be renewed every three years. Visit the Health Education page for more details.

If Taking Utah-Based University Courses Approved by USBE:

- University courses are reviewed and approved by agreement with USBE.
- Applicants must earn a C or higher in the course(s) taken. See options sheet for latest course options in Utah. This list is not exhaustive, other classes may meet the competencies.

Associate Endorsement

Educators may be awarded an associate level endorsement for Health Education when three or more content requirements are met or the educator has a Bachelor degree in Health Education or a related program as approved by the Health Education Specialist.

Overview of Requirement Areas and Approved Competency Paths to the Health Education Endorsement

Human Diseases Competencies:

1. Promote appropriate safety behaviors and the avoidance of unnecessary risks to protect physical, mental and emotional, and social health.
2. Identify infectious, chronic, and acute diseases and apply effective disease prevention strategies.

Options for meeting Human Diseases Competencies (only one required)

- **University Course – see Options Sheet**
- **Microcredential – Stack Human Diseases**
  a. Chronic Diseases
  b. Infectious Diseases
  c. Prevention Strategies
  d. Validity of Current Health Resources, Information, Trends

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Nutrition Competencies:

1. Understand the relationship between food and culture.
2. Demonstrate an understanding of the role of carbohydrates, protein, lipids, water, vitamins, and minerals in human nutrition.
3. Explain the role, connections, and changes needed in nutrition for weight control, exercise, aging, and pregnancy/lactation.
4. Explain the effects of disordered eating and eating disorders on healthy growth and development.
5. Understand the connection between food choices and chronic diseases.

Options for meeting Nutrition Competencies (only one required)

- **University Course – see Options Sheet**
- **Microcredential Stack – Nutrition**
  a. Six Basic Nutrients and Functions
  b. Body Image & Eating Disorders
  c. Healthy Strategies for Maintaining, Reducing, or Gaining
  d. Food and Culture

Mental Health Competencies:

1. Create a supportive environment that promotes mental health including stress reduction, eliminating the stigma of mental illness, and suicide prevention.
2. Guide students in accessing accurate information and resources when professional health services may be required.

Options for meeting Mental Health Competencies (only one required)

- **University Course – see Options Sheet**
- **Microcredential Stack – Mental Health**
  a. Emotional Intelligence
  b. Mental Health Disorders
  c. Stress Management
  d. Suicide, Self-Harm, and Resources for Help

Substance Abuse Prevention Competencies:

1. Demonstrate the skills and behaviors needed for substance abuse prevention.
2. Promote the understanding of the effects of alcohol, tobacco, nicotine, drug, and other substance use and addiction on physical, mental and emotional, and social health.

Options for meeting Substance Abuse Prevention Competencies (only one required)

- University Course – see Options Sheet
- Microcredential Stack – Substance Abuse Prevention
  a. Medications and Commonly Abused Drugs Short- and Long-Term Consequences of Substance Use Mental Health Disorders
  b. Substance Abuse & Addiction

  Peer Pressure and Refusal Skills

Sex Education (Human Sexuality) Competencies:

1. Identify the relationships of anatomy and physiology for the human body. Explain healthy function of the reproductive system, and how to recognize unhealthy signs and symptoms, including detection of common reproductive diseases and conditions.
2. Demonstrate understanding of human sexuality, including anatomy, reproduction, prevention of sexually transmitted disease/infections, pregnancy prevention, healthy pregnancy, Newborn Safe Haven Law, and normal fetal development.
3. Demonstrate understanding of state law and how curriculum is selected locally.
4. Apply content and foundational knowledge to plan and implement developmentally appropriate learning experiences to plan instruction on healthy and unhealthy relationships and abuse prevention.

5. Demonstrate how to obtain accurate and credible resources for sexual health, development, and relationships and where to turn to for help.

Options for meeting Sex Education Competencies (only one required)

- University Course – see Options Sheet
- Microcredential Stack Microcredential Stack – Human Sexuality

a. Anatomy and physiology of male and female reproductive systems
b. Conception, Pregnancy & Childbirth
c. Contraception methods - including abstinence
d. Sexually Transmitted Diseases/Infections (STDs/STIs), including HIV/AIDS

Methods of Teaching Health Education Competencies:

1. Demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective secondary health education program.
2. Apply content and foundational knowledge to plan and implement developmentally appropriate learning experiences aligned with local, state and/or national standards through the effective use of resources, accommodations and/or modifications, technology and metacognitive strategies to address the diverse needs of all students.
3. Engage students in meaningful learning experiences through effective use of pedagogical skills, such as communication, feedback, technology, and instructional and managerial skills to enhance student learning.
4. Select and implement appropriate assessments to monitor students' progress and guide decision making related to instruction and learning.
5. Health education candidates demonstrate behaviors essential to becoming effective professionals. They exhibit professional ethics and culturally competent practices; seek opportunities for continued professional development; and demonstrate knowledge of promotion/advocacy strategies for health education and expanded wellness opportunities that support the development of health literate individuals.

Options for meeting Methods of Teaching Health Competencies (only one required)

- University Course – see Options Sheet
- Microcredential Stack Microcredential – Stack Name Methods of Teaching Health

a. Health Core Standards and Curriculum
b. Assessment to Inform Health Instruction
c. Health Instructional Planning and Reflection
d. Health Instructional Methods

For educators with a professional license

In accordance with R277-301 Educator Licensing, an individual holding a professional license and a license area of concentration in elementary education, secondary education, CTE, special education, or deaf education, may earn an additional professional content area endorsement through:

- Passage of a content knowledge test or competency exam approved by the Superintendent;
- Demonstration of any content endorsement specific safety competencies, if applicable, which may include lab safety or CPR; and
- Demonstration of pedagogical content knowledge in the new content area as verified by the educator's LEA supervisor or designee

For Health Education, qualified educators may choose this pathway for endorsement and complete:

☐ **Health Education Content Praxis Exam** (5551)

- Must earn a score of 162 or higher
- Information on all Praxis tests can be found at the ETS Praxis website.
- To register for a test, visit the website and select Register for a Test.
- To review the content of a specific exam, select Prepare for a Test.

CPR/First Aid Certification

Complete a hands-on course provided by one of the following organizations.

☐ American Heart Association ☐ American Red Cross

☐ National Safety Council ☐ Emergency Care and Safety Institute

Date Completed _____

Demonstration of Health Pedagogical Knowledge

Attach the completed LEA supervisor or designee evaluation rubric.