# Iowa Department of EducationHealth Endorsement Worksheet

**Endorsement 137 or 138: K-8 or 5-12 Health.**

**Completion of 24 semester hours, or 18 semester hours if the applicant holds a physical education or family and consumer science endorsement in health to include coursework in:**

Public or community health

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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|  |  |  |  |  |

Personal wellness

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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Substance abuse

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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Family life education

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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Mental/emotional health

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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Human nutrition

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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**Content methods courses that cover the specific endorsement area and grade levels are required in addition to the content coursework and credits listed above.**

Methods of teaching elementary health (K-8) or secondary health (5-12).

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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A current certificate of CPR training is required in addition to the coursework

21.3(1) Adding an endorsement. To add an endorsement to an existing license, the applicant will follow one of these options:

a. Option 1. Receive the Iowa education institution’s recommendation that the current approved program requirements or state minimum requirements for the endorsement have been met.

b. Option 2. Apply for a review of transcripts, out-of-state licensure, or approved assessment score reports by the board of educational examiners’ staff to determine whether Iowa requirements have been met. Applicants will have achieved a C- grade or higher in the courses that will be considered for an endorsement. The methods course can be waived if the practitioner holds an endorsement in the same content area at a different level and teaches in the new content area successfully while holding a Class B license.