

**IOWA STATE UNIVERSITY**  
**College of Human Sciences**  
Department of Curriculum & Instruction  
Elementary Education Majors

Area of Specialization K-8

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| <b>Health</b> |
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**State of Iowa Minimum Requirement Endorsement K-8:**

Approved health studies and related courses meeting requirements in: Public or Community Health, Consumer Health, Substance Abuse, Family Life Education, Mental/Emotional Health, and Human Nutrition. **Program requires a minimum grade of “C-“ in each course.**

**The following courses are required:**

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| <b>FSHN 167</b>  | Human Nutrition - 3 credits                             |
| <b>HDFS 276</b>  | Human Sexuality - 3 credits                             |
| <b>HS 105</b>    | First Aid and Emergency Care - 2 credits                |
| <b>HS 110</b>    | Personal & Consumer Health - 3 credits                  |
| <b>HS 215</b>    | Drug Education - 3 credits                              |
| <b>HS 305</b>    | Instructor’s First Aid and CPR - 2 credits              |
| <b>HS 310</b>    | Community & Public Health - 3 credits                   |
| <b>HS 350</b>    | Human Diseases - 3 credits                              |
| <b>HS 390</b>    | Administration of the School Health Program - 3 credits |
| <b>Biol 255</b>  | Fundamentals of Human Anatomy - 3 credits               |
| <b>Biol 255L</b> | Fundamentals of Human Anatomy Lab - 1 credit            |

**\*Methods: HS 275 - Health Education in the Elementary Schools - 3 credits**

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| <p><b>*HS 275 must be completed for state requirements; however, this is not included in the 29 hours needed for the endorsement. This is an option as a Related Methods course in the basic curriculum.</b></p> |
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