

Adapted Physical Education Endorsement

Purpose

The goal of adapted physical education in special education is to develop specially designed physical education as described in the student’s individualized education program (IEP). Adapted physical education develops healthy, responsible students who have the knowledge, skills, and dispositions to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle. The adapted physical education endorsement is required for educators to teach adapted physical education K-12. *The adapted physical education endorsement can only be attached to a special education teaching license.*

Adapted Physical Education Endorsement Requirements:

1. Current First Aid and CPR Certification- A copy of the certification card is required. Hands-on certification is required. (American Red Cross, American Heart Association, National Safety Council, Emergency Care & Safety Institute.)
2. Methods of Teaching K-12 Physical Education
3. Adapted Physical Education

Two different physical activities courses are required: i.e. volleyball and basketball

4. 1-Physical Activity and Skill Course (i.e. volleyball)
5. 2-Physical Activity and Skill Course (i.e. basketball)

Associate Endorsement

Three areas of requirements must be met for an associate endorsement. CPR/First Aid is required and then two of the other required areas must be met.

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

Each requirement may be earned by taking university courses, completing the Microcredential(s), or other experiences that demonstrate knowledge, skills, and dispositions as approved by the USBE Physical 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.

[Physical Education K-12 Competencies](#)

[University Course Option Sheet](#)

[Microcredentials](#)

CPR and First Aid

*A copy of the certification card is required. **Hands-on (In-person) certification is required.***

(American Red Cross, American Heart Association, National Safety Council, Emergency Care & Safety Institute.) Certification card should be uploaded with your other documentation in your application.

Methods of Teaching Physical Education K-12

University Course

Microcredential=1 Stack of 3

Demonstrate the knowledge, skills, and experience necessary to deliver quality PE lessons for students that include principles, concepts, strategies, classroom management, skill development, and assessment.

Demonstrate understanding of the Utah Core Standards.

Plan for student agency, give individualized feedback to students and adapt instructions based on student needs (data, observation, etc.)

Adapted Physical Education

University Course

Microcredential= 2 Adapted PE Stacks

Other Experience

Understand various disabilities and how they affect participation in Physical Education.

Be able to analyze and assess motor skills, document assessment outcomes for qualification, give feedback to students, teachers, and parents, and be able to provide adaptations with equipment, environment, and activities for participation in activities and sports. Understand professional practices, policies, laws, and procedures. Demonstrate competency in understanding the IEP process. Teachers should know how the IEP drives the goals and learning for students who have an IEP. Demonstrate understanding of behavior intervention plans (BIP) and how they are implemented.

Physical Activity and Skill (2)

Two different physical activities courses or experiences are required: I.e. volleyball and basketball

University Course

Certification

Coaching HS Sport- Letter from Administration

College Participation-Letter from Coach

Demonstrate competency in two of the following activities: sport, recreation activity, dance, yoga, strength, and conditioning, coaching, or other activity or PE courses.