

University of Alaska College of Education Initial Endorsement Content Preparation Review Physical Education Grades K-12

Note: The following content area preparation review is for application to a UAA teacher education program leading to an Alaska Type A Certificate with an initial endorsement in Physical Education Grades K-12. These requirements are based on the *National Association for Sport and Physical Education (NASPE)* and the Alaska Content and Performance Standards, which define what students in grades K-12 should know about physical education and be able to do with that knowledge. Once the applicant has been admitted to the UAA teacher education program, evaluation of her/his progress toward certification will be guided by the Alaska Teacher Standards for Professional Practice; the Alaska Content, Cultural, and Performance Standards for Students; the NASPE Standards for Beginning Physical Education Teachers; and the NCATE *Program for Initial Preparation of K-12 Physical Education Teachers*.

Applicants should have a major or a minor in a physical education or a related discipline: recreation, health, athletic training, coaching, etc. However, a total of **36** credits in physical education and/or related courses is required. A student earning a Bachelor of Science degree in Physical Education from UAA will automatically meet all the required standards.

The following matrix is intended to guide the applicant in demonstrating her/his content knowledge through transcripts, PRAXIS II scores, and/or relevant work experiences. The applicant should list courses in the appropriate matrix cell and attach transcripts for documentation, test score reports, and narratives for work/life experience documentation. One course may be used to meet multiple standards. One course (2 or 3 credits) is sufficient to meet an individual standard. For coursework, applicants may be required to submit course syllabi, course products, or other documentation regarding the content of the course. When the documentation is work/life experience, the applicant must provide an annotated resume (supported by items such as letters of reference or employee evaluations) and a brief reference to this material in the appropriate cell. All of the evidence will be evaluated by College of Education and Department of Health, Physical Education & Recreation faculty. Applicants will be notified if further evidence and/or coursework is needed.

Initial Endorsement Content Preparation Review Physical Education Grades K-12

Student _____

Social Security/Student ID# _____

Advisor Signature _____

Date _____

Institution Granting Physical Education-Related Degree _____

Degree _____ GPA _____ Total Credits _____ PRAXIS II Score _____

<i>NASPE Standard</i>	<i>Applicant's Coursework</i>				<i>Praxis Subsection Score/Other Evidence</i>	<i>Meets Standard/ Evidence Needed</i> (Advisor Initials)	<i>Actions Required by Applicant</i>
Examples of UAA courses appropriate to the standard.	Course	Credits	Date	Grade			
1. Apply critical elements and sequencing of basic motor skills. PEP A383 Movement Theory and Motor Development and Leadership Activity Courses	_____	_____	_____	_____		MS EN Advisor _____	
2. Demonstrate appropriate cues and prompts for basic motor skills and physical activities. Leadership Activity Courses	_____	_____	_____	_____		MS EN Advisor _____	

<i>NASPE Standard</i> Examples of UAA courses appropriate to the standard.	<i>Applicant's Coursework</i> Course Credits Date Grade				<i>Praxis Subsection Score/Other Evidence</i>	<i>Meets Standard/ Evidence Needed</i> (Advisor Initials)	<i>Actions Required by Applicant</i>
3. Understand concepts and strategies related to physical activity, modification of activity, and fitness. Leadership Activity Courses	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____		MS EN Advisor _____	
4. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. Leadership Activity Courses	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____		MS EN Advisor _____	
5. Understand how individuals grow and develop, become physically fit, construct knowledge, and acquire skills. PEP A383 Movement Theory and Motor Development	_____	_____	_____	_____		MS EN Advisor _____	

<p><i>NASPE Standard</i></p> <p>Examples of UAA courses appropriate to the standard.</p>	<p><i>Applicant's Coursework</i></p> <p>Course Credits Date Grade</p>				<p><i>Praxis Subsection Score/Other Evidence</i></p>	<p><i>Meets Standard/ Evidence Needed</i></p> <p>(Advisor Initials)</p>	<p><i>Actions Required by Applicant</i></p>
<p>6. Apply knowledge of physical, cognitive, social, and emotional development when making instructional decisions, modifications, and adaptations.</p> <p>PEP A383 Movement Theory and Motor Development</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>7. Adapt activities to promote development from the fundamental movement stage through the advanced stage for all learners.</p> <p>PEP A281 Leadership for Diverse Populations</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>8. Apply principles of effective management and a variety of strategies to promote equitable and meaningful learning in physical activity settings.</p> <p>Leadership Activity Courses</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	

<p><i>NASPE Standard</i></p> <p>Examples of UAA courses appropriate to the standard.</p>	<p><i>Applicant's Coursework</i></p> <p>Course Credits Date Grade</p>				<p><i>Praxis Subsection Score/Other Evidence</i></p>	<p><i>Meets Standard/ Evidence Needed</i></p> <p>(Advisor Initials)</p>	<p><i>Actions Required by Applicant</i></p>
<p>9. Understand the historical and philosophical foundations of physical education.</p> <p>PEP A181 Introduction to Health, Physical Education & Recreation</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>10. Identify various psychological factors, including motivation, that can positively or negatively affect human movement and performance.</p> <p>PEP A384 Cultural and Psychological Aspects of Health and Physical Activity</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>11. Identify cultural and societal influences related to various forms of physical activity.</p> <p>PEP A384 Cultural and Psychological Aspects of Health and Physical Activity</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	

<p><i>NASPE Standard</i></p> <p>Examples of UAA courses appropriate to the standard.</p>	<p><i>Applicant's Coursework</i></p> <p>Course Credits Date Grade</p>				<p><i>Praxis Subsection Score/Other Evidence</i></p>	<p><i>Meets Standard/ Evidence Needed</i></p> <p>(Advisor Initials)</p>	<p><i>Actions Required by Applicant</i></p>
<p>12. Utilize knowledge of the skeletal and neuromuscular systems of the body as well as basic movement principles to analyze the efficiency of human movement.</p> <p>PEP 382 Kinesiology and Biomechanics</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>13. Identify sources of energy for movement, and analyze the ability of various systems of the body to adapt to physical activity, and contribute to motor performance, fitness, and wellness.</p> <p>PEP A385 Physiology of Exercise</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>14. Understand the characteristics, uses, advantages, and limitations of various types of physical activity assessment.</p> <p>PEP A 486 Standards and Assessment in Health, Physical Education & Recreation</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	

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	Course	Credits	Date	Grade			
<p>15. Utilize assessment results to plan, modify, and direct physical activities.</p> <p>PEP A 486 Standards and Assessment in Health, Physical Education & Recreation</p>	_____	_____	_____	_____		<p>MS EN</p> <p>Advisor _____</p>	
<p>16. Demonstrate use of current technology in various HPER settings.</p> <p>(Embedded throughout various undergraduate PEP courses)</p>	_____	_____	_____	_____			
<p>17. Apply basic administrative principles in a variety of HPER settings.</p> <p>PEP A487 Administration and Supervision in Health, Physical Education & Recreation</p>	_____	_____	_____	_____			

COMMENTS: