Physical Education Teaching Emphasis (K-12 certification)

84 credits, including the Professional Education Core (39) and the Physical Education Core (9)

Candidates who have completed the required physical education teaching emphasis courses must also obtain K-12 Teacher Certification in Physical Education by completing all requirements in the Teacher Education Program.

Candidates completing the Physical Education Teaching Emphasis are not required to take the PE 4454 Senior Capstone core course.

In addition to completing departmental major requirements, candidates must make formal application and complete an interview for admission to the Teacher Education Program. See all requirements in the Teacher Education section of the College of Education (http://coursecat.isu.edu/undergraduate/education) portion of the catalog.

The Physical Education Learning Goals are aligned with 2 sets of standards: The Idaho State University College of Education Core Standards and the Content Standards in Physical Education of the National Association for Sport and Physical Education (NASPE).

NASPE Content Standards in Physical Education

The NASPE Standards identify seven areas that include the following.

The candidate completing this program:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms;
2. Applies movement concepts and principles to the learning and development of motor skills;
3. Exhibits a physically active lifestyle;
4. Achieves and maintains a health-enhancing level of physical fitness;
5. Demonstrates responsible personal and social behavior in physical activity settings;
6. Demonstrates understanding and respect for differences among people in physical activity settings; and
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Physical Education Core Component: 9 credits

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2222</td>
<td>First Aid CPR and Sport Safety</td>
<td>3</td>
</tr>
<tr>
<td>PE 2223</td>
<td>Foundations of Physical Education and Sport</td>
<td>3</td>
</tr>
<tr>
<td>PE 2243</td>
<td>Anatomical Foundations of Human Activity</td>
<td>3</td>
</tr>
</tbody>
</table>

Objective #1: To develop teaching skills in a variety of areas in physical activities, athletics, and creative movement (18 credits)

Skills Component: 8 credits

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2237</td>
<td>Activity Performance Techniques III</td>
<td>3</td>
</tr>
<tr>
<td>One (1) aquatics PEAC course, examples include: ¹</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>PEAC 1170A</td>
<td>Beginning Swimming</td>
<td></td>
</tr>
<tr>
<td>PEAC 1170B</td>
<td>Intermediate Swimming</td>
<td></td>
</tr>
<tr>
<td>One (1) Field based PEAC course, examples include: ¹</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>PEAC 1155A</td>
<td>Beginning Soccer</td>
<td></td>
</tr>
<tr>
<td>PEAC 1158</td>
<td>Softball</td>
<td></td>
</tr>
<tr>
<td>PEAC 1159</td>
<td>Ultimate Frisbee</td>
<td></td>
</tr>
<tr>
<td>One (1) Court based PEAC course, example include: ¹</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>PEAC 1151A</td>
<td>Beginning Tennis</td>
<td></td>
</tr>
<tr>
<td>PEAC 1156A</td>
<td>Beginning Basketball</td>
<td></td>
</tr>
<tr>
<td>PEAC 1157A</td>
<td>Beginning Volleyball</td>
<td></td>
</tr>
<tr>
<td>One (1) Lifetime activity PEAC course, examples include: ¹</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>PEAC 1122A</td>
<td>Beginning Yoga</td>
<td></td>
</tr>
<tr>
<td>PEAC 1132A</td>
<td>Spinning</td>
<td></td>
</tr>
<tr>
<td>PEAC 1175A</td>
<td>Beginning Kayaking</td>
<td></td>
</tr>
<tr>
<td>One (1) additional PEAC course from the examples listed above ¹</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>
Objective #1: To become familiar with methods of teaching physical education (10 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>PE 2281</td>
<td>Practical Outdoor Skills</td>
<td>1</td>
</tr>
<tr>
<td>PE 3357</td>
<td>Methods of Teaching Elementary Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PE 3370</td>
<td>Care and Prevention of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>PE 4437</td>
<td>Methods of Teaching Secondary Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Objective #2: To acquire knowledge in the basic foundations of human activity (9 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 3300</td>
<td>Movement Theory and Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>PE 3303</td>
<td>Kinesiology for Teachers and Coaches</td>
<td>3</td>
</tr>
<tr>
<td>PE 4494</td>
<td>Adapted Physical Activity</td>
<td>3</td>
</tr>
</tbody>
</table>

Objective #3: To understand and develop skills required for teaching physical education (9 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 3362</td>
<td>Tests and Measurements in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PE 4475</td>
<td>Organization and Administration of Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>One of the following:</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PE 3322</td>
<td>Introduction to Sport Psychology</td>
<td></td>
</tr>
<tr>
<td>PE 3364</td>
<td>Introduction to Sport Law</td>
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</tr>
</tbody>
</table>

Objective #4: To understand and develop general pedagogical skills and teacher effectiveness

Professional Education Core Courses

Refer to the College of Education Teacher Education Admission standards (http://coursecat.isu.edu/undergraduate/education) and Elementary (http://coursecat.isu.edu/undergraduate/education/elementaryeducation) or Secondary (http://coursecat.isu.edu/undergraduate/education/secondaryeducation) Education Core in this catalog.