

Adapted Physical Education Competencies for Rhode Island (as of 8/2013)

Requirements to earn a certification in Adapted Physical Education:

1. Holds a valid teaching certificate in Physical Education from an accredited institution.
2. Complete nine (9) credit hours in the following areas:
 - a. Three (3) semester hours of approved course work related to the Characteristics and Needs of Special Populations. (APENS 1, 2, 3, 5)
 - b. Three (3) semester hours of approved course work in Adapted Physical Education. (APENS 1, 2, 3, 5)
 - c. Three (3) semester hours of approved coursework in Assessment in Adapted Physical Education (APENS 4, 6, 7, 8, 9)
3. A practicum in Adapted Physical Education with school age population. This practicum must be a minimum of seventy five (75) contact hours and must be completed under the supervision of a certified adapted physical educator in the state of Rhode Island and must meet specific requirements listed below. (APENS 10, 11, 14)
 - a. Complete a minimum of four (4) norm or criterion referenced assessments in Adapted Physical Education. (APENS 7, 8, 9)
 - b. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education. (APENS 8, 9, 11, 12, 15)
 - c. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education. (APENS 6, 7, 8, 9, 12, 15)
 - d. Develop a written lesson plan and deliver a minimum of six (6) lessons in Adapted Physical Education. (APENS 6, 7, 9, 10)
 - e. Provide Adapted Physical Education instruction to a minimum of five (5) individuals each with a different disability. (APENS 6, 10)
 - f. Complete a minimum of two (2) weekly monitoring forms in Adapted Physical Education monitoring form. (APENS 6, 7, 8, 9, 10, 12, 15)

Adapted Physical Education National Standards	Suggested Place the Standard is Met
<p>Standard 1 HUMAN DEVELOPMENT</p> <p>The foundation of proposed goals and activities for individuals with disabilities is grounded in a basic understanding of human development and its applications to those with various needs. For the adapted physical education teacher, this implies familiarity with theories and practices related to human development. The emphasis within this standard focuses on knowledge and skills helpful in providing quality APE programs.</p>	<p>This information is covered in required courses within the <i>Physical Education major</i>:</p> <ol style="list-style-type: none"> 1. Motor Development 2. Methods of Physical Education <p>This information is covered in the required courses for the <i>Adapted Physical Education Certification</i>:</p> <ol style="list-style-type: none"> 1. Adapted Physical Education 2. Special Education class Characteristics and Needs of Special Populations
<p>Standard 2 MOTOR BEHAVIOR</p> <p>Teaching individuals with disabilities requires some knowledge of how individuals develop. In the case of APE teachers, it means having knowledge of typical physical and motor development as well as understanding the influence of developmental delays on these processes. It also means understanding how individuals learn motor skills and apply principles of motor learning during the planning and teaching of physical education to students with disabilities.</p>	<p>This information is covered in required courses within the <i>Physical Education major</i>:</p> <ol style="list-style-type: none"> 1. Motor Development 2. Motor Learning 3. Methods of Physical Education <p>This information is covered in the required courses for the <i>Adapted Physical Education Certification</i>:</p> <ol style="list-style-type: none"> 1. Adapted Physical Education 2. Special Education class Characteristics and Needs of Special Populations

<p>Standard 3 EXERCISE SCIENCE</p> <p>As an adapted physical educator, you must understand that modifications to the scientific principles of exercise and the application of these principles may be needed when teaching individuals with disabilities to ensure that all children with disabilities enjoy similar benefits of exercise. While there is a wealth of information in the foundational sciences, the focus of this standard will be on the principles that address the physiological and biomechanical applications encountered when working with diverse populations.</p>	<p>This information is covered in required courses within the Physical Education major:</p> <ol style="list-style-type: none"> 1. Exercise Physiology <p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Adapted Physical Education 2. Special Education class Characteristics and Needs of Special Populations
<p>Standard 4 MEASUREMENT AND EVALUATION</p> <p>This standard is one of the foundation standards underscoring the background an adapted physical educator should have in order to comply with the mandates of legislation and meet the needs of students. Understanding the measurement of motor performance, to a large extent, is based on a good grasp of motor development and the acquisition of motor skills covered in other standards.</p>	<p>This information is covered in required courses within the Physical Education major:</p> <ol style="list-style-type: none"> 1. Tests and Measurements in Physical Education <p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 2. Assessment in Adapted Physical Education
<p>Standard 5 HISTORY AND PHILOSOPHY This standard traces facts regarding legal and philosophical factors involved in current day practices in adapted physical education. This information is important to understand the changing contribution that physical education can make in their lives. Major components of each law that related to education and physical activity are emphasized. The review of history and philosophy related to special and general education is also covered in this area.</p>	<p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Adapted Physical Education 2. Special Education class Characteristics and Needs of Special Populations

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<p>Standard 6 UNIQUE ATTRIBUTES OF LEARNERS</p> <p>This standard refers to information based on the disability areas identified in the Individuals with Disabilities Education Act (IDEA) found within school age population. Material is categorically organized in order to present the information in a systematic matter. This organization is not intended to advocate a categorical approach to teaching children with disabilities. All children should be treated as individuals and assessed to determine what needs they have.</p>	<p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Assessment in Adapted Physical Education <p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education. 2. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education 3. Develop a written lesson plan and deliver a minimum of six (6) lessons in Adapted Physical Education. 4. Provide Physical Education instruction to a minimum of five (5) individuals each with a different disability.
<p>Standard 7 CURRICULUM THEORY AND DEVELOPMENT</p> <p>As you are planning to teach physical education to students with disabilities, you should recognize that certain Curriculum Theory and Development concepts, such as selecting goals based on relevant and appropriate assessments, must be understood by APE teachers. As you have no doubt discovered Curriculum Theory and Development is more than writing unit and lesson plans. Nowhere does this come into play more than when you are planning a program for a student with disability.</p>	<p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Assessment in Adapted Physical Education <p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education. 2. Complete a minimum of four (4) norm or criterion referenced assessments in Adapted Physical Education 3. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education 4. Develop a written lesson plan and deliver a minimum of six (6) lessons in Adapted Physical Education.

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<p>Standard 8 ASSESSMENT</p> <p>This standard addresses the process of assessment, one that is commonly taught as part of the basic measurement and evaluation course in a physical education degree curriculum. Assessment goes beyond data gathering to include measurements for the purpose of making decisions about special services and program components for individuals with disabilities.</p>	<p>This information is covered in required courses within the Physical Education major:</p> <ol style="list-style-type: none"> 1. Tests and Measurements in Physical Education <p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Assessment in Adapted Physical Education <p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education. 2. Complete a minimum of four (4) norm or criterion referenced assessments in Adapted Physical Education. 3. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education. 4. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education.

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<p>Standard 9 INSTRUCTIONAL DESIGN AND PLANNING</p> <p>Instructional design and planning must be developed before an APE teacher can provide services to meet legal mandates, educational goals and most importantly the unique needs of individuals with disabilities. Many of the principles addressed earlier in human development, motor behavior, exercise science and curriculum theory and development are applied to this standard in order to successfully design and plan programs of physical education.</p>	<p>This information is covered in required courses within the Physical Education major.</p> <ol style="list-style-type: none"> 1. Methods of Physical Education <p>This information is covered in the required courses for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Assessment in Adapted Physical Education <p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education. 2. Complete a minimum of four (4) norm or criterion referenced assessments in Adapted Physical Education. 3. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education 4. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education. 5. Develop a written lesson plan and deliver a minimum of six (6) lessons in Adapted Physical Education.

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<p>Standard 10 TEACHING</p> <p>A major part of any APE position is teaching. In this standard many of the principles addressed earlier in such standard areas as human development, motor behavior, and exercise science, are applied to this standard in order to effectively provide quality physical education to individuals with disabilities.</p>	<p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. A practicum in physical activities with school age population of children with special needs. This practicum must be a minimum of sixty (60) contact hours. 2. Complete a minimum of two (2) assessment reports in Adapted Physical Education. 3. Provide Physical Education instruction to a minimum of five (5) individuals each with a different disability. 4. Develop a written lesson plan and deliver a minimum of six (6) lessons in Adapted Physical Education
<p>Standard 11 CONSULTATION AND STAFF DEVELOPMENT</p> <p>As more students with disabilities are included in the general education program, teachers will provide more consultation and staff development activities for colleagues. This will require sensitivity and excellent communication skills. The dynamics of interdisciplinary cooperation in the consultation process requires knowledge of several consultative models. This standard identifies key competencies an adapted physical educator should know related to consultation and staff development.</p>	<p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. The practicum must be a minimum of sixty (60) contact hours; it must be completed <i>under the supervision of a certified adapted physical educator and must meet specific requirements listed below.</i> 2. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education

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<p>Standard 12 STUDENT AND PROGRAM EVALUATION</p> <p>Program evaluation is a process of which student assessment is only a part. It involves evaluation of the entire range of educational services. Few physical educators are formally trained for program evaluation, as national standards for programs have only recently become available. Therefore, any program evaluation that has been conducted is typically specific to the school or district, or limited to a small range of parameters such as number of students scoring at a certain level of a physical fitness test. Adapted physical education programs or outcomes for students with disabilities are almost never considered in this process.</p>	<p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education 3. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education 2. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education.
<p>Standard 13 CONTINUING EDUCATION</p> <p>The goal of this standard is to focus on APE teachers remaining current in their field. A variety of opportunities for professional development are available. Course work at a local college or university is just one avenue. APE teachers can take advantage of workshops, seminars and presentations at conferences, conventions or in service training. Distance learning opportunities are also becoming abundant.</p>	<p>Part of New Teacher Evaluation System?</p>
<p>Standard 14 ETHICS</p> <p>A fundamental premise of the Adapted Physical Education National Standards Project is that those who seek and meet the standards to be certified as adapted physical educators will strive at all times to adhere to the highest of ethical standards in providing programs and services for children and youth with disabilities. This standard has been developed to ensure that its members not only understand the importance of sound ethical practices, but also adhere to and advance such practices.</p>	<p>This information is covered in the required competencies for the Adapted Physical Education Certification:</p> <ol style="list-style-type: none"> 1. A practicum in physical activities with school age population of children with special needs. This practicum must be a minimum of sixty (60) contact hours; it must be completed under the <i>supervision of a certified adapted physical educator and must meet specific requirements listed below.</i>

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<p>Standard 15 COMMUNICATION</p> <p>In recent years, the role of the professional in APE has evolved from being a direct service provider to include communicating with families and other professionals in order to enhance program instruction for individuals with disabilities. This standard includes information regarding the APE teacher effectively communicating with families and other professionals using a team approach in order to enhance service delivery to individuals with disabilities.</p>	<p>This information is covered in the required competencies for the <i>Adapted Physical Education Certification</i>:</p> <ol style="list-style-type: none"> 1. Complete a minimum of two (2) assessment reports in Adapted Physical Education 4. Attend a minimum of two (2) IEP meetings for individuals who qualify for Adapted Physical Education 2. Create a minimum of two (2) IEP's for individuals in Adapted Physical Education.