The Adapted Physical Education (APE) Undergraduate Concentration
(Revised 9/2015 By Dr. Barry Lavay and Dr. Lori Reich)
Professions in Kinesiology
Promoting and Supporting Diversity and Inclusion of Individuals with Disabilities

What is Adapted Physical Education?

Adapted Physical Education is physical education which has been adapted or modified, to give the individual with a disability the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness (APENS, 2008; TWU, 2015).
Adapted Physical Education

APE Teacher = PE teacher + extra classes & knowledge
APE Teacher can teach General PE classes

Most importantly, APE includes all of the activities of general physical education.
Teaching physical education in public schools to students with disabilities in preschool through grade 12 with an APE AA credential

- Diversified & comprehensive academic course of study & fieldwork experiences leading to:

Bachelor of Science Degree receive:
- California PE Single Subject Clear Credential
- Adapted Physical Education Added Authorization (APEAA)
PETE OPTION PROGRAM
Physical Education Teacher Education
Effective Fall 2016

BS Degree

PETE Option

APE Concentration

K-12 Concentration

Lavay APE Overview
Promote school improvement & advocate for all individuals including those with disabilities by providing a quality PETE program

Train APE Teachers to:

- Deliver services in the public schools & community (e.g., direct service, consultation, & advocate).
- Design & implement appropriate instructional programs for individuals with disabilities
- Demonstrate knowledge of the significant role physical activity can play toward the social responsibility of individuals with & without disabilities
- Engage in various life long student learning professional growth opportunities related to APE
ADAPTED PHYSICAL EDUCATION ADDED AUTHORIZATION

LOWER DIVISION:
Take all of the following:
BIOL 207 Human Physiology
BIOL 208 Human Anatomy
PSY 100 General Psychology
KIN 149A Self Defense
KIN 201 Introduction to Kinesiology
KIN 237 Techniques and Analysis of Aquatic Skills
KIN 250 Techniques of Basketball
KIN 251 Techniques of Flag Football
KIN 253 Techniques of Soccer
KIN 255 Techniques of Softball
KIN 257 Techniques of Volleyball
KIN 261 Techniques and Analysis of Fundamental Rhythms
KIN 264 Techniques of Golf
KIN 265 Techniques and Analysis of Gymnastics
KIN 266 Techniques of Badminton
KIN 267 Techniques of Tennis
KIN 268 Techniques of Track and Field
KIN 270 Professional Practices in Public School Physical Education

UPPER DIVISION:
Take all of the following:
KIN 300 Biomechanics of Human Movement
KIN 301 Exercise Physiology
KIN 312 Motor Control and Learning
KIN 315 Motor Development
KIN 320 Adapted Physical Education
KIN 332 Sociocultural Dimensions of Sport and Human Movement
KIN 343 Techniques and Analysis of Fitness
KIN 370 Movement Theory and Practice of Elementary Physical Education
KIN 380 Principles, Organization and Management of Secondary School Physical Education
KIN 387 Physical Activities for the Disabled
KIN 388 Program Planning and Instruction in Adapted Physical Education
KIN 427 Physical and Motor Assessment
KIN 460 Applied Theory and Analysis of Non-Traditional Physical Education Games and Activities

Requirements for the Adapted Physical Education Added Authorization (APEAA)
In addition to the requirements for a 5-Year Preliminary Teaching Credential, students seeking a California APEAA must complete the following courses:
KIN 320 Adapted Physical Education Prerequisites: BIOL 208
KIN 427/527 Physical and Motor Assessment Prerequisites: KIN 315, 320.
KIN 387 Phys Activity for the Disabled Prerequisite: KIN 320, Corequisite: KIN 489A
KIN 388 Prog Plan & Instruction in APE Prerequisite: KIN 387, Corequisite: KIN 489A
KIN 489A Fieldwork in APE includes teaching in the campus ASAPP & the public schools usually in conjunction with KIN 387 & 388 for a total of 6 units.
EDSP 355 B Collaborative models of Inclusive Ed: Sec Schools (3)

Please note: Graduate students & teachers may substitute KIN 537 for KIN 387 and 638 for KIN 388 with approval from the APE Credential Coordinator.

Select two courses from the following: APE Professor Permission
KIN 526 Applied Behavior Analysis in PE
EDP 405 Positive Strategies for Classroom Management
EDSP 577 Instruction Methods & Strategies Mild/Moderate Disabilities
EDSP 578 Instruction Methods & Strategies Moderate/Severe Disabilities
LIN 151 Sign Language

Additional Program Requirements:
• Credential Authorization: Candidates are advised that they must hold one of the following teaching credentials: Single Subject in Physical Education (SS), Multiple Subject (MS), or Education Specialist (ES) Credential, authorizing the teaching of physical education K-12 with subject matter competency as determined by APE Coordinator. Candidates with a teaching credential other than a Single Subject in PE are required to show subject matter competence (i.e., take a series of prerequisite PE core courses as determined by the APE Coordinator or pass the CSET PE subject matter exam and take methods course. See APE Option road map on website)
• Successful completion of the California Basic Education Skills Test (CBEST).
• An overall GPA 2.75 and a 3.0 in courses in the APE Program.
• Exit Interview & submit a APEAA coursework with APE Coordinator & file with the Single Subject Credential office

Visit the Kinesiology APE website for more program information & to learn more about the APE Program at www.csulb.edu/APE

Fall 2015

Lavay APE Overview
Complete the following **27 units** of coursework:

- **KIN 320**  Adapted Physical Education (3)
- **KIN 427/527**  Physical & Motor Assessment (3)
- **KIN 387***  Physical Activity for the Disabled (3)
- **KIN 388***  Program Planning & Instruction in APE (3)
- **KIN 489A**  Fieldwork in APE (6)
- **EDSP 355B**  Collaborative Models of Inclusive Ed (3)

*Please note:* can substitute KIN 537 for KIN 387 & KIN 638 for KIN 388

For candidates who hold a teaching credential

Select two courses from the following with professor permission:

- **KIN 526**  Applied Behavior Analysis in Physical Education (3)
- **EDP 405**  Positive Strategies for Classroom Management (3)
- **EDSP 577**  Instruct Methods & Strategies Mild/Mod Disabilities (3)
- **EDSP 578**  Instruct Methods & Strategies Mod/Severe Disabilities (3)
- **LING 151**  Fundamentals of American Sign Language I (3)
APE Teaching Positions Available
CSULB Long Rich Tradition (1960s)

- CSULB has a 100% APE school placement rate
- Currently the largest CSU program awarding APEAA teaching credentials
- CSULB candidates consistently make up 25% to 50% of the APE credentials awarded in CA
- Certain school districts first seek out our graduates

Great Demand for APE Teachers will continue in the schools due to State & Federal law (Individuals with Disabilities Education Act, IDEA)
Adapted Physical Education Job Placement 100% & demand growing

Job growth for teachers in CA is projected to increase by 12 percent by 2016

<table>
<thead>
<tr>
<th>Salary Year</th>
<th>District</th>
<th>With CSULB Credential (45 units)</th>
<th>2 years later with a MA</th>
<th>MAXIMUM SALARY 25+ Years MA</th>
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<tr>
<td>2012-2013</td>
<td>Santa Ana Unified</td>
<td>$48,660</td>
<td>$54,602</td>
<td>$94,284</td>
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<tr>
<td>2013-2014</td>
<td>Garden Grove Unified</td>
<td>$52,185</td>
<td>$60,424</td>
<td>$96,130</td>
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<td>2012-2013</td>
<td>Huntington Beach Union HS District</td>
<td>$52,214</td>
<td>$59,667</td>
<td>$101,188</td>
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</table>
Major Benefits for Candidates

Receive

- Both PE & APE AA teaching credential
- Practical experiences providing quality instruction to children with various disabilities
- Provide community service
- Marketable: assured a job upon graduation!
Fieldwork Practicum Experience

- Variety of both **public school** & **on-campus** supervised learning experiences teaching individuals with various disabilities from preschool to adult:
  - Public Schools
  - The After-School Adapted Physical Activity Program (ASAPP)
  - Camp Nugget
Public School Experiences

- A variety of Los Angeles & Orange County school experiences under the supervision of over 50 APE AA Teachers

- Across various settings ranging from special day schools to itinerant delivery service models & preschool to secondary

- The majority of these APE teachers are CSULB graduates.

- To learn more about the many CSULB APE graduates go to the APE website alumni page on the csulb.edu/APE website
The After-School Adapted Physical-activity Program (ASAPP)

Click here for link

Children with special needs 6 to 12 years of age, receive individualized & group instruction from university students enrolled in the APEAA Credential Teaching Concentration
Camp Nugget
Providing Positive Physical Activity
Click here link

- 4 week summer program

- 50 children, ages
  5 - 12 years with various disabilities & Jr. counselors

- Small group instruction
certified teachers university students studying to be APE professionals
APE Teachers Job Role
What Do They Do?

Wear Many Hats: APE Teaching is complex & multifaceted:

- **Assessment**: determining eligibility for placement and programming

- **Direct Service Provider**: teaching physical education content: FMS, HRPF, & Sport following an itinerant model with travel to different schools

- **Consultation & Collaboration**: working effectively with other professionals (OT, PT, Classroom Teacher, families)

- **Advocate**: legislation, support the individual

Lavay APE Overview
APE Comprehensive Teaching of Skills, Fitness, & Sport

Lavay APE Overview
CSULB AA Program Will Train You to Provide Quality Movement Experiences
Learn Positive Behavior Support & Teach Social Skills

Red Light, Green Light

Today was a...
Green Light day
- Participated with 1 or less timeouts
Yellow Light day
- Participated with 2 or more timeouts
Red Light day
- Did not participate

What are we working for today?

Rules
Always follow directions
Be a good listener
(with our eyes and our ears)
Cooperate with others
Do your best

SpongeBob’s Friend
Super Friend
- Help others
- Help Teacher

Good Friend
- Come to
- Good Parts
- Have Fun!

Not a Friend
- Doesn’t wanna
- Stay in program
- Doesn’t listen
to instructor

Lavay APE Overview
Use Technology Visuals - Tablets
Reflect to Evaluate Teacher Effectiveness
grow in your teaching
APE Staff Contact Information

For More Information on the APE Program Contact:

Dr. B. Lavay, APE Coordinator
(562) 985-4077
blavay@csulb.edu

Dr. L. Reich, Instructor
Lori.Reich@csulb.edu
See the APE Website:

www.csulb.edu/APE

See Kinesiology Dept website undergrad APE concentration
Watch Video

The After-School Adapted Physical-activity Program (ASAPP)

“you tube” link program video

See you tube video (9 Mins)
that provides an overview
ASAPP program with
captions

Overview

Benefits

Program planning

Activities offered
Optional Video
What Is APE

Videos

*High School Students Reacting to their Experiences with Adapted Physical Education Classes*

- Adapted Physical Education
  
  https://www.youtube.com/watch?v=A81Vphgk5KY

*Scenes from an APE class*

- Team Building activities in Adapted Physical Education
  
  https://www.youtube.com/watch?v=o-YAv1v-Wbo