FREQUENTLY ASKED QUESTIONS REGARDING THE APE PROGRAM

DOES CSULB OFFER A SPECIALIZATION IN APE?

Since the late 1960’s The Department of Kinesiology (KIN) at California State University, Long Beach (CSULB) has been recognized as a leader in the California and the United States in providing quality coursework and programming in the area of Adapted Physical Education. CSULB is one of only 12 universities in the state recognized by the California Teaching Commission (CTC) to authorize an APE Specialist Credential. The CSULB APE program is also recognized for its variety of quality practicum experiences that provide valuable training to university students studying to be professionals in adapted physical education while offering positive physical activity opportunities to individuals with disabilities living in the surrounding communities.

The KIN Department at CSULB offers students a diversified and comprehensive academic course of study and field experiences in the administration and implementation of adapted physical activity programming for individuals with disabilities. Programs offered include:

- **Bachelor of Arts Degree** with a California Single Subject Clear Credential in Physical Education with an **Adapted Physical Education Specialist Credential**. Both credentials are needed to teach APE in the public schools.

- **Graduate Studies leading to a Master of Arts Degree** with a major in Physical Education and a specialization in Adapted Physical Education. Students can focus on (a) teaching children with disabilities in the public schools or (b) teaching primarily adults with disabilities on the community college level. **Graduate Teaching Assistantships** are available.

- **Adapted Physical Education Specialist Credential**
  Teachers who hold a single subject 5-Year Preliminary Teaching Credential can take coursework at night to receive the APE Specialist Credential in order to teach APE in the public schools.

WHAT IS ADAPTED PHYSICAL EDUCATION (APE)?

**Adapted Physical Activity** is the most comprehensive term and includes physical education, sport, and recreation (leisure) instruction for individuals with disabilities and unique needs in school, hospital and community settings. Positions in APE can include; teaching in the public schools, teaching APE at the community college level, and/or being a sport coach in medical or community-based center. The majority of the APE graduates choose to teach in the public schools, where the greatest majority of the jobs exist.

**Adapted Physical Education** is the term used to describe delivering physical education services to children with disabilities 3-21 years of age attending the public schools. It is a subdiscipline of physical education designed to meet the unique needs of individuals with
movement difficulties who cannot safely and successfully participate in regular physical education. Adapted physical education is educationally movement based, designed to assist in the total development of the individual in the physical, cognitive, and affective learning domains. It is a specialized program designed to allow each individual to reach their optimum potential while developing a positive attitude and life-time interests toward physical activity (Lavay, 1999). For more general information about APE, visit www/csulb.edu/programs/apa/ This website offers a link to over 50 adapted physical activity sites from around the country. Go to the APA links section of this website.

WHAT IS REQUIRED TO TEACH APE IN THE PUBLIC SCHOOLS?

Requirements for the APE Specialist Credential include 27 units of specific coursework in APE (See list of coursework below). In addition a candidate must hold a 5-Year Preliminary Teaching Credential (usually a single subject teaching credential). Candidates are advised that they must hold one of the following teaching credentials that authorizes the teaching of physical education: Single Subject in Physical Education, Multiple Subject, Standard Secondary with a major or minor in Physical Education, Standard Elementary with an academic major or minor in Physical Education, Standard Early Childhood, Special Secondary in Physical Education, General Secondary, General Junior High School, General Elementary, General Kindergarten Primary. Candidates with a teaching credential other than a Single Subject in Physical Education must take a series of prerequisite physical education core courses as determined by the APE Coordinator. Also required is successful completion of the California Basic Education Skills Test (CBEST) and an overall GPA of 2.75 and a 3.0 in courses in the APE Program.

WHAT COURSEWORK IS REQUIRED FOR THE APE SPECIALIST CREDENTIAL?

Students seeking a California Adapted Physical Education Specialist Teaching Credential that is an add on to the Single Subject in Physical Education Credential must complete the following 27 units of coursework:

Each of the following courses are required (total 18 units)

**KIN 320 Adapted Physical Education (3)** Prerequisites: BIOL 208. An introductory course designed primarily to understand the etiology, and characteristics of persons with mental, physical, emotional, sensory, health, learning and/or multiple disabilities. When appropriate be able to successfully include individuals with disabilities into general physical education programs. (Lecture 2 hours, Activity 2 hours.)

**KIN 427/527 Physical and Motor Assessment (3)** Prerequisites: KIN 315, 320. The selection, administration, and interpretation of tests used in the physical and motor assessment practices of individuals with disabilities. (Lecture 2 hours, Activity 2 hours.)

**KIN 387 Physical Activity for the Disabled (3)** Prerequisites: KIN 320, 427. Corequisite: KIN 489A (3) hours includes teaching in the PMDC and arranging hours in
the public schools. Programming in the adaptation of physical education equipment and facilities for individuals with disabilities affecting motor performance.

**KIN 388 Program Planning and Instruction in Adapted Physical Education (3)**
Prerequisite: KIN 387. Corequisite: KIN 489A (3) hours includes teaching in the PMDC and arranging hours in the public schools. Emphasis on the administration, program planning and the development of teaching skills in adapted physical education.

**KIN 489A Fieldwork in APE (6)** includes teaching in the PMDC and arranging hours in the public schools, usually in conjunction with KIN 387 and 388 for a total of 6 units.

**Graduate students and teachers** may substitute KIN 537 or 538 or 638 for KIN 387 and KIN 388 with approval from the Adapted Physical Education Credential Coordinator. Each course is offered every third semester on rotational basis and at night.

**KIN 537 Adapted Physical Education for Special Populations (3)** Foundations in the organization and programming of Adapted Physical Education.

**KIN 538 Motor Dysfunction and the Exceptional Person (3)** Prerequisite: A basic undergraduate course in Adapted Physical Education or its equivalent. Recognition, analysis, assessment and remediation of movement problems in individuals with minor nervous system dysfunction.

**KIN 638 Seminar in Adapted Physical Education (3)** Prerequisite: KIN 537 or 538, or equivalent. An examination and analysis of current trends in Adapted Physical Education.

**Required (3 units)**
**EDP 350 Education of Exceptional Individuals (3)** Survey of the education of individuals who have communication disabilities, visual disabilities, hearing disabilities, physical disabilities, learning disabilities, severe disabilities, and those labeled as gifted and talented. Field work.

**Select two courses from the following courses (6 units):**

**CD 280 Sign Language (3)** Sign Language and Non-vocal Communication Systems. Origin, development and principles of sign language. Practice with American Manual Alphabet, American Sign Language and Signing Exact English to provide basic conversational skills; other sign systems and modes of non-vocal communication are discussed.

**EDP 405 Positive Strategies for Classroom Management (3)** Application of existing models and strategies of classroom management to promote student prosocial behaviors and academic growth and development. Includes information regarding functional analysis, hypothesis testing, instruction of alternative behaviors, crisis management and program modification in school settings.
EDP 563 Advanced Methods of Teaching Individuals with Significant Disabilities (3)  
(Speak to Special Education Specialist Credential Coordinator). Prerequisites: Completion of Level I of the Educational Specialist Program. This course will focus on the utilization of formal and informal assessment procedures that are responsive to the cultural and socio-economic and linguistic characteristics of individual student with disabilities: the use of data-based decision making; the acquisition of knowledge and skills necessary to adapt, modify and integrate curriculum; implementation of systems to provide academic and social skill instruction to students with disabilities and collaboration with community agencies for successful transition form school to work.

*KIN 526 Applied Behavior Analysis in Physical Education (3) Prerequisite: APE Coordinator Permission. The application of the applied behavior analysis principles of physical education (sport) with a particular emphasis on single subject research design and behavior analysis. Methods for managing student behavior in the physical education setting will be examined.

*KIN 538 Motor Dysfunction and the Exceptional Person (3) Prerequisite: KIN 320 or equivalent. See above

*KIN 546 Developmental Aspects of Motor Behavior (3) Prerequisite: KIN 315 or equivalent. The study of the major factors that contribute to the development of motor skillfulness from birth to maturity.

* Approved for graduate credit. Revised: July 2000

**WHAT IF I DO NOT HAVE THE SINGLE SUBJECT PE CREDENTIAL? TAKING PREREQUISITE COURSES**

You can receive your single subject APE credential at CSULB while working toward your APE Specialist credential or choose to attend another school that offers the California Single Subject Credential. For more information on how to obtain a Physical Education Single Subject Credential go to the CSULB Single Subject Credential link on this website.

Candidates are advised that they must hold one of the following teaching credentials that authorizes the teaching of physical education: Single Subject in Physical Education, Multiple Subject, Standard Secondary with a major or minor in Physical Education, Standard Elementary with an academic major or minor in Physical Education, Standard Early Childhood, Special Secondary in Physical Education, General Secondary, General Junior High School, General Elementary, General Kindergarten Primary. **Candidates with a teaching credential other than a Single Subject in Physical Education must take a series of prerequisite physical education core courses as determined by the APE Coordinator.** These requirements follow:

Adapted Physical Education (APE) Option Prerequisite Course Requirements
The following is a list of requirements for candidates to be enrolled in the APE option of the CSULB KIN Department Master’s Degree Program. These requirements are also necessary for candidates who hold a credential other than a California Single Subject Teaching Credential. Candidates must meet at minimum, a series of prerequisite course requirements. Requirements and transcript evaluation are on a case-by-case basis. The prerequisite course requirements include the following coursework:

**Prerequisite to Core Kinesiology (KIN) Courses**
- Human Anatomy*
- Human Physiology*
- General Psychology*

**Core Kinesiology (KIN) Courses (15 units)**
- KIN 300 Biomechanics of Human Movement (3 units)
- KIN 301 Exercise Physiology (3 units)
- KIN 312 Motor Control and Learning (3 units)
- KIN 315 Motor Development (3 units)
- KIN 320 Adapted Physical Education (3 units)

**Teaching Methods Course (3 units)**
At least one teaching methods course taken from the elementary or secondary level such as KIN 370 Movement Theory and Practice of Elementary Physical Education or KIN 380 Organization and Management of Secondary Physical Education.

**Fitness Course (3 units)**
One Course with an emphasis in fitness such as KIN 343 Techniques and Analysis of Fitness

**Historical, Sociocultural or Psychology of Human Movement (3 units)**
One course with an emphasis in the following areas; historical, sociocultural or psychology of movement. For example, KIN 332I Sociocultural Dimensions Human Movement or KIN 335 Historical and Cultural Foundations of Sport in America.

**Developed by Dr. Barry Lavay, APE Coordinator, KIN Department**
Spring 1996 – updated Spring 2002

**ARE THERE JOBS IN APE?**
Yes, there is a great demand for APE teachers in the public schools. Since 1988, CSULB has a 100% placement rate of students who have graduated with an APE Specialist Credential. Many graduates can choose from 3 or 4 teaching positions. The majority of CSULB graduates are teaching APE in Southern California. APE positions will continue to be in demand because Federal law (Individuals with Disabilities Education Act, IDEA, 1997) mandates that all children identified with a disability receive physical education services.

**WHAT TYPE OF PRACTICUM EXPERIENCES ARE OFFERED?**
Students studying Adapted Physical Education in the Department of Kinesiology at CSU, Long Beach are provided a variety of both on-campus and off-campus supervised learning experiences that include teaching individuals with various disabilities and unique needs from preschool to adult populations. Go to the practicum experience index on the APE website.
Public Schools: A variety of adapted physical education experiences are offered under the supervision of APE Credential Specialist Teachers in various Los Angeles and Orange County locations. Experiences are offered across various settings ranging from special day schools to itinerant delivery service models and ages from preschool to secondary. The majority of these APE teachers are graduates of the CSULB program. Go to the APE website and the APE Specialist Credential Awarded index for a list of our graduates.

Rancho Los Amigos: A sport program for children and young adults with orthopedic disabilities. Sport opportunities offered include; wheelchair basketball, floor hockey, tennis, and recreational games provided in a medical and community based setting.

On-Campus
Air Power Games a one day track and games meet for children with asthma and other respiratory difficulties.

Southern California Summer State Special Olympics includes track and field, aquatics, basketball, bocci and gymnastics.

The Beach Wellness Program is part of the CSULB Frogs Fitness Center Complex. This program is designed to provide an individualized exercise program for university students and adults with disabilities.

Preschool Motor Development Center: provides evaluation and individualized enrichment sessions of gross and fine motor skills, visual perception, body awareness, and associated abilities for children 3 to 6 years of age. During each enrichment session all areas (gross, fine, vision, body awareness, and relaxation) of motor development are provided. Many of KIN majors who are enrolled in the motor development course volunteer to work in this program.

The Perceptual-Motor Development After-School Clinic is offered to children ages 5 through 12 with disabilities and gross motor delays. Each semester, a 10-week session is offered consisting of two one-hour sessions a week. Small group physical activity instruction is provided by university students studying in the APE Teaching Credential Option.

Camp Nugget Summer Program is offered to children ages 5 through 12 with disabilities. Small group instruction that includes a ratio of five children to one student assistant is provided. Activities by the students who are studying to be APE Specialist include instruction in; aquatics, fundamental skills, lead-up games, and adapted sports. The program is three hours a day for four weeks during the summer.

SO WHAT DO I NEED TO DO IF I AM INTERESTED IN THE PROGRAM?
First study the information on this website and then contact by phone Dr. Barry Lavay, APE Coordinator to set up a meeting. He can be reached at:
Dr. Barry Lavay, CSU, Long Beach, KIN Department, APE Coordinator, 1250 Bellflower Blvd, Long Beach CA 90840, 562/ 985-4077 or email blavay@csulb.edu

**HOW DO I GET TO CSULB AND YOUR OFFICE?**

From the 405 or 605 take route 22 (7th Street) West. CSULB is located on 7th Street & Bellflower Blvd. Take 7th Street to Bellflower Blvd. Make a right on Bellflower Blvd. Enter campus by making a right on State University Drive. Make your third left off State University Dr. Follow the road downhill. There are metered parking spaces to the left of the parking lot. After parking your car you can proceed to the HHS2 building (keep the administration building on your right and walk through the parking lot. When you come to the gym - keep the gym on your left. You will see HHS1 on your right - HHS2 is after HHS1). Go upstairs and look for Room 214 Dr. Barry Lavay’s office

**In addition you may** click here to learn more about the Department of Kinesiology program. Also see the bulletin boards outside HHS2 - rooms 214, 216, 218 for further information about the program, job opportunities, upcoming events and deadlines.

**Have a specific question about a particular program? Contact one of the individuals below for help.**

Kinesiology Office  
HHS2-103  
(562) 985-4051

Physical Education Undergraduate Subject Advisor: Dr. Keith Freeseman  
HHS2 - 102  
kfreesmn@csulb.edu  
(562)985-4669

Physical Education Single Subject Credential Advisor: Dr. Karen Hakim-Butt  
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Adapted Physical Education Specialist Advisor: Dr. Barry Lavay  
HHS2 - 214  
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