CSULB APE PROGRAM FREQUENTLY ASKED QUESTIONS

CSULB APE Diversified and Comprehensive Program

Since the late 1960’s The Kinesiology (KIN) Department at California State University, Long Beach (CSULB) has been recognized as a leader in California and the United States in providing quality coursework and programming in the area of Adapted Physical Education (APE). CSULB is approved by the California Commission on Teacher Credentialing (CTC) to authorize the Adapted Physical Education Added Authorization (APEAA). The CSULB APE offers quality course work and a variety of field work experiences that provide valuable training to candidates studying to be professionals in adapted physical education. Many of these on campus field experiences also provide positive physical activity opportunities to individuals with disabilities living in the surrounding communities.

The CSULB APE program offers students a diversified and comprehensive academic course of study and field experiences in the administration and implementation of adapted physical education for individuals with disabilities. Programs offered include:

Bachelor of Arts Degree that includes a California Single Subject Clear Credential in Physical Education with an Adapted Physical Education Added Authorization (APEAA).

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 at the community college level.

Adapted Physical Education Added Authorization APEAA -27 units
Teachers who hold a single subject 5-Year Preliminary Teaching Credential can take course work to receive the APEAA to teach APE in the public schools. See what is required to obtain APEAA that follows.

For More Information on the APE Program Contact:
Dr. Barry Lavay, Professor, CSU, Long Beach, Kinesiology Department
Adapted Physical Education Coordinator
1250 Bellflower Blvd., Long Beach, CA 90840
blavay@csulb.edu or 562/985-4077
Website: www.csulb.edu/APE

What is required to obtain APEAA Credential and teach APE?

Candidates seeking a California Commission on Teacher Credentialing (CTC) Adapted Physical Education Added Authorization (APEAA) must complete the following 27 units of coursework and following requirements:

KIN 320 Adapted Physical Education (3) Prerequisites: BIOL 208
KIN 427/527 Physical and Motor Assessment (3) Prerequisites: KIN 315, 320.
KIN 387* Physical Activity for the Disabled (3) Prerequisites: KIN 320, Corequisite: KIN 489A (3)
KIN 388* Program Planning and Instruction in Adapted Physical Education (3) Prerequisite: KIN
387. **Corequisite:** KIN 489A  
**KIN 489A Fieldwork in APE** (6) includes teaching in the ASAPP and arranging hours in the public schools for a total of 6 units (usually in conjunction with KIN 387 and 388)  
*Please note:* Graduate students and teachers may substitute KIN 537 for KIN 387 and KIN 638 for KIN 388 with APE Credential Coordinator approval.  
**EDP 350** Education of Exceptional Individuals (3)  
**Select two courses from the following courses with professor permission:**  
- **KIN 526** Applied Behavior Analysis in Physical Education (3)  
- **EDP 405** Positive Strategies for Classroom Management (3)  
- **EDSP 577** Instructional Methods and Strategies Mild/Moderate Disabilities (3)  
- **EDSP 578** Instructional Methods and Strategies Moderate/Severe Disabilities (3)  
- **LING 151** Fundamentals of American Sign Language I (3)  

**APAAA Additional Program Requirements:**  
Application with the Kinesiology Department APE program and the single subject credential program  
- Hold a teaching credential- 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 determine by APE Coordinator. Candidates with a teaching credential other than a **Single Subject PE (MS or ES) are required to show subject matter competence.** This can be accomplished by taking a series of prerequisite PE core courses (12 units) as determined by the APE Coordinator OR passing the CSET single subject examination in physical education.  
- Successful completion of the California Basic Education Skills Test (CBEST).  
- An overall GPA of 2.75 and a 3.0 in courses in the APE Program.  

**Course Description**  
**KIN 320** Adapted Physical Education (3): Prerequisites: BIOL 208. an introductory course designed primarily to understand the etiology, and characteristics of persons with intellectual, 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) The course includes planning effective and comprehensive physical education programs for individuals with disabilities across the lifespan.  

**KIN 388** Program Planning and Instruction in Adapted Physical Education (3): Pre requisite: KIN 387. **Corequisite:** **KIN 489A** (3) Emphasis on program administration and development of effective teaching skills for providing APE services to individuals with various types of disabilities.
KIN 489A **Fieldwork in APE** (6) hours includes teaching children with disabilities in the ASAPP 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 for KIN 387 and KIN 638 for 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 638 Seminar in Adapted Physical Education (3): Prerequisite: KIN 537 or 538, or equivalent.* This course is designed to develop critical analysis, synthesis, and discussion of applied research and literature pertaining to 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):**

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

**EDP 405 Positive Strategies for Classroom Management (3):** The 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.

**EDSP 577 Instructional Methods and Strategies Mild/Moderate Disabilities (3):** Prerequisite: check with professor. Instructional methods, teaching strategies, and curricular adaptations for students with mild/moderate disabilities from kindergarten to age 22. Research based interventions, using data for program planning, and use of technology are emphasized.

**EDSP 578 Instructional Methods and Strategies Moderate/Severe Disabilities (3):** Prerequisite: check with professor. Instructional methods, teaching strategies, and curricular adaptations for students with moderate/severe disabilities, including those with autism, from kindergarten to age 22, including evaluation, program planning, and use of technology for instruction and communication; knowledge related to movement, mobility, and sensory needs addressed.

**LIN 151 Fundamentals of American Sign Language I (3):** for those who are beginning American Sign Language (ASL) or who have less than two years of HS ASL or equivalent. Introduction to pronunciation, receptive and expressive conversational skills without voice, and grammatical structures of ASL. Development of appropriate linguistic cultural behaviors and awareness of the Deaf Culture.
Prerequisite Requirements for APEAA

Candidates who do not have a Single Subject (SS) PE credential can receive a SSPE credential at CSULB while working toward the APE AA. For more information on how to obtain a Physical Education Single Subject Credential, Email Dr. E. Williams, CSULB Physical Education Single Subject Credential Coordinator at emyrw@csulb.edu

Candidates are advised that they must hold one of the following teaching credentials:

- Teaching credential - 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 PE are required to show subject matter competence. This can be accomplished taking a series of prerequisite PE core courses (12 units) as determined by the APE Coordinator or pass the CSET single subject examination in physical education.
- Successful completion of the California Basic Education Skills Test (CBEST).
- An overall GPA of 2.75 and a 3.0 in courses in the APE Program.

APEAA Mission Statement & Student Learning Outcomes (SLO)

Program Mission

- Promote school improvement and be an advocate for all individuals including those with disabilities by providing a quality physical education teacher training program.

Train APE Teachers to:

- Effectively delivering services in the public schools and community as an APE teacher (i.e., direct service, consultation, and advocate). This includes understanding the importance of collaboration among professionals (i.e., classroom teacher, OT, PT) in order to facilitate an effective APE program of instruction for individuals with disabilities.
- Design and implement appropriate instructional programs for individuals with disabilities that includes writing annual goals and objectives, unit and lesson plans in the following movement areas: physical fitness, body awareness, balance, fundamental skills (i.e., locomotor & object control), interdisciplinary games, rhythms, relaxation, cooperative games, play, and modified sports/leisure activities.
- Demonstrate knowledge of the significant role physical activity can play toward the social responsibility of individuals with and without disabilities (i.e., inclusion, cooperative games, sport).
- Engage in various life long student learning professional growth opportunities related to APE that include; school visitations, attending conferences, use of technology, awareness of professional organizations, goal setting, and reading professional literature.

Student Learning Outcomes

SLO #1: Identify & cite current legal mandates including federal & state legislation pertaining to physical education for individuals with disabilities including the design of an individualized educational program (IEP) for individuals with disabilities.
SLO #2: Create an assessment report in physical education appropriate for individuals with various disabilities.
SLO #3: Construct an appropriate physical education instructional program for individuals with disabilities that includes the design of a unit plan.
SLO #4: Construct & implement a positive behavior management plan in physical education appropriate for individuals with disabilities.
SLO #5: Teach, analyze, and reflect physical education lessons (i.e., lesson plan) for individuals with disabilities.
SLO #6: Articulate an APE philosophy that includes the essential skills and content knowledge to teach physical education to individuals with disabilities.

Benchmark Signature Assignments for Meeting SLO
- Individual Education Plan (IEP) Assignment (SLO 1)
- Summary Student Evaluation Assessment Report Assignment (SLO 2)
- Unit Plan Assignments (SLO 3)
- Behavior Management Plan Assignment (SLO 4)
- Teaching Development, Analysis and Reflection Assignment with Lesson Plan (SLO 5)
- APE Specialist Philosophy Paper Assignment (SLO 6)

Tuition Cost
The following website provides current student tuition and mandatory fees
http://www.csulb.edu/depts/enrollment/registration/fees_basics.html

Locating information on the CSULB APE Website?
GO to the Kinesiology department APE site at- http://www.csulb.edu/APE and then the bottom of the page to APE downloads section. When you click on the APE downloads you will go to a page with a number of links that include helpful information to answer many of your questions.

APE Teaching Positions Available?
Yes, there is a great demand for APE teachers in the public schools. Since 1988, CSULB has a 90-100% APE school placement rate of students who have graduated with an APEAA. The majority of CSULB graduates are teaching APE in Southern California. APE positions will continue to be in demand because State and Federal law (Individuals with Disabilities Education Act, IDEA) mandates that all children identified with a disability receive physical education services.

Fieldwork Practicums offered
Students studying APE in the KIN Department at CSULB 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 including the following:

On-Campus:
The After-School Adapted Physical-activity Program (ASAPP) in existence for over 40 years and is offered to children ages 5 through 12 with disabilities. Each semester, a 10-week session is offered consisting of two one-hour sessions a week. 1-1 and small group physical activity instruction is provided by university students studying in the APE Teaching Credential Option. http://www.csulb.edu/colleges/chhs/departments/kin/community/ASAPP.htm

Camp Nugget Summer Program in existence for over 40 year and is offered to children ages 5 through 13 with disabilities. Small group instruction that includes activities by the students who are studying to be APE teachers include instruction in; aquatics, fundamental skills, lead-up games, outdoor low ropes course and adapted sports. The program is three hours a day for four weeks during the summer.
Off Campus:

Public Schools: A variety of APE experiences are offered under the supervision of over 25 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. To learn more about the many CSULB APE graduates go to the APE website alumni page.

Contact Information
Study the information on the CSULBAPE website and then contact Dr. Barry Lavay, APE Coordinator who 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

CSULB Office location
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 to the second floor and look for Room 214, Dr. Barry Lavay’s office.

In addition you may learn more about the Kinesiology Department.

Have a specific question about a particular program? Contact one of the individuals below

Kinesiology Office HHS2-103 (562) 985-4051

Physical Education Single Subject Credential Advisor: Dr. E. Williams
HHS2 - 216 (562)985-4088 ewilliams@csulb.edu

Adapted Physical Education Advisor: Dr. B Lavay
HHS2 - 214 (562)985-4077 blavay@csulb.edu www.csulb.edu/APE

Physical Education Graduate Coordinator: Dr. Grant Hill
(562)985-8856 ghill@csulb.edu