Physical Education and Physical Activity

Integrated Teacher Education Program – Physical Education
Adapted Physical Education and Physical Activity
Minor in Athletic Coaching
What is Kinesiology?¹

- Study of physical activity and its impact on health, society, and quality of life
  - Exercise science (physiology, biomechanics)
  - Athletic training and sports medicine
  - Socio-cultural analyses of sports and physical activity
  - Sport and exercise psychology
  - Fitness leadership (strength and conditioning and personal training)
  - Pre-professional training (PT, OT, PA, medicine)
  - Physical Education

1. [http://www.americankinesiology.org/SubPages/Pages/About](http://www.americankinesiology.org/SubPages/Pages/About)
What is Physical Education?

- What we hope Physical Education looks like
  - Opportunity to learn
  - Appropriate instruction
  - Meaningful content
  - Student and program assessment
Physical Education

Old

New
Modern Physical Education

- Traditional
  - Skills and drills
  - Team sports
  - Slanted towards high-skilled

- Modern
  - Games-based approach
  - Lifetime activities
  - Participation for everyone
Focus on Physical Activity

- Health-optimizing Physical Education (HOPE)
  - Metzler, McKenzie, van der Mars, Barrett-Williams, & Ellis (2013)
  - Physical education as important source of physical activity
  - Development and promotion of health

- Comprehensive School Physical Activity Programs (CSPAP)
  - Centers for Disease Control and Prevention (2013)
  - Physical activity is important part of school day
  - Increased access and opportunity for all
  - In-class and out-of-class

- Teaching Personal and Social Responsibility (TPSR)
  - Learn strategies for how to use physical activity to foster personal and social responsibility
Comprehensive School PA Program

Physical Education

- Physical Activity During School
- Physical Activity Before and After School
- Family and Community Engagement
- Staff Involvement

60 MINUTES

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM
What Works to Get Kids Active

Schools and communities can help kids get the 60 minutes of physical activity they need each day.

- Renovate parks +12 min
- Add after-school programs +10 min
- Support walking/cycling to school +16 min
- Require daily P.E. +23 min
- Provide in-class activity breaks +19 min


Active Living Research is a national program of the Robert Wood Johnson Foundation
www.activelivingresearch.org
Supportive of Physical Activity...
Effects of moderate walking

Brain after Rest

Brain after 20-min Walk

Hillman et al. (2009).
What is takes to be a PE teacher?

- From *PE Central*
  - 4-year University degree in Physical Education or Kinesiology/Exercise Science
    - Study human movement sciences, healthy behaviors, and teaching methods
  - Background in physical activity
    - Be able to demonstrate a variety of activities
    - Do NOT have to be a professional athlete…just enjoy being active!
  - State teaching license
Integrated Teacher Education Program – ITEP

- Combines a 4-year Physical Education Teaching Education program with single-subject teaching credential
- Students will complete the required courses for the major in 3 years and during the 4th year take the courses required for the single subject Physical Education credential
- Speed up your time-to-graduation by 6-12 months
- Students will have the option to add the Adapted Physical Education authorization to their credential by completing all required courses.
Integrated Teacher Education Program – ITEP

Core Requirements (22 units)
- KIN 251 Success in Kinesiology (2 units)
- KIN 482 Exercise Physiology (3 units)
- KIN 384 GW Research Methods GWAR (3 units)
- KIN 457 Culture, Gender, and Movement (3 units)
- KIN 480 Anatomical Kinesiology (4 units)

Concentration Requirements (28 units)
- KIN 240 Introduction to Teaching in P.E. (3 units)
- KIN 310 Curriculum Model - Youth Development I (3 units)
- KIN 312 Curriculum Model - Youth Development II (3 units)
- KIN 314 Theory and Application of Fitness Training (3 units)
- KIN 331 Peak Performance (3 units)
- KIN 401 Elementary School P.E. K-5 (3 units)
- KIN 487 Motor Development (3 units)
- KIN 489 History and Philosophy of Physical Activity (3 units)
- KIN 581 Practicum in Middle & High School P.E. (1 unit)

Credential Requirements (36 units)
- KIN 750 Curriculum & Instruction 1: P.E. (3 units)
- KIN 751 Curriculum & Instructional II P.E. (3 units)
- S ED 720 Literacy Across Content Areas (3 units)
- S ED 751 Classroom Environment & Management (3 units)
- S ED 640 Supervised Observation and Participation in Public Schools (3 units)
- S ED 752 Professional Perspectives & Practices (3 units)
- S ED 660 Student Teaching - Single Subject (9 units)
- S ED 790 Second Language Development (3 units)
- S ED 701 Teaching for Equity in Secondary Schools (3 units)
- S ED 800 Adolescent Development (3 units)
Good things about being a PE teacher

- Be a positive role model for students
- Engage all three domains
  - Cognitive, motor, emotional
- Be active and have fun!
- Teach kids...not content
- Change kids lives for the better

http://www.theeducationtrends.com/gallery/should-physical-education-be-mandatory/should-physical-education-be-mandatory.jpg
Adapted Physical Education Added Authorization (APE AA)

- Courses to provide theory and practice
- Can build many networks before getting a job
- You can work…
  - as an APE teacher for PK–12 students with special needs
  - as a manager/leader of a variety of inclusive or special camps/programs
  - as a coach for adapted sports
- Dr. Andy Yao: yaoa@sfsu.edu
Minor in Athletic Coaching

- Do you want to coach sport or fitness?
- Our Minor in Athletic Coaching can help make you a better coach
  - How to design effective practices
  - Provide instruction and feedback
  - Create a culture of success
  - Improve your chances of getting hired
- As an ITEP major, you only need one additional course to earn minor
Your next steps...

- Visit: [http://kin.sfsu.edu/](http://kin.sfsu.edu/)
- Enroll/apply as Kinesiology major at San Francisco State University
  - Integrated Teacher Education Program – Physical Education
- Core courses
  - Exercise science and physical activity
- Foundation courses
  - Physical education
  - Exercise science
- Additional endorsement in Adapted Physical Education available
- Minor in Athletic Coaching
Physical education
◦ Vital part of public health
◦ Physical activity for skill and health

Physical Education at SFSU
◦ Prepares you to teach in California
◦ Opportunities to get your APE AA
◦ Other careers in health and wellness

Fun, rewarding and meaningful careers
◦ Help kids and adults be active and healthy
I teach Physical Education. What's your super power?