

## UNDERGRADUATE

### Adapted Physical Education Teaching Minor

This highly regarded and popular undergraduate APE Teaching Minor is designed for students majoring in Physical Education Teaching. Comprehensive evidence-based coursework and significant practicum experiences, including APE student teaching, prepare PK-12 teachers to plan, implement, and evaluate specially designed instruction for students with disabilities in physical education.

Coursework includes:

- ESS 231 Introduction to Adapted Physical Education (3 cr.)
- ESS 233 Teaching Methods in Adapted Aquatics (2 cr.)
- ESS 430 Disability and Physical Activity Implications (4 cr.)
- ESS 436 Assessment and Program Evaluation in APE (3 cr.)
- ESS 437 Teaching and Service Delivery Models in APE (3 cr.)
- ESS 439 Teaching Methods and Internship in APE (3 cr.)
- SPE 424 Classroom Management and Positive Behavioral Supports (3 cr.)

Students who successfully complete this teaching minor are eligible for the Wisconsin add-on license in APE (WI EC-A #860). Graduates of the program are primarily employed by school districts as adapted and/or general physical education teachers. These teachers often serve as itinerant (traveling) APE specialists within a district and instruct students at several schools.

Roles performed include:

- Teaching at early childhood, elementary, and secondary levels
- Serving as an itinerant or traveling teacher at many buildings within a school district
- Collaborating with special education and related service personnel
- Supervising and consulting with general physical educators and special education staff
- Assessing physical and motor development for IEP planning

Graduates of this program teach in Wisconsin, Minnesota and throughout the nation. Advanced graduate study in APE is an option after this program.



## GRADUATE

### Adapted Physical Education

Persons seeking graduate level professional development can pursue our master of science degree in physical education teaching with a concentration in APE. This is a practitioner oriented concentration for those pursuing additional expertise, evidence-based content knowledge, and clinical experiences in physical education for PK-12 students with disabilities who may be placed in general and/or specially designed physical education.

Students who successfully complete this graduate concentration are eligible for the Wisconsin add-on license in APE (WI EC-A #860).

Graduates of the program are primarily hired by school districts as adapted and/or general physical education teachers. These teachers are often employed as itinerant (traveling) APE specialists within a district and may teach students from grades PK-12 in several schools.

Graduates of this program regularly progress to full-time doctoral study at institutions such as Oregon State University, Texas Woman's University, Ohio State University, and the University of Virginia. UW-L faculty are colleagues with directors of these doctoral programs and mentor qualified students toward a program that best fits their professional goals. Some of our former students are faculty at universities such as Oregon State University, State University of New York-Brockport, University of Wisconsin-Eau Claire and Platteville, Slippery Rock University (PA), North Carolina A&T, and Texas Woman's University.

Thesis and non-thesis options are available in the graduate program. Based on the option selected, courses include:

- ESS 530 Disability and Physical Activity Implications (4 cr.)
- ESS 536 Assessment and Program Evaluation in APE (3 cr.)
- ESS 537 Teaching and Service Delivery Models in APE (3 cr.)
- ESS 765 Adventure Education for Physical Educators (3 cr.)
- ESS 787 Clinical Internship in APE (3 cr.)
- ESS 725 Diversity in Physical Activity Settings (2 cr.)
- ESS 737 Curriculum Design in Physical Education (3 cr.)
- ESS 759 Analysis and Supervision in Physical Education (3 cr.)
- EFN 730 Introduction to Research (3 cr.)
- ESS 736 Critical Analysis Project in APE (3 cr.)



### Graduate-Level Summer Certification Program

The graduate-level Summer Certification Program in APE Teaching is designed for currently practicing general physical education teachers who desire to obtain APE competencies and teaching licensure. The purpose of program is to assist physical education teachers to acquire the knowledge and skills to become highly qualified and effective APE specialists and enable them to be eligible for APE certification (WI #860 or Minnesota #8700.5502). This 18-credit hour program can be completed in 2-3 summers depending on course loads and availability of courses. Clinical practicum experiences are part of the program.

Coursework includes:

- ESS 530 Disability and Physical Activity Implications (4 cr.)
- ESS 725 Diversity in Physical Activity Settings (2 cr.)
- ESS 436 Assessment and Program Evaluation in APE (3 cr.)
- ESS 765 Adventure Education for Physical Educators (3 cr.)
- ESS 787 Clinical Internship in APE (3 cr.)
- ESS 792 Seminar in APE (3 cr.)

### Student Financial Assistance

[www.uwlax.edu/FinAid](http://www.uwlax.edu/FinAid)

Financial assistance is generally available each year for qualified students who pursue their graduate or undergraduate degrees on a full-time basis. Assistance is usually in the form of graduate assistantships and/or fellowships that may include stipend, tuition assistance, in-state tuition rates for nonresident students, fringe benefits, an office on campus, and opportunities to work alongside faculty in teaching, research, service, and professional development.



### Inclusive Excellence in Action: Partnerships with the Community Enhance APE Professional Development

Students in our adapted physical education professional development programs benefit from numerous collaborative partnerships among UW-La Crosse faculty, the La Crosse community and other state and national resources. Included among the linkages that students experience are:

- APE teacher mentor network in area school districts
- Miracle League Baseball Stadium (adapted sport complex)
- Universal indoor/outdoor challenge/adventure courses
- Adapted Aquatics and Motor Development Programs
- Physical Activity Mentoring Program
- Special Olympics and therapeutic recreation programs
- YMCA Adapted Physical Activity/Sport Programs
- University Disability Resource Services
- Boys' and Girls' Clubs for clinical partnerships
- YWCA Adapted Snow Skiing and Cycling
- Adapted Outdoor Accessible Recreation (fishing, hunting, etc.)
- Gundersen Lutheran Medical Center Disability Programs
- Disability Advocacy and Parent Support Groups (Autism, Down Syndrome)
- Professional development conferences and speakers
- University disability-related academic programs (occupational therapy, therapeutic recreation, physical therapy, special education, school psychology)





## Preparing Highly Qualified and Effective Adapted Physical Education Teachers

Adapted physical education (APE) teacher preparation is part of UW-La Crosse's mission to prepare highly qualified teachers to meet the physical education/activity needs of students with disabilities. Our APE programs have been part of the university for decades, and our reputation is nationally recognized for teaching, research and community service. This recognition is exemplified by receipt of grant awards from the Office of Special Education-U.S. Department of Education to prepare APE professionals.

We offer three different APE professional development programs to meet the on-going state and national shortages of teachers who are qualified to provide physical education/activity services to students with disabilities.

- **Undergraduate APE Teaching Minor in the B.S. in Physical Education Teaching degree**
- **Graduate APE Concentration in the M.S. in Physical Education Teaching degree**
- **Graduate Summer-Only APE Add-On Certification Program** (*not a degree granting program*)

All of these programs lead to attainment of the Wisconsin Adapted Physical Education 860 add-on teaching license (which easily transfers to other states). Our programs combine up-to-date, evidence-based coursework with practical hands-on clinical experiences to prepare highly qualified and effective APE teachers.

Programs prepare teachers for many roles in a variety of instructional learning environments. These roles include:

- Teaching students with disabilities in one-on-one and small or large group classes
- Teaching in inclusive settings while assisting general physical education teachers
- Consulting with general physical education teachers
- Assessing gross motor and fitness abilities of students
- Preparing paraprofessionals to assist with instruction
- Transitioning students from school-based to community instruction leading to healthy and active lifestyles
- Designing and monitoring measurable IEP goals
- Participating as a collaborative IEP team member

## Center on Disability Health and Adapted Physical Activity: Teachers in Action

The Center on Disability Health and Adapted Physical Activity (Center) is a focal point for our APE professional development programs. One of only five academic centers at UW-La Crosse, the Center provides and facilitates a wide array of on-campus and community-based physical activity programs for individuals with disabilities of all ages. The Center is a vital link between UW-L and community agencies.

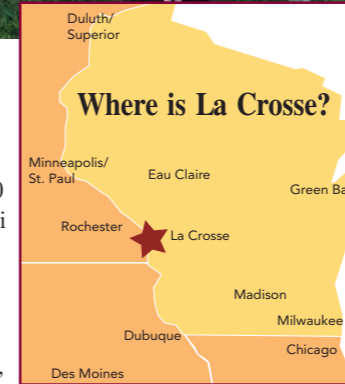
A primary mission of the Center is to conduct a variety of physical activity/education programs serving children, youth and adults with disabilities in La Crosse and surrounding communities. Modified instruction in physical activities is provided to persons who may not be able to successfully participate in programs available in the community. Opportunities to enhance teaching competencies and gain advanced leadership skills are afforded to future professionals studying APE, special education, exercise science, therapeutic recreation, physical and occupational therapy, and other health and physical activity fields.

The Center sponsors research on the physical activity and health needs of individuals with disabilities. Undergraduate and graduate students work with APE faculty to gain experience in the scientific research process. The Center serves as a resource for parents, school districts, human service organizations, and local and state agencies, as well as national organizations focusing on physical activity and health of individuals with disabilities. Examples of programs:

- Motor Development Program
- Adult Fitness Program
- Physical Activity Mentoring Program
- Adapted Aquatic Program
- Modified Sport Programs



*Living well with disability through an active and healthy lifestyle*



La Crosse, a city of 50,000, is a major point of interest on the "Great River Road" that winds north and south through 10 states along the Mississippi River. Densely-wooded coulees (gorges between bluffs), three rivers, and a lush marsh provide prime locales for running, skiing, hunting, fishing, skating, swimming, camping, biking and other outdoor pursuits. A regional center for shopping, business, and industry, La Crosse combines big city excitement with small town warmth and neighborliness. Two quality medical institutions call La Crosse home. Getting around town is easy. The bus or your bike will take you anywhere.

Air service to La Crosse is provided by Delta and American Eagle. Amtrak and Jefferson bus lines make daily stops here.

### Community Web Links:

Convention & Visitors Bureau: [www.explorelacrosse.com](http://www.explorelacrosse.com)  
Local Newspaper: [www.lacrossetribune.com](http://www.lacrossetribune.com)



U.S. News & World Report ranked UW-L second for Midwest Regional Public Universities in its 2011 edition of "America's Best Colleges" guide book.

### Further Information:

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[www.uwlax.edu/sah/ess/sape/html/spp.htm](http://www.uwlax.edu/sah/ess/sape/html/spp.htm)  
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## Adapted Physical Education Teacher Preparation

*Undergraduate and Graduate Professional Development*

UNIVERSITY of WISCONSIN  
**LA CROSSE**



*Preparing highly effective teachers to enhance the health and physical well-being of persons with disabilities*



Department of Exercise and Sport Science