

Northwest Commission on Colleges and Universities

Standard 1: Scientific and Theoretical Knowledge

Physical education teacher candidates know and apply discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals.

	Evidence of Inclusion	Inclusions met course # listed
1.1 Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness.	Instruction on concepts	PEP 2500 Dance Skills
	Understand fitness, Wellness and stress management concepts.	PEP 3000 Dynamic fitness
	New movements and activities will be introduced creating an appreciation for new and different skills	PEP 2200 Skills 2 Lifetime Activities
	Learn and apply sport specific movements and activities creating an appreciation for each sports fundamental skills, techniques and strategies	PEP 2300 Skills 3 Basketball, Soccer and Softball
	Teach Fitness- Micro lessons	PEP 3050 Physical Education in the Elementary School (k-8)
	This course provides the basis or background for successful advanced study in physiology and biomechanics	PEP 3250
	Concepts of basic exercise physiology and some biomechanics are given throughout class.	PEP 4100 Exercise Physiology
	Apply concepts when discussing and designing lesson plans and curriculum.	PEP 4900 Methods of Teaching Physical Education
1.2 Describe and apply motor learning and psychological/behavioral theory related to skillful movement, physical activity and fitness.	Teach Demo with 1-3 cues-practice Feedback to Partners	PEP 2100 Volleyball, Football, Swimming, Indoor Hybrid Ball
	Teach Demonstrations with	PEP 2400 Skills 4

	1-3 cues – practice give feedback to partners.	
	Introduction on movement	PEP 2500 Dance Skills
	Perform and analyze fitness assessments.	PEP 3000 Dynamic Fitness
	New movements and activities will be introduced creating an appreciation for new and different skills	PEP 2200 Skills 2
	Develop sports specific skills, techniques and strategies creating a greater appreciation for each sport	PEP 2300
	Teach 5 micro lessons – include skills, games, fitness	PEP 3050
	Written Tests, LARS, PowerPoints	PEP 3200
	Muscle spindle and Golgi tendon organ function covered.	PEP 4100
	Apply concepts when discussing and designing lesson plans and curriculum	PEP 4900
1.3 Describe and apply motor development theory and principles related to skillful movement, physical activity and fitness.	Construct 4 written tests using motor development theory and principles related to the sports included in the class (volleyball, football, swimming, indoor hybrid ball)	PEP 2100
	Construct written tests using motor developments theory and principles related to 5 sports in class. (tennis, track, pickle ball, badminton, racquetball)	PEP 2400
	Review of Motor Learning	PEP 2500 Dance Skills
	Write and develop Fitness programs	PEP 3000 Dynamic Fitness
	Construct 2 tests, midterm, and 1 final.	PEP 3050
	All 15 labs cover variety of sport skills, strategies, etc.	PEP 3200
	Apply Concepts when discussing and designing lesson plans and curriculum	PEP 4900

1.4 Identify historical, philosophical and social perspectives of physical education issues and legislation	Foundation of PE given. See syllabus (6 weeks)	PEP 2000
	Test questions use social perspective and physical education etiquette	PEP 2100
	Test questions use social perspective and physical education etiquette	PEP 2400
	Answer test and quiz question related to this element	PEP 3000
	This course will enlighten students by developing an understanding of the broader social perspectives that are available through new and different physical activity.	PEP 2200
	This course will introduce basic sport specific history and social perspectives.	PEP 2300
	Construct 2 Tests, midterm, 1 final	PEP 3050
	Motor learning notes, tests	PEP 3200
	History of exercise physiology and its importance in physical education included	PEP 4100
	Notes cover philosophies, test cover philosophies, social issues- notes/tests	PEP 4350
	History of evaluation covered (2 weeks)	PEP 4400
	Discuss current topics, historical, philosophical and social concepts.	
1.5 Analyze and correct critical elements of motor skills and performance concepts	Partner Analyze each other in sports	PEP 2100
	Partners analyze each other in sports	PEP 2400
	Technique and performance	PEP 2500
	Analyze fitness assessment and survey results	PEP 3000

	Each lab we will work in a variety of skills	PEP 3050
	All 15 Labs analyze skill, PowerPoints on variety of skills	PEP 3200
	Students identify joint movements and which muscles are involved and their specific role in complex human movements	PEP 3250
	Apply Assessments of motor skills and performance concepts.	PEP 4900

Standard 2: Skill & Fitness-Based Competence*

Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness as delineated in the NASPE K-12 Standards.

*without discrimination against those with disabilities, physical education teacher candidates with special needs are allowed and encouraged to use a variety of accommodations and/or modifications to demonstrate competent movement and performance concepts (modified/adapted equipment, augmented communication devices, multi-media devices, etc.) and fitness (weight training programs exercise logs, etc.)

	Evidence of inclusion	Inclusions met Course # listed
2.1 Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.	Instructor teaches skills- Game like drills, students are required to play games using scoring rules, strategies, etiquette.	PEP 2100
	Instructor teaches skill and game like drills, students required to play games with scoring rules and etiquette.	PEP 2400
	Demo	PEP 2500
	Participate in a variety of activities	PEP 3000
	Perform skills tests related to each sport	PEP 2300
	15 Labs	PEP 3050
	15 labs cover this	PEP 3200
	Perform a variety of skill based activities with	PEP 4900

	competence	
2.2 Achieve and maintain a health-enhancing level of fitness throughout the program.	1 hour 15 mins practice skills and apply to games	PEP 2100
	1 hour 15 mins practice skills then apply skills to game	PEP 2400
	Healthy lifestyles will be promoted through participation in the course.	PEP 2300
	Fitness log of 4 times per week on their own	PEP 3050
	Curriculum	PEP 3100
	Friday Labs, include fitness, skills and games	PEP 3200
	Participation in physical activity is included in labs	PEP 4100
	Perform vigorous physical activities throughout the class	PEP 4900
2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities	All 4 sports taught have to perform skill, strategies, etc. in game like drills	PEP 2100
	All 5 sports are taught- have to perform the skills, strategies etc. in drills and games	PEP 2400
	Limited to Dance	PEP 2500
	Answer test and quiz questions related to this elements	PEP 3000
	Perform skills tests related to each sports	PEP 2300
	Each lab work on fitness	PEP 3050
	Skills, game like drills, games, all 15 labs	PEP 3200
	Perform with competency a variety of physical activities throughout the class	PEP 4900

Standard 3: Planning and Implementation

Physical education teacher candidates plan and implement developmentally appropriate learning experiences aligned with local, state and national standards to address the diverse needs of all students.

	Evidence of inclusion	Inclusions met Course # listed
3.1 Design and implement short-term and long-term plans that are linked to program and instructional goals, as well as a variety of student needs.	Students teach lessons associated with dance concepts.	PEP 2500
	Cover setting long and short term goals for students, clients and patients	PEP 3000
	Lesson plans required to teach 5-micro lessons	PEP 3050
	All methods are covered in units	PEP 4500
	Discuss and implement goals and objectives from a long term curriculum down to planning and developing individual drills and instruction	PEP 4900
3.2 Develop and implement appropriate (e.g., measurable, developmentally appropriate performance-based) goals and objectives aligned with local, state and/or national standards	Students teach lessons associated with dance concepts	PEP 2500
	Set objectives for fitness programing	PEP 3000
	14 labs, we work on the standards	PEP 3050
	All methods are covered in units	PEP 4500
	Learn to write and evaluate goals and objectives that are measurable and developmentally appropriate for all levels in curriculum.	PEP 4900
3.3 Design and Implement content that is aligned with lesson objectives	Student teach lessons Associated with Dance concepts	PEP 2500
	Design and implement fitness program objectives	PEP 3000
	Lesson plans required to teach 5 micro-lessons	PEP 3050

	All methods are covered in units	PEP 4500
	Correlate curriculum with lesson plan objectives	PEP 4900
3.4 Plan for and manage resources to provide active, fair and equitable learning experiences	Students teach lessons associated with dance concepts	PEP 2500
	Labs	PEP 3050
	All methods are covered in units	PEP 4500
	Incorporate a variety of strategies to ensure fair and equitable learning experiences for all student populations	PEP 4900
3.5 Plan and adapt instruction for diverse student needs, adding specific accommodations and/or modifications for student exceptionalities.	Students teach lessons associated with dance concepts	PEP 2500
	Discuss planning and adapting programming for special populations	PEP 3000
	Written tests, lecture, labs, discussions	PEP 3050
	All methods are covered in units	PEP 4500
	Incorporate a variety of strategies to ensure fair and equitable learning experiences for all student populations	PEP 4900
3.6 Plan and implement progressive and sequential instruction that addresses the diverse needs of all students.	Students teach lessons associated with dance concepts	PEP 2500
	Discuss progressive sequential programming for special populations	PEP 3000
	Labs	PEP 3050
	All methods are covered in units	PEP 4500
	Incorporate a variety of strategies to ensure fair and	PEP 4900

	equitable learning experiences for all student populations.	
3.7 Demonstrate knowledge of current technology by planning and implementing learning experience that require students to appropriately use technology to meet lesson objectives	Students teach lessons associated with dance concepts	PEP 2500
	Experience and discuss pedometers, heart rate monitors, i Fit, etc.	PEP 3000
	PowerPoints and labs	PEP 3050
	All methods are covered in units	PEP 4500
	Be introduced to technology trends within the discipline including but limited to: pedometers, heart rate monitors, iFit, fitness software, etc.	PEP 4900

Standard 4: Instructional Delivery & Management

Physical education teacher candidates use effective communication and pedagogical skills and strategies to enhance student engagement and learning.

	Evidence of inclusion	Inclusions met Course # listed
4.1 Demonstrate effective verbal and non-verbal communication skills across a variety of instructional formats.	I teach these by example, 6 methods of communicating	PEP 2100
	I teach this by example. I have 6 methods of communicating	PEP 2400
	Teach lessons	PEP 2500
	5 micro lessons, use 7 methods of feedback in lessons	PEP 3050
	Theory	PEP 3100
	Written tests, lab books cover this	PEP 3200
	Unit on communication	PEP 4400

	Covered in individual units	PEP 4500
	Be introduced to these communication skills in lecture/discussion and will be critiqued during peer teaching	PEP 4900
4.2 Implement effective demonstrations explanations and instructional cues and prompts to link physical activity concepts to appropriate learning experiences.	We do this for each skill taught	PEP 2100
	We do this for each skill taught	PEP 2400
	Teach lessons	PEP 2500
	Teach skills, games, intro activity fitness using cues	PEP 3050
	15 labs and lab books	PEP 3200
	Covered in individual units	PEP 4500
	Be introduced to these communication skills in lecture/discussion and will be critiqued during peer teaching	PEP 4900
4.3 Provide effective instructional feedback for skill acquisition, student learning and motivation	All four sports: teach cues, practice feedback, skills analysis	PEP 2100
	All 5 sports: Teach cues, feedback, skill analysis	PEP 2400
	Teach lessons	PEP 2500
	Give feedback at each micro lesson	PEP 3050
	Written tests and labs	PEP 3200
	Summative/formation evaluation covered (?)	PEP 4400
	Covered in individual units	PEP 4500
	Be introduced to these communication skills in lecture/discussion and will be critiqued during peer teaching	EP 4900
4.4 Recognize the changing dynamics of the environment and adjust instructional tasks based on student responses	Location will change on appropriate situation	PEP 2050
	Depending on skill level we adjust the typed of skills and	PEP 2100

	drills taught	
	Depending on skill level we adjust the type of skill and drills taught	PEP 2400
	Teach Lessons	PEP 2500
	Teach management of class, adjust	PEP 3050
	Labs and lecture, work on these skills	PEP 3200
	Covered in individual units	PEP 4500
	Be introduced to these communication skills in lecture/discussion and will be critiqued during peer teaching	PEP 4900
4.5 Use managerial rules, routines and transitions to create and maintain a safe and effective learning environment.	I use routine each time we meet for class	PEP 2100
	I use routine each time we meet for class	PEP 2400
	Teach lessons	PEP 2500
	Teach management to students first 3 labs	PEP 3050
	Labs have routine, transitioning	PEP 3200
	Covered in individual units	PEP 4500
	Be introduced to these communication skills in lecture/discussion and will be critiqued during peer teaching	PEP 4900
4.6 Implement strategies to help students demonstrate responsible personal and social behaviors in a productive learning environment.	Build relationships first day asking for passions, etc.	PEP 2100
	Build relationship first day asking for passions, food, etc.	PEP 2400
	Teach Lessons	PEP 2500
	Teach cool off box protocols for last class	PEP 3050
	Labs work on building relationship	PEP 3200
	Covered in individual units	PEP 4500
	Be introduced to these	PEP 4900

	communication skills in lecture/discussion and will be critiqued during peer teaching	
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Standard 5: Impact on Student Learning

Physical education teacher candidates use assessments and reflection to foster student learning and inform decisions about instruction.

	Evidence of inclusion	Inclusions met Course # listed
5.1 Select or create appropriate assessments that will measure student achievement of goals and objectives.	Written tests, skill tests, games with points awarded for a win.	PEP 2100
	Written tests, skills tests, games with points awarded for winning	PEP 2400
	Lesson Planning	PEP 2500
	Will select and experience fitness assessments	PEP 3000
	Teach cues, skills, fitness cues, fitness tests, game cues	PEP 3050
	Training activities	PEP 3100
	Lab books, student write 1 year goal and a 5 year goal	PEP 3200
	Evaluation/assessment major concept of the class See syllabus (?)	PEP 4400
	All students are prepared for these elements	PEP 4500
	Instructed on validity of various assessment techniques and how to creative in implementing assessments	PEP 4900
5.2 Use appropriate assessments to evaluate student learning before, during and after instruction	Written Tests end of class , cues during class, Pre-assess before instruction	PEP 2100
	Written tests- end of class, cues during class, pre-assess before instruction	PEP 2400
	Lesson planning	PEP 2500
	Pre-assess, teach, ask for the	PEP 3050

	call of what target is	
	Lab- 1 mile test, 40 yd dash, other fitness tests	PEP 3200
	Evaluation/assessment major concept of the class See syllabus (?)	PEP 4400
	All students are prepared for these elements	PEP 4500
	Instructed on appropriate student evaluations and types of instructive, formal and informal assessments.	PEP 4900
5.3 Utilize the reflective cycle to implement change in teacher performance, student learning and instructional goals and decisions.	Lesson Planning	PEP 2500
	Will write reflections of workouts and assessments	PEP 3000
	Ask what needs change on each micro lesson	PEP 3050
	Evaluation/assessment major concept of the class see syllabus (?)	PEP 4400
	All students are prepared for these elements	PEP 4500
	Reflective assessment techniques will be presented in lecture/discussion and students will perform personal reflection assignments.	PEP 4900

Standard 6: Professionalism

Physical education teacher candidates demonstrate dispositions essential to becoming effective professionals.

	Evidence of inclusion	Inclusions met Course # listed
6.1 Demonstrate behaviors that are consistent with the belief that all students can become physically educated individuals.	Professionalism and activities are developed. Professional growth and development are part of the class, section on professionalism in PE (6 Wks)	PEP 2000

	Students taught to treat all with respect	PEP 2100
	Taught to treat all with respect	PEP 2400
	Plan lessons, lead lessons, evaluate performance	PEP 2500
	Learn about promoting physical activity and fitness to all populations	PEP 3000
	Standard partially met through course activities and reflective discussions	PEP 2200
	Fitness logs, written tests, 15 Labs working	PEP 3050
	All labs, teach beginning levels hand and foodt, also work on non-discriminate	PEP 3200
	Write mission statements, test cover this, guest speakers, principle covers this	PEP 4350
	See Syllabus and text	PEP 4500
	Introduced to the importance of being a role model to all constituents	PEP 4900
6.2 Participate in activities that enhance collaboration and lead to professional growth and development.	Professionalism and activities are developed. Professional growth and development are part of the class, section on professionalism in PE (6 Wks)	PEP 2000
	Students help write chapters in the book	PEP 2100
	Students help write chapters in book- invited to go to professional meeting	PEP 2400
	Plan lessons, lead lesson, evaluate performance	PEP 2500
	Professional associations (SHAPE, ACSM, NSCA, etc.) and memberships are introduced	PEP 3000
	Standard partially met through course activities and reflective discussions	PEP 2200
	Help with cue book encouraged to go to	PEP 3050

	convention	
	Students encouraged to write chapter in cues book	PEP 3200
	Students work together in laboratory setting to facilitate the learning of one another	PEP 3250
	Principal woods cross-speaker covers this	PEP 4350
	See syllabus and text	PEP 4500
	Instructed to the importance of contributing through collaboration with faculty, peers via association membership on local, state and national levels	PEP 4900
6.3 Demonstrate behaviors that are consistent with the professional ethics of highly qualified teachers.	Professionalism and activities are developed. Professional growth and development are part of the class, section on professionalism in PE (6 Wks)	PEP 2000
	Rules must be followed	PEP 2450
	25 years of experience teacher example	PEP 2100
	25 years of experience teacher example	PEP 2400
	Plan lessons, lead lessons, evaluate performance	PEP 2500
	Ethics will be part of the overall instruction of the course	PEP 3000
	Standard partially met through course activities and reflective discussions	PEP 2200
	Set example in lecture and labs teach this	PEP 3050
	Read to leadership body, papers required, test questions	PEP 4350
	Syllabus and text	PEP 4500
	Introduced to the importance of being a role model to all constituents	PEP 4900
6.4 Communicate in ways that convey respect and sensitivity.	Professionalism and activities are developed. Professional growth and development are	PEP 2000

	part of the class, section on professionalism in PE (6 Wks)	
	Taught 5 methods cues-knowledge, effort, challenge, nonverbal appropriate	PEP 2100
	Taught 5 methods, cues-knowledge, effort, challenge, nonverbal, appropriate	PEP 2400
	Plan lessons, lead lessons, evaluate performance	PEP 2500
	Professional communication is discussed	PEP 3000
	Standard partially met through course activities and reflective discussions	PEP 2200
	Taught communication, interpersonal skills, in lecture, applied in the labs	PEP 3050
	Network with peers in each lab (16 labs)	PEP 3200
	Philosophy paper required, tests cover this	PEP 4350
	Communication covered some	PEP 4400
	See syllabus and text	PEP 4500
	Introduced to the importance of being a role model to all constituents	PEP 4900