

Adapted Physical Education National Standards

In 1995, the National Consortium for Physical Education and Recreation for Individuals with Disabilities formulated a set of 15 national standards focused on promoting effective adapted physical education instruction. Student's working toward an endorsement in APE are expected to demonstrate proficiency in each of the following standards **as they relate to children and youth with disabilities**.

- 1) Human Development
- 2) Motor Behavior
- 3) Exercise Science
- 4) Measurement and Evaluation
- 5) History and Philosophy
- 6) Unique Attributes of Learners
- 7) Curriculum Theory and Development
- 8) Assessment
- 9) Instructional Design and Planning
- 10) Teaching
- 11) Consultation and Staff Development
- 12) Program Evaluation
- 13) Continuing Education
- 14) Ethics
- 15) Communication

References

National Consortium for Physical Education and Recreation for Individuals with Disabilities. (1995). *Adapted Physical Education National Standards*. Champaign, IL: Human Kinetics.