

Physical Education Endorsement

Approved Course and Competency Options

This guide provides approved university courses, microcredentials, certifications, and other competency options that may be used to satisfy the Physical Education Endorsement requirements. Use this guide alongside the endorsement application to identify acceptable options for each requirement area.

Requirement Area 1

Introduction to, Administration of, or Philosophy of Physical Education

Institution of Higher Education	Course Code	Course Name
BYU	PETE 300	Advocacy for Physical Education
UTU	XSCI 2020	Introduction to Exercise Science
SNOW	PE 2010	Introduction to Physical Education
SUU	PE 2000	Introduction to Physical Education and Coaching
U of U	KINES 4710 Secondary 3710 Elementary	Introduction to Movement Science
USU	PEP 2000 or KIN 4350	Introduction and History of Physical Education
USU	KIN 4350	Introduction to Kinesiology
UVU	PETE 2700	Foundations of Physical Education K-12 Teacher Education
WSU	PEP 2000	Foundations of Physical Education
BYU	PETE 300	Advocacy for Physical Education
UTU	XSCI 2020	Introduction to Exercise Science
SNOW	PE 2010	Introduction to Physical Education
SLCC	HLTH 2500 (APPEL- WTPE 501)	Foundations of Physical Education Methods of Teaching Physical Education



Microcredentials

Stack Name: Intro and Philosophy of PE

- Philosophy Development
- Effective Skills
- Classroom Management

Requirement Area 2

Motor Learning

Institution of Higher Education	Course Code	Course Name
BYU	PETE 364	Scientific Basis of Sport: Motor Learning
UTU	XSCI 3054 or XSCI 3350	Motor Learning and Control
SLCC	HLTH 2510 (APPEL-WTPE 500)	Principles of Motor Learning and Development
SUU	PE 3050, 4010	Motor Learning, Methods of Sports Conditioning
U of U	KINES 3551	Applied Human Motor Development Across the Lifespan
USU	KIN 3200	Motor Learning and Technology in Skill Analysis
UVU	EXSC 3550	Motor Learning and Control
WSU	PEP 3100	Principles of Motor Learning and Motor Development

Microcredentials

Stack Name: Motor Learning/Development

- Motor Learning: Cognitive (1)
- Motor Learning: Associative (2)
- Motor Learning: Autonomous (3)

Requirement Area 3

Exercise Physiology

Institution of Higher Education	Course Code	Course Name
BYU	EXSC 366	Exercise Physiology for Physical Education
SLCC	HLTH 2250 (APPEL-WTPE 500)	Exercise Physiology
UTU	XSCI 3700	Physiology of Exercise
SUU	PE 3070	Exercise Physiology
U of U	KINES 4650	Exercise Physiology
USU	KIN 4100 or KIN 5210	Exercise Physiology
UVU	EXSC 3700	Exercise Physiology
WSU	PEP 3510	Exercise Physiology

Microcredentials

Stack Name: Exercise Physiology

- Exercise Physiology 1
- Exercise Physiology 2
- Physiology of Performance

Requirement Area 4

Nutrition

Institution of Higher Education	Course Code	Course Name
BYU	NDFS 100	Essentials of Human Nutrition
UTU	XSCI 2200	Nutrition for Sport and Exercise
SLCC	HLTH 1020 (APPEL-WTPE 502)	Scientific Foundations of Human Nutrition

Institution of Higher Education	Course Code	Course Name
SNOW	HFST 1020	Scientific Foundations of Nutrition
SUU	NFS 1020	Scientific Foundations of Human Nutrition
U of U	NUTR 1020	Scientific Foundations of Human Nutrition
USU	NFS 1020	Science and Application of Human Nutrition
UVU	NUTR 1020	Foundations of Human Nutrition
WSU	NUTR 1020	Science and Application of Nutrition

Microcredentials

Stack Name: Nutrition

- Six Basic Nutrients and Functions
- Body Image & Eating Disorders
- Healthy Strategies for Maintaining, Reducing, or Gaining
- Food and Culture

Requirement Area 5

Physical Activity and Skill (Two Courses)

University Courses

- Courses may include sport, recreation activity, dance, yoga, strength and condition, coaching, or other activity or PE courses.
- APPEL-SLCC-WTPE 500 Motor Learning and Exercise Physiology

Other Certifications:

- Yoga certification
- Coaching certification

Requirement Area 6

Methods of Teaching Fitness for Life

Institution of Higher Education	Course Code	Course Name
BYU	PETE 301	K-12 Healthy and Active Lifestyle Management
BYU	PETE 227	Fitness for Life
SLCC	HLTH 2520 (APPEL-WTPE 502)	Methods of Teaching Fitness for Life
UTU	XSCI 2120	Principles of Fitness and Lifestyle Management
U of U	KINES 4710	Methods of Teaching Secondary Physical Education
U of U	KINES 4465	Exercise Programing
USU	KIN 4900 and KIN 3000 or PE 3000	Principles of Fitness or Dynamic Fitness
SUU	PE 2000, 4900, 3900, 3090	Intro to PE, Methods of Teaching, Adaptive PE
UVU	PETE 2120	Fitness for Secondary Physical Educators
WSU	PEP 3290	Methods of Teaching Fitness for Life

Microcredentials

Stack Name: Method of Teaching Fitness for Life

- Components of Health Related Fitness and Lesson Plans
- Administration and Completion of the Fitness Gram
- Effective Instructional Techniques (Changed title from Video Evidence)

Requirement Area 7

Methods of Teaching Secondary Physical Education

Institution of Higher Education	Course Code	Course Name
BYU	PETE 276R, 377	Exploration of Teaching
UTU	XSCI 3500	Theories & Techniques of Teaching Fitness & Motor Skills
SLCC	HLTH 2530 (APPEL-WTPE 501)	Methods of Teaching Physical Education
SUU	PE 4900	Methods of Teaching Secondary Physical Education
U of U	KINES 4710	High School Methods
USU	KIN 4900 Secondary	Methods of Teaching Physical Education
UVU	PETE 4250	Methods of Teaching Physical Education
WSU	PEP 3520, 3520L, PEP 3630 PEP 4700 or 4710	Curriculum and Assessment AND 1 of the following

Microcredentials

Stack Name: Methods of Teaching PE K-12

- Elementary Plan (in pilot phase, link coming by summer 2022)
- Middle School / Junior High Plan (in pilot phase, link coming by summer 2022)
- High School Plan (Changed title from Video Evidence) (in pilot phase, link coming by summer 2022)

Requirement Area 8

Methods of Teaching Elementary Physical Education

Institution of Higher Education	Course Code	Course Name
BYU	PETE 274	Fundamental Skills and Teaching Methods for Elementary Physical Education
SUU	PE 3900	Methods of Teaching Elementary Physical Education
USU	KIN 3050	Physical Education in the Elementary School
U of U	KINES 3710	Methods of Teaching Elementary Physical Education
UVU	PETE 4200	Methods of Teaching Elementary Physical Education
WSU	PEP 3630	Methods of Teaching Elementary School Physical Education

Microcredentials

None, complete the K-12 MC above

Requirement Area 9

Adapted Physical Education

Institution of Higher Education	Course Code	Course Name
BYU	PETE 461	Adapted and Multicultural Physical Education for Teaching Majors
UTU	XSCI 3400	Activity Programming for Special Populations
SUU	PE 3090	Adaptive Physical Education

Institution of Higher Education	Course Code	Course Name
U of U	SP ED5405	Instructional Strategies in Adapted Physical Education
U of U	SP ED5425	Assessment and Curriculum Development in Adapted Physical Education
UVU	PETE 3450	Special Populations in Physical Education
USU	KIN 3500	Adaptive Physical Education
WSU	PEP 3660	Adapted Physical Education
SLCC	(APPEL-WTPE 503)	Adapted Physical Education

Microcredentials

Stack Name: Adapted PE - Motor Learning and Development

- SpEd Law and the IEP
- Motor Learning Development and Assessment

Stack Name: Adapted PE - Adapted Physical Education

- Methods of Teaching Adapted Physical Education

Requirement Area 10

Current First Aid and Cardiopulmonary Resuscitation (CPR) Certification

Requirement needs to have a hands-on component to be accepted for the requirement. Educators are required to maintain current CPR and first aid certification while teaching Physical Education. See [R277-311-4](#) for more information.