

## Physical Education Portfolio Requirements

**Physical Education:** Following a review of the mission documents and the pertinent professional standards, five HPER Department Assessment Standards were developed for use in the Physical Education Major and Minors. These are listed below: Each student is provided a three ring binder in HPER 150 (Intro to Physical Education). Student progress is assessed throughout the major HPER 150, 243, 346, 382, 447,448, and 410.

### **Professional Standards/Competencies Demonstrated:**

#### **Standard 1: Demonstration of physical skills and personal physical fitness.**

Physical Skills:

*HPER 240-* Pre-test of basic locomotor/manipulative skills (videotape analyzed by instructor) and swimming skills (four basic strokes);

*HPER 240-* Post-test of basic locomotor/manipulative skills (peer assessment); *PEGN 249, 250, 252, 349 or 350-* Swimming skills (Assignment to these courses are made on basis of HPER 150 test)

Certifications:

First Aid, CPR, Pace and others.

Personal Physical Fitness:

*HPER 150-* Pre-test of health-related physical fitness levels;

*HPER 448-* Post-test of health-related physical fitness.

#### **Standard 2: Demonstration of physical activity skills and techniques required for effective instruction.**

*Completion of HPER 104, 106, 107, 108, 112/113, 120/121, 215/242, 130-136* with verification of skill level supported by standardized tests such as the AAHPERD Basketball and Soccer Tests or instructor/peer evaluation based on department task analyses of the skills required in the course. Examples of task analyses developed for HPER Department notebook requirement.

#### **Standard 3: Demonstration of knowledge of professional physical education content areas.**

*HPER 150 (History and Foundations of Physical Education), 235 (Coaching Principles), 243 (Early Elementary Physical Education Methods), 295 (Biomechanics), 346 (Adapted Physical Education), 337 (Coaching Techniques); 240 (Motor Learning/Development), 380 (Athletic Training Principles), 382 (Measurement/Evaluation), 390, 447 (Methods and Materials of Physical Education), HPER 448 (Teaching Skills and Strategies), HPER 450 (Socio-Cultural Foundations).*

Specific assignments designated from each course: Philosophy paper, labs, final test results, lesson plans, task analyses, required observation forms, PPST results.

**Standard 4: Demonstration of the capacity to function effectively in applied settings.**

*Field practica are required in HPER 243, 346, 400, 447, 448, 475 and during the required teaching assistantship within the department.*

Students must provide mentor evaluations, a minimum of four of the eight required videotaped observations of teaching performance, final evaluations for HPER 447/448 and 475, lesson plans, unit plans, a minimum of one Individually Prescribed Instructional Program, a minimum of one Individual Education Plan for a child in one of the assigned settings, constraint analysis of school setting assignment, coaching schedules and coaching final evaluation.

**Standard 5: Demonstration of selected technological skills.**

*HPER 149, 150, 215, 382, 410, 447, 448, 450.*

Examples of the capacity to use Word (written report), Excel (Grade Program set-up), PageMaker (Progress Report for children in practica), Email (Communication with other universities such as Miami of Ohio, Bowling Green, Illinois State as set up by instructor), Polar Heart Rate Monitors, Tri-Fit computerized fitness assessment, Internet (resource file of information linking to lesson plan materials, literature review, etc.)

**Standard 6: Demonstration of commitment to professional growth.**

*HPER 150, 447, 448, 450.*

Personal autobiography and resume, HPER Department, Application active membership (as determined by organization by-laws) in one WMU or one local, state, regional or national professional organization for a minimum of two semesters. Membership card or certificate required as well as log of activities. Registration with WMU Career Placement Services is also a requirement.