

PHYSICAL EDUCATION, BS

Welcome to the Physical Education Teacher Education program! We believe great PE teachers help students grow into healthy, happy, and helpful humans. Our unique PE teacher preparation program has dedicated faculty with decades of experience who are committed to guiding you to be the best teacher you can be.

The Physical Education program has been preparing excellent physical educators since 1912, and our graduates have received state-level awards for their teaching accomplishments. Program alumni are also well-represented in the areas of coaching and officiating, recreation, fitness, healthcare, and sport management. A few alumni are coaching at the NCAA Division I level or working for the U.S. Olympic Committee and the Cincinnati Bengals.

The UW–Madison School of Education Teacher Pledge (<https://tec.education.wisc.edu/teacher-pledge/>) can financially support your dreams of becoming a teacher. You pledge to teach in Wisconsin PK-12 schools for 3–4 years after graduation. In return, we pledge to pay the equivalent of in-state tuition and fees, testing, and licensing costs.

We are committed to transforming physical education into a powerful experience in which students develop physical, mental, and social skills for life. To that end, our program includes the following elements:

- Standards-based curriculum models
- Culturally responsive teaching techniques in urban, inclusive, and multicultural settings
- Social and emotional learning that incorporates community building and behavior management

Physical education students also benefit from:

- Nationally and state-recognized faculty and staff members
- Certification options in Adapted Physical Education and Health Education
- Small class sizes and advising groups
- A strong science and technology-based curriculum
- Instruction within the nationally ranked UW–Madison School of Education

From the beginning, you'll get to work with students from diverse educational backgrounds, ensuring you will be prepared to thrive in any setting after graduation. We offer many "out-of-the-classroom" opportunities to strengthen and expand your physical education knowledge, and proudly have a presence in Special Olympics, adapted clubs, and local Boys & Girls Clubs.

You'll also have a chance to study abroad and take our team-building course in Costa Rica! We go every May after the spring semester, and our students learn how to create a safe, inclusive learning community in a unique cultural setting.

Throughout the Physical Education program, you'll observe PE teachers, team-teach homeschooled elementary students, and participate in community service opportunities in the Madison area. In your final year at UW, you'll be mentored by veteran PE teachers who use various PE curriculum models: Adventure Learning, Fitness Education, Teaching

Games for Understanding, and Sport Education. These invaluable teaching practices will prepare you for the joys and responsibilities of your own PE classroom.

Physical education students also have the opportunity for professional growth as they earn their degree. Students have given presentations at the Wisconsin, Midwest, and National Society of Health and Physical Educators (SHAPE America) conferences, and are currently serving in leadership positions at the Wisconsin and Midwest levels.

The world needs individuals like you who want to make a difference through physical education. We are excited you want to be a part of the movement!

On, Wisconsin!

HOW TO GET IN

HOW TO GET IN PHYSICAL EDUCATION DECLARATION OVERVIEW

Students interested in a degree in Physical Education can enter UW–Madison with a Pre-Physical Education classification. They spend their initial semesters completing liberal studies, general education, and science core requirements.

UW–Madison students who started in another major can move to Pre-Physical Education by completing a Pre-Professional Declaration (<http://www.education.wisc.edu/soe/academics/undergraduate-students/academic-program-admission/>). A GPA of 2.75, based on all UW–Madison coursework or the last 60 credits (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>), is required to transfer into Pre-Physical Education.

It is not necessary to be a Pre-Physical Education student before declaring the Bachelor of Science in Physical Education.

DECLARING BACHELOR OF SCIENCE IN PHYSICAL EDUCATION (BSPE)

On-Campus Students

On-campus students may declare the Bachelor of Science in Physical Education degree at any time, provided they have met the following requirements:

- Have second-year academic standing.
- Earned a minimum 2.75 cumulative GPA (4.00 scale) on all college work attempted, or a 2.75 on the last 60 credits (<https://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).
- Have met with a Physical Education or School of Education Student Services advisor who will submit the declaration form; see Contact Information for details.

¹ Last 60 Credits Rule – Two grade point averages may be calculated to determine a candidate's eligibility to declare Physical Education. A GPA may be calculated using (1) UW–Madison and all other all transferable college level coursework attempted and (2) the last 60 credits attempted. The higher GPA of these two calculations will be used for determining eligibility. Once declared, students must earn a semester GPA of 2.75 each semester after declaration. More information on this

rule is available here (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

Off-Campus Transfers to UW-Madison

Off-campus students wishing to transfer to UW-Madison and declare the Bachelor of Science in Physical Education degree must be admitted to UW-Madison. Admission to the university has its own application, admission process, and application deadlines; see Office of Admissions and Recruitment (<http://www.admissions.wisc.edu/>) for application information. Students also need to meet with a Physical Education or School of Education Student Services advisor, who will determine if the following eligibility requirements to declare the BSPE degree have been met:

- Have second year academic standing.
- Earned a minimum 2.75 cumulative GPA (4.00 scale) on all college work attempted or 2.75 on the last 60 credits (<https://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

See Contact Information for details. The advisor will submit the declaration form if the student has met the eligibility requirements. Transfer students who do not meet the declaration eligibility requirements may be admitted to UW-Madison with the Pre-Physical Education classification.

Students with a Previous Undergraduate Degree

Students who already hold a Bachelor's degree and wish to become certified to teach Physical Education must be admitted to UW-Madison. Admission to the university has its own application, admission process, and application deadlines; see Office of Admissions and Recruitment (<http://www.admissions.wisc.edu>) for university application information.

Students need to meet with a Physical Education or School of Education Student Services advisor who will (1) review the student's eligibility to declare the BSPE degree, and (2) discuss their admission status, see below. Eligibility requires that a student has:

- Earned a minimum 2.75 cumulative GPA (4.00 scale) on all college work attempted or 2.75 on the last 60 credits (<https://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

See Contact Information for details. The advisor will submit the declaration form if the student has met the eligibility requirement.

An applicant with a previous undergraduate degree will be admitted to Physical Education as a second degree candidate or as a School of Education "Special Student," depending on their academic background. *Second degree candidates* in the School of Education are changing their academic direction and wish to complete a degree that is unrelated to their first degree. A large number of credits are usually required to complete the new degree requirements and a second degree is awarded upon its completion; more information is available here (<http://guide.wisc.edu/undergraduate/education/#policiesandregulationstext>).

Admission as an *Education Special Student* indicates that the applicant wishes to pursue teacher certification in Physical Education and studied it extensively during their initial degree. An individual enrolls in Physical Education as a Special Student to complete the requirements that were not taken during the first degree; these are assessed on a case by case basis. Another degree is not awarded for this "certification only" coursework.

All returning students are strongly advised to meet with an advisor in the School of Education Student Services office before applying for admission to UW-Madison. Consultations with advisors are available in person, virtually, or via telephone; email studentservices@education.wisc.edu (soeacademicservices@education.wisc.edu) or call 608-262-1651 to schedule an appointment.

BACKGROUND CHECKS

Pursuant to State of Wisconsin law PI 34.018(2), the School of Education is required to administer a background check on all students entering teacher education programs. This check is intended to determine if the applicant has engaged in any behavior that endangers the health, welfare, safety, or education of PK-12 pupils. Local school districts frequently conduct background checks on teacher education students prior to the start of their in-classroom field work, and the Department of Public Instruction (DPI) will also conduct a background check on each applicant for a Wisconsin educator license.

Students should be aware that background checks may be initiated by other agencies or organizations when they are seeking employment or a professional license. School administrators have the authority to determine the appropriateness of a student placement and may choose not to permit a placement based on a student's background check results.

An individual who has been deemed ineligible to participate in field or clinical experiences based on the results of their background check may not be able to complete the requirements for their degree or certification. Students with questions about these processes should contact the Teacher Education Center, tec@education.wisc.edu.

REQUIREMENTS

UNIVERSITY GENERAL EDUCATION REQUIREMENTS

All undergraduate students at the University of Wisconsin-Madison are required to fulfill a minimum set of common university general education requirements to ensure that every graduate acquires the essential core of an undergraduate education. This core establishes a foundation for living a productive life, being a citizen of the world, appreciating aesthetic values, and engaging in lifelong learning in a continually changing world. Various schools and colleges will have requirements in addition to the requirements listed below. Consult your advisor for assistance, as needed. For additional information, see the university Undergraduate General Education Requirements (<http://guide.wisc.edu/undergraduate/#requirementsforundergraduatetext>) section of the *Guide*.

- General Education
- Breadth—Humanities/Literature/Arts: 6 credits
 - Breadth—Natural Science: 4 to 6 credits, consisting of one 4- or 5-credit course with a laboratory component; or two courses providing a total of 6 credits
 - Breadth—Social Studies: 3 credits
 - Communication Part A & Part B *
 - Ethnic Studies *
 - Quantitative Reasoning Part A & Part B *

* The mortarboard symbol appears before the title of any course that fulfills one of the Communication Part A or Part B, Ethnic Studies, or Quantitative Reasoning Part A or Part B requirements.

- Biological Science
- Physical Science
- Laboratory Science
- Science Electives

Cultural and Historical Studies

All students must complete three requirements (9 credits) met by separate courses. Any of these courses can also be used to meet the Humanities or Social Studies (Social Sciences) requirements if it has the relevant breadth designation.

- Ethnic Studies
- U.S./European History
- Global Perspectives

Complete Liberal Studies Electives (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) to total 40 Credits.

PROGRAM STRUCTURE

The Physical Education program has six components:

- *Liberal studies* courses expose students to a broad range of academic disciplines. The university-wide *General Education* requirements also encourage this breadth of study.
- *Science Core* coursework offers in-depth study of the basic sciences and mathematics.
- *Kinesiology Core* courses look at how the body responds and adapts to exercise, the role of psychological factors in sports and exercise, mechanics applied to biological systems, and how movement is controlled, learned, and developed over the life span.
- The *Physical Education requirements* focus on advanced study in Physical Education pedagogy, including teaching methods coursework and field experiences in the schools.
- *Education* coursework includes an examination of the school's relationship to our society and also of the processes by which students grow and learn.
- *Elective* coursework is taken to reach the minimum of 120 credits required for the degree.

While not required, teaching certifications in Adapted Physical Education and Health Education are also offered. See Additional Certification Options (p. 4), below.

SCIENCE AND KINESIOLOGY CORE COURSES

With the exception of KINES 116 First Aid and Basic Life Support and KINES 121 Foundations of Physical Education, Kinesiology coursework must be taken after admission into the professional part of the undergraduate program.

Code	Title	Credits
MATH 112	Algebra	3
CHEM 108 or CHEM 103	Chemistry in Our World General Chemistry I	5
ANAT&PHY 337	Human Anatomy	3
ANAT&PHY 235	Human Physiology and Health	4
KINES 116	First Aid and Basic Life Support ¹	2
KINES 308	Biomechanics of Physical Activity	2

SCHOOL OF EDUCATION LIBERAL STUDIES REQUIREMENTS

All students are required to complete a minimum of 40 credits of Liberal Studies (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) coursework. This requirement provides an opportunity to do some academic exploration beyond the scope of the major. Students take courses in areas of particular interest and also have an opportunity to sample the wide selection of courses offered across the university. Coursework is required in humanities, social studies, science, and cultural and historical studies. Some elective coursework is also needed to reach the required number of credits.

The School of Education's Liberal Studies Requirements automatically satisfy most of the University General Education Requirements outlined above, including ethnic studies, humanities/literature, social studies, and science. Students pursuing most School of Education degree programs may also complete Communication Part B, Quantitative Reasoning Part A, and Quantitative Reasoning Part B through courses required by their degree program. If a student cannot complete a General Education Requirement within the curriculum of their chosen School of Education program, academic advisors can offer suggestions for courses that meet the requirement and augment the student's primary area of study.

A basic outline of the liberal studies is included below. Students must consult the detailed version of the requirements (<http://guide.wisc.edu/undergraduate/education/#requirementstext>) for information about course selection and approved course options.

Humanities, 9 credits

All students must complete a minimum of 9 credits to include:

- Literature
- Fine Arts
- Humanities Electives

Social Studies (Social Science)

All students must complete a minimum of 9 credits. Teacher certification programs and Kinesiology have unique requirements in this category.

Science

All students must complete a minimum of 9 credits to include:

KINES 314	Physiology of Exercise	4
KINES 361	Motor Learning and Performance	3

¹ Students may exempt from KINES 116 First Aid and Basic Life Support by completing American Red Cross First Aid **AND** either American Red Cross Basic Life Support or American Red Cross CPR/AED for Professional Rescuers, enroll here. (<https://www.redcross.org/take-a-class/>)

If a student wishes to request that a different course (or courses) be considered, contact the Department of Kinesiology undergraduate office PRIOR to enrolling.

PHYSICAL EDUCATION COURSES

Effective for Fall, 2023 program admission.

Code	Title	Credits
KINES 121	Foundations of Physical Education	2
KINES 315	Assessment and Research in Physical Activity Pedagogy	3
KINES 316	Adapted Physical Activity	3
KINES 325	Group Development and Behavior Management	3
KINES 327	Current Topics in Outdoor Pursuits	1
KINES 353	Health and Physical Education in a Multicultural Society	3
KINES 372	Methods and Practicum of Teaching PK-5 Physical Education	4
KINES 373	Methods and Practicum of Teaching 6-12 Physical Education	4
KINES/CURRIC 478	Elementary School Physical Education Student Teaching	6
KINES/CURRIC 479	Middle School or High School Physical Education Student Teaching	6

PROFESSIONAL EDUCATION COURSES

Code	Title	Credits
Learning (Minimum of 3 credits)		
ED PSYCH 301	How People Learn	3
Foundations of the Profession: (Minimum of 3 credits)		
ED POL 300	School and Society	3
or ED POL/ HISTORY 412	History of American Education	

ADDITIONAL CERTIFICATION OPTIONS

Physical Education students are encouraged to increase their content knowledge and teaching capabilities through additional training. Although not required, teaching certifications are available in Health Education and Adapted Physical Education. Students may pursue more than one additional certification.

- Health Education Minor (<http://guide.wisc.edu/undergraduate/education/kinesiology/health-education-minor/>)

- Adapted Physical Education Minor (<http://guide.wisc.edu/undergraduate/education/kinesiology/adapted-physical-education-minor/>)

CONTINUATION REQUIREMENT: DEPARTMENT OF KINESIOLOGY

All students admitted to undergraduate programs in the Department of Kinesiology, including Physical Education, must maintain a cumulative grade point average (GPA) of at least 2.75, based on all UW–Madison campus course work. Consult the School of Education's Academic Policies and Procedures (<http://guide.wisc.edu/undergraduate/education/#academicstext>) for additional information about the continuation requirement.

GPA AND OTHER GRADUATION REQUIREMENTS

GRADUATION REQUIREMENTS

Based on UW–Madison coursework.

- 2.75 cumulative grade point average. This may be modified by the Last 60 Credits Rule.
- 2.75 cumulative grade point average across all professional education courses (excluding practicum and student teaching).
- 2.75 cumulative grade point average in the major.
- A minimum of 120 credits.
- Major residency: Degree candidates must complete at least 15 credits of upper-level major coursework (numbered 300–699) in residence on the UW–Madison campus.
- Senior residency: Degree candidates must complete their last 30 credits in residence on the UW–Madison campus. Student teaching and practicum are considered part of the 30 credits.

DEGREE AUDIT (DARS)

UW–Madison uses "DARS" to document a student's progress toward the completion of their degree, including any additional majors and certificates. A DARS (Degree Audit Reporting System) report shows all the requirements for completing a degree and, against courses that are planned or completed, shows the requirements that have been met, and those that are unmet. A report can offer suggestions about courses that may be taken to meet specific requirements and can assist in the academic planning and enrollment process. Students can access a DARS report in the Course Search & Enroll app or Student Center via My UW.

DARS also has a "what-if" function. This feature makes it possible to request a DARS report as if pursuing another program, major, or certificate. It is an excellent tool if considering a new or additional area of study. School of Education students in a pre-professional classification such as Pre-Elementary (PRE) or Pre-Kinesiology should request a "what if" DARS report of their professional program of interest.

More information on how to request a DARS report is available on the Office of the Registrar's website (<https://registrar.wisc.edu/dars/>).

DARS is not intended to replace student contact with academic advisors. It creates more time in an advising appointment to discuss course options, research opportunities, graduate school, or issues of personal interest or concern to students.

DARS is used as the document of record for degree program, major, and certificate completion in the School of Education.

ADDITIONAL CERTIFICATION REQUIREMENTS AND APPLYING FOR A LICENSE

In addition to completing UW-Madison's program requirements, students must also complete Wisconsin statutory requirements and certification requirements established by the Wisconsin Department of Public Instruction. Many of these requirements are embedded within the program's requirements and require no additional attention. The endorsement of the program coordinator/faculty is also required to receive certification through UW-Madison.

The State of Wisconsin requires that anyone wishing to teach in a public K-12 setting hold a valid teaching license issued through the Department of Public Instruction. In addition to completing a certification program, students must submit a separate application for this license.

Detailed information about certification requirements and applying for a license is available under Certification/Licensure (p. 8).

UNIVERSITY DEGREE REQUIREMENTS

Total Degree To receive a bachelor's degree from UW-Madison, students must earn a minimum of 120 degree credits. The requirements for some programs may exceed 120 degree credits. Students should consult with their college or department advisor for information on specific credit requirements.

Residency Degree candidates are required to earn a minimum of 30 credits in residence at UW-Madison. "In residence" means on the UW-Madison campus with an undergraduate degree classification. "In residence" credit also includes UW-Madison courses offered in distance or online formats and credits earned in UW-Madison Study Abroad/Study Away programs.

Quality of Work Undergraduate students must maintain the minimum grade point average specified by the school, college, or academic program to remain in good academic standing. Students whose academic performance drops below these minimum thresholds will be placed on academic probation.

LEARNING OUTCOMES

LEARNING OUTCOMES

- Standard 1: Scientific Foundational Knowledge. Physical education candidates demonstrate an understanding of scientific foundations for the delivery of an effective preK-12 physical education program.
- Standard 2: Physical Education Foundational Knowledge. Physical education candidates demonstrate an understanding of theoretical foundations for the delivery of an effective preK-12 physical education program.
- Standard 3: Physical Education Content Knowledge. Physical education candidates understand physical education content, concepts and skills associated with the development of a physically educated student.

- Standard 4: Planning for Instruction. Physical education candidates plan developmentally appropriate learning experiences aligned with local, state and/or SHAPE America National Standards and Grade-Level Outcomes for K-12 Physical Education.
- Standard 5: Instructional Delivery and Management. Physical education candidates engage students in meaningful learning experiences through effective use of pedagogical skills. They use communication, feedback, and instructional and managerial skills to enhance student learning.
- Standard 6: Assessment of Student Learning. Physical education candidates select and implement appropriate assessments to monitor students' progress and guide decision making related to instruction and learning that do not marginalize students.
- Standard 7: Technology. Physical education candidates select and implement a variety of technologies to enhance learning, as well as personal and professional productivity.
- Standard 8: Social-Emotional Learning and Trauma Based Practices. Physical education candidates understand and utilize a variety of practices critical to SEL and positive mental health outcomes.
- Standard 9: Professional Responsibility. Physical education candidates demonstrate behaviors essential to becoming effective professionals.

FOUR-YEAR PLAN

FOUR-YEAR PLAN

Physical Education – Sample Four-Year Plan

This sample four-year sample graduation plan is designed to guide your course selection throughout your academic career; it does not establish a contractual agreement. Use it along with your DARS report, the Guide, and the Course Search and Enroll app to create a four-year plan reflecting your placement scores, incoming credits, and individual interests. Consult with your academic advisor(s) to develop a personalized plan of study and refer to the Guide for a complete list of requirements. You will likely revise your plan several times during your academic career here, based on your activities and changing academic interests.

Freshman		
Fall	Credits Spring	Credits
KINES 121	2 KINES 116	2
Communication A	3 CHEM 108	5
POLI SCI 104	4 MATH 112 (Also meets Quantitative Reasoning A)	3
Liberal Studies coursework	6 Liberal Studies coursework	3
	General Electives	2
	15	15
Sophomore		
Fall	Credits Spring	Credits
KINES 325	3 KINES 315 (Also meets Quantitative Reasoning Part B)	3
ED PSYCH 301	3 KINES 316	3
Liberal Studies coursework	6 KINES 327	1
General Elective	4 ANAT&PHY 337	3

General Electives		5
		15
Junior		
Fall	Credits Spring	Credits
KINES 308	2 KINES 372	4
KINES 353 (Also meets Communication Part B)	3 ANAT&PHY 235	4
KINES 361	3 Liberal Studies coursework	3
General Electives	7 General Electives	5
		16
Senior		
Fall	Credits Spring	Credits
KINES 314	4 KINES/CURRIC 478	6
KINES 373	4 KINES/CURRIC 479	6
ED POL/HISTORY 412 (Also meets U.S./European History)	3	
General Electives	5	
		12
Total Credits 120		

To schedule an appointment: Current students can schedule an appointment online through the Starfish app (<https://advising.wisc.edu/facstaff/starfish/starfish-student-resources/>) in MyUW. Appointments can also be made through email at studentservices@education.wisc.edu, by calling 608-262-1651, or in person.

Career Advising in the School of Education

Through individual appointments, events, courses, and online resources, the Career Center provides students and alumni with the tools needed to be successful in their career development.

Career and Internship Advisors are prepared to help students with:

- Exploration of career and academic pathways (<https://careercenter.education.wisc.edu/explore-career/>)
- Resumes
- Cover letters
- Job/Internship search
- Interview preparation
- Mock interviews
- Graduate school search, applications and decisions
- Negotiating job or internship offers
- Professional networking
- Connecting with employers

Students are encouraged to meet with their Career and Internship Advisor early in their college experience to take full advantage of the resources and support available.

To make an appointment: log into Starfish (<https://wisc.starfishsolutions.com/starfish-ops/>) from the MyUW dashboard.

For more information, visit the School of Education Career Center website (<https://careercenter.education.wisc.edu/>) or reach out at career-center@education.wisc.edu.

PEOPLE

PEOPLE

Information about faculty, staff, and other contributors to the Department of Kinesiology can be found on the department's website (<https://kinesiology.education.wisc.edu/people/>). (<https://kinesiology.education.wisc.edu/>)

WISCONSIN EXPERIENCE

WISCONSIN EXPERIENCE

UW-Madison's vision for the total student experience, the Wisconsin Experience (<https://wisconsinexperience.wisc.edu/about/>), combines learning in and out of the classroom. Tied to the Wisconsin Idea (<https://www.wisc.edu/wisconsin-idea/>) and steeped in long-standing institutional values – the commitment to the truth, shared participation in decision-making, and service to local and global communities – the Wisconsin Experience describes how students develop and integrate these core values across their educational experience.

UW-Madison encourages students to mindfully engage in four core concepts throughout their time on campus: Empathy & Humility,

ADVISING AND CAREERS

ADVISING AND CAREERS PHYSICAL EDUCATION ADVISING

Prospective off-campus and on-campus physical education students will meet with Dan Timm in the Department of Kinesiology. Students considering physical education should schedule an appointment with Dr. Timm, dtimm@education.wisc.edu, or call 608-262-0259, as soon as possible. Pre-declaration advising is conducted by the Department of Kinesiology and staff in the School of Education Student Services office, see below.

Students with either a pre-certification (PED) or certification (BSPE) classification are required to meet with their department advisor at least once per semester. Mandatory advising meetings are conducted every semester, just before enrollment begins for the following semester.

Academic Advising in the School of Education

Dedicated to supporting and promoting student success, academic advisors (<https://education.wisc.edu/academics/undergrad-majors/academic-advising/>) are here to assist students with the adjustment to college, understanding their degree and career goals, and connecting them to resources. Advisors support prospective and current School of Education students in all programs through:

- Course selection
- Mentoring and advocacy for underrepresented and international students
- Understanding degree requirements and progression
- Interpreting academic policies
- Helping students recognize their strengths and suggesting ways to expand their skills
- Expanding learning through activities such as study abroad, volunteering/work/internship, and by assuming leadership roles

Relentless Curiosity, Intellectual Confidence, and Purposeful Action (<https://wisconsinexperience.wisc.edu/intellectual-confidence/>).

Since its inception, the School of Education has embraced the concepts of the Wisconsin Experience, providing opportunities for students to learn in venues beyond the traditional classroom. Our students also independently seek out related activities and experiences, thus creating their own unique Wisconsin Experience.

PHYSICAL EDUCATION AND THE WISCONSIN EXPERIENCE

On-Campus Activities and Experiences

Homeschool Physical Education

Physical Education students in an Elementary PE methods course provide an eight-week physical education program for local homeschool students. This experience is a win-win for both groups, as PE students practice their teaching skills while homeschool students get the vital motor and social skill development they need.

Smartphone App Development

Physical education staff and students recently partnered with experts in academic technology to create a smartphone app, "EnCourage." The app provides hundreds of team-building activities for use by teachers, coaches, and anyone trying to develop teamwork with groups. Its development was one of the School of Education Innovation Projects, "Social and Emotional Learning in Physical Education."

Participation in the Virginia Horne Henry PE History Project

Current students met with physical education alumni to share stories, learn about the rich program history, and establish new traditions to enhance the program.

Partnering with the Campus Recreation Program to Train Officials

Students in KINES 373 Methods and Practicum of Teaching 6-12 Physical Education, developed training modules for the RecWell employees (UW students) who serve as officials for the intramural sports.

UW-Madison Science Expeditions Presentation

Students and staff in the physical education program set up a station at this campus-wide open house where students could test the speed of their overhand throw, receive feedback from the physical education students, and increase their throwing speed.

Youth Coaches Workshop

Through PLACE, physical education students helped to design a summer workshop to help area youth coaches incorporate teamwork into their practice sessions.

Guest Speakers

Past guest speakers in physical education classes have included Brett Fuller, retired Health and Physical Education Curriculum Director for Milwaukee Public Schools, and Chris Munson, an enrolled member of the Oneida Nation.

Off-Campus Activities and Experience

Team Building Activities

In KINES 325 Group Development and Behavior Management, students develop and plan team-building activities. The students then visit a local elementary school to teach these activities and help students develop positive social and emotional skills.

Teaching in Area Schools

Students in physical education methods courses provide physical education and social skill development in area schools.

Partnering with Boys & Girls Club of Dane County

Physical education students and staff provide training on the implementation of social and emotional learning for after-school staff.

Boys & Girls Clubs of Dane County Thanksgiving Baskets

Students from the physical education program create games that students can play in their homes over the Thanksgiving holiday. The activities are included in the Thanksgiving baskets that are delivered to over 500 homes in the Dane county area. In addition, students visit the Boys & Girls Club sites, put together the baskets, and hand them out on the day before Thanksgiving. Who wouldn't want to play "Reverse Pig Trash Ball?"

Volunteering

Students are volunteering with the Adapted Sports Program at Sun Prairie Area School District, assisting in numerous capacities.

Multicultural Field Experience

As part of KINES 353 Health and Physical Education in a Multicultural Society, students complete the Multicultural Field Experience, in which they work with individuals from a cultural background different than their own. Placements for the MFE have included assisting teachers in school health or physical education classes, or volunteering with an after-school program through Madison School and Community Recreation or a community organization.

Additional Activities and Accomplishments Student Organizations and Memberships

Students have organized the local PE Club on campus and have memberships with Wisconsin Health and Physical Education.

Additional Certifications

In addition to the Physical Education major, most students also complete the Adapted Physical Education minor and/or the Health Education minor.

Leadership Positions

One of our students is currently serving as the Future Professionals Vice President with Wisconsin Health and Physical Education and another student is serving as Future Professionals Secretary; a third student is the Future Professionals representative on the Leadership Council for the Midwest District of the Society of Health and Physical Educators.

Professional Presentations and Workshops

Students have given presentations at the Wisconsin Health and Physical Education Convention, Best Practices in Health and Physical Education Conference, Society of Health and Physical Educators Convention, and UW-Madison Undergraduate Symposium. Another student was involved with the Our Wisconsin inclusion education program at UW-Madison.

EsTEam First Year Teacher Program

Physical education staff partner with selected first-year alums to help them incorporate social and emotional learning across their physical education curriculum.

Study Abroad Courses

In the summer of 2023, the Department of Kinesiology began offering two new summer study-abroad courses in Costa Rica and Portugal.

- Team Building in Costa Rica was designed to enhance the group development skills of its participants while engaging in activities such as white-water rafting, ziplining, and hiking. It combined a very successful kinesiology course, KINES 325 Group Development and Behavior Management, with a

unique cultural opportunity in Costa Rica. Each day provides opportunities to not only explore the Pura Vida (Pure Life) of Costa Rica but also to engage in personal reflection. Participants experience the process of growing together as a community and develop skills to create lasting communities in their personal and professional lives. Students earn credit for KINES 325, a required course in the physical education program.

- **Movement as Medicine in Portugal** examines the connection between sedentary behavior and health outcomes in Portugal. Participants review definitions and rates of sedentary behavior, physical activity, and physical inactivity in the U.S. and across the globe. While in Lisbon, participants hear from local experts and members of the healthcare and educational systems about how physical activity is viewed and promoted across the population. Side trips to relevant cultural local places contribute to the full picture of health in Portugal. An overnight trip to Porto and two additional day trips provide additional opportunities to learn more about local culture and history. Credit is given for KINES 250 or C&E SOC 400.
- **Inclusive Activity and Sports in Ireland**, first offered in summer, 2024, offers a unique learning opportunity for UW–Madison students interested in pursuing careers in allied health, fitness and well-being, health education, and public health. Ireland has a distinct history, culture, and approach to health and movement. It is in the midst of comprehensive and progressive reforms to their health and social care with an emphasis on providing better outreach and rehabilitation services for people with disabilities. This course will focus on applying models, research, and best practices in motor control and motor learning to inclusive physical activity, sports, and rehabilitation for individuals with disabilities in Ireland. Students participate in training seminars led by Active Disability Ireland, Sport Ireland in Dublin, and Munster Technological University in Tralee. Included are visits to rehabilitation facilities and community organizations to attend guest lectures from occupational therapists, physical and physiotherapists, athletes with disabilities, and government employees. At the University of Limerick, students learn about bachelor's and graduate degree programs in the health sciences and hear about relevant research in physical activity, sedentary behavior, sport, and health for individuals with diverse abilities. Co-curricular activities provide an opportunity to explore and participate in sports, recreation, and physical activities through the lens of a tourist/participant with disabilities. Credit is given for KINES 260.

CERTIFICATION/LICENSURE

CERTIFICATION/LICENSURE ADDITIONAL CERTIFICATION REQUIREMENTS

Students interested in certification must, in addition to completing UW–Madison's program requirements, also complete Wisconsin statutory requirements related to teacher education and certification requirements established by the Wisconsin Department of Public Instruction. Students must complete all requirements and also obtain the endorsement of the program faculty to receive certification through UW–Madison. For additional certification requirements and information about applying for a license, see the Teacher Education Center (<https://tec.education.wisc.edu/current-students/>).

PROFESSIONAL CERTIFICATION/LICENSURE DISCLOSURE (NC-SARA)

The United States Department of Education (via 34 CFR Part 668 (<https://www.ecfr.gov/current/title-34/subtitle-B/chapter-VI/part-668/?toc=1>)) requires institutions that provide distance education to disclose information for programs leading to professional certification or licensure. The expectation is that institutions will determine whether each applicable academic program meets state professional licensure requirements and provide a general disclosure of such on an official university website.

Professional licensure requirements vary from state-to-state and can change year-to-year; they are established in a variety of state statutes, regulations, rules, and policies; and they center on a range of educational requirements, including degree type, specialized accreditation, total credits, specific courses, and examinations.

UW–Madison has taken reasonable efforts to determine whether this program satisfies the educational requirements for certification/licensure in states where prospective and enrolled students are located and is disclosing that information as follows.

Disclaimer: This information is based on the most recent annual review of state agency certification/licensure data and is subject to change. All students are strongly encouraged to consult with the individual/office listed in the Contact Information box on this page and with the applicable state agency for specific information.

The requirements of this program meet certification/ licensure requirements in the following states:

Wisconsin

The requirements of this program do not meet certification/licensure requirements in the following states:

Not applicable

Updated: 1 June 2024

RESOURCES AND SCHOLARSHIPS

RESOURCES AND SCHOLARSHIPS

Information about scholarships, academic and career advising, study abroad opportunities, student diversity services, and other resources for students in the School of Education can be found on the school's Resources (<http://guide.wisc.edu/undergraduate/education/#resourcestext>) page.