



# Application for the Utah State Board of Education Physical Education Endorsement

## Applicant Information

Name: \_\_\_\_\_ Date Application Submitted: \_\_\_\_\_  
Cactus ID: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
District: \_\_\_\_\_ School: \_\_\_\_\_  
Major: \_\_\_\_\_ Minor: \_\_\_\_\_

### Select Endorsement Type: Please check one

- This application is for a Physical Education Endorsement
- This application is for a State Approved Endorsement Plan (SAEP)
- This application is for ARL or Out of State Licensure

### Instructions for Completing the Application

1. Print and complete the Physical Education Endorsement Application.
2. Submit Transcripts. Original copies of transcripts with courses highlighted is preferred. They do not need to be sealed in an envelope, but they need to be original college or university transcripts on official paper. Photocopies or transcripts that you have electronically received will not be accepted. We will accept electronic transcripts only if they are sent directly from the college or university through a transcript clearinghouse to [transcripts@schools.utah.gov](mailto:transcripts@schools.utah.gov). Transcripts should be sent before you submit your endorsement application. Please note on the application that transcripts have been sent electronically.
3. For those who are submitting Out of State (OOS) or Alternative Routes to Licensure (ARL) application must include a completed endorsement form.
4. Send completed application and transcripts to:
  - Utah State Board of Education – Endorsements  
250 East 500 South  
P.O. Box 144200  
Salt Lake City, Utah 84114-4200

## There are two methods to earn the Physical Education Endorsement

1. Completion of University and/or Professional Development courses approved by USBE
2. Demonstrated Competency

## University and Professional Development Courses Approved by USBE

1. Current Utah teaching license
2. Completion of the seven required courses
  - a) Introduction to, Administration of, or Philosophy of Physical Education
  - b) Methods of Teaching Secondary Physical Education
  - c) Motor Learning
  - d) Exercise Physiology
  - e) Methods of Teaching Fitness for Life
  - f) Nutrition
  - g) Physical Activity and Skill (two courses)
3. Current First Aid and CPR Certification. Submit copies of both sides of certification cards
4. Methods of Teaching Physical Education should be taken within five years of application. All other coursework must be within ten years
5. If you wish to substitute any course not listed from the pre-approved list below, you must provide a course description
6. Provide course number for each required course on the form below

## Demonstrated Competency

1. Current Utah secondary teaching license
2. Score 152 or more on Physical Education Content Knowledge PRAXIS exam 5091
  - a) Information on all PRAXIS tests can be found on the website [www.ets.org/praxis](http://www.ets.org/praxis). To register for a test, go the website and click on the link "Register for a Test." To find information on the content of a particular test, click on the link "Prepare for a Test".
3. Completion of the following course work
  - a) Methods of Teaching Physical Education
  - b) Methods of Teaching Fitness for Life
  - c) Two Physical Activity and Skill courses
4. Current First Aid and CPR Certification. Submit copies of both sides of certification cards

For information or questions about the physical education endorsement please contact the health and physical education specialist:

Jodi Parker  
Email: [jodi.parker@schools.utah.gov](mailto:jodi.parker@schools.utah.gov)  
801-538-7734  
250 East 500 South  
P.O. Box 144200  
Salt Lake City, UT 841144200

## Requirement Checklist

The courses listed from the following Utah universities or professional development courses have already been pre-approved for credit towards the endorsement. If you have a course that is not pre-approved, list the course title and course number on the *other* row and include course description and/or syllabus with application.

University courses are reviewed and approved by agreement with USBE. You must have original university transcripts attached (internet copies are not acceptable). Professional development courses other than those offered by USBE must be approved by the USBE Physical Education Curriculum Specialist.

### 1. Introduction to, Administration of, or Philosophy of Physical Education

Course Title	University	Course Number	Check Completed
Advocacy for Physical Education	BYU	PETE 300	
Activity Programming for Special Populations	DSU	PEHR 3400	
Foundations of Physical Education	SLCC	HLTH 2500	
Organization and Admin of Activity Based Programs	SUU	PE 4740	
Introduction to Movement Science	U of U	KINES 2500	
Introduction and History of Physical Education	USU	PEP 2000	
Foundations of Physical Education	USU	PEP 4350	
Introduction to Physical Education Pedagogy	UVU	PETE 3100	
Foundations of Physical Education	WSU	PEP 2000	
Introduction to, Administration of, or Philosophy of Physical Education	USBE		
OTHER			

### 2. Methods of Teaching Secondary Physical Education

Course Title	University	Course Number	Check Completed
Exploration of Teaching	BYU	PETE 276R	
Theories & Techniques of Teaching Fitness & Motor Skills	DSU	PEHR 3500	
Methods of Teaching Physical Education	SLCC	HEALTH 2530	
Methods of Teaching Secondary Physical Education	SUU	PE 4900	
Middle School Methods	U of U	KINES 4700	
High School Methods	U of U	KINES 4710	
Methods of Teaching Physical Education	USU	PEP 4900	
Methods of Teaching Physical Education	UVU	PETE 4250 & 4260	
Curriculum Development/Instructional Strategies	WSU	PEP 3520	
Methods of Teaching Physical Education	USBE		
OTHER			

## 3. Motor Learning

Course Title	University	Course Number	Check Completed
Scientific Basis of Sport: Motor Learning	BYU	PETE 364	
Motor Learning and Control	DSU	PEHR 3350	
Principals of Motor Learning and Development	SLCC	HLTH 2510	
Motor Learning	SUU	PE 3050	
Applied Human Motor Development Across the Lifespan	U of U	KINES 3551	
Motor Learning and Skill Analysis	USU	PEP 3200	
Fundamental Motor Skills Analysis	UVU	PETE 2100	
Growth and Motor Development	WSU	PEP 2600	
Motor Learning	USBE		
OTHER			

## 4. Exercise Physiology

Course Title	University	Course Number	Check Completed
Exercise Physiology for Physical Education	BYU	EXSC 366	
Exercise Physiology	SLCC	HLTH 2250	
Physiology of Exercise with Lab	DSU	PEHR 3700/3705	
Exercise Physiology	SUU	PE 3070	
Exercise Physiology	U of U	KINES 3091	
Exercise Physiology	USU	PEP 4100	
Exercise Physiology	UVU	EXSC 3700	
Exercise Physiology	WSU	PEP 3510	
Exercise Physiology	USBE		
OTHER			

## 5. Methods of Teaching Fitness for Life

Course Title	University	Course Number	Check Completed
K-12 Healthy and Active Lifestyle Management	BYU	PETE 301	
Fitness for Life	BYU	PETE 227	
Methods of Teaching Fitness for Life	SLCC	HLTH 2520	
Principles of Fitness and Lifestyle Management	DSU	PEHR 2120	
PA Epidemiology	U of U	KINES 3670	
Exercise Programing	U of U	KINES 4465	
Dynamic Fitness	USU	PEP 3000	
Fitness for Life GE <b>AND</b> Fitness for Secondary Physical Educators	UVU	PES 1097 PETE 2120	
Methods of Teaching Fitness for Life	WSU	PEP 3290	
Methods of Teaching Fitness for Life	USBE		
OTHER			

## 6. Nutrition

Course Title	University	Course Number	Check Completed
Essentials of Human Nutrition	BYU	NDFS 100	
Sports Nutrition	DSU	PEHR 2200	
Scientific Foundations of Human Nutrition	SLCC	HLTH 1020	
Scientific Foundations of Human Nutrition	SUU	NFS 1020	
Scientific Foundations of Human Nutrition	U of U	NUTR 1020	
Science and Application of Human Nutrition	USU	NFS 1020	
Foundations of Human Nutrition	UVU	NUTR 1020	
Foundations in Nutrition	WSU	NUTR 1020	
Methods of Teaching Sports Nutrition	USBE		
OTHER			

7. Physical Activity and Skill – Must have TWO separate courses. Courses may include sport, recreation activity, dance, yoga, strength and condition, coaching, or other activity or PE courses. Please list the course title, university, and course number in the rows below.

Course Title	University	Course Number	Check Completed

8. Current CPR/First Aid Card Certification – **Must Attach to Application**

CPR/First Aid Certification Provider	Check Completed
American Heart Association	
American Red Cross	
National Safety Council's First Aid and CPR Training	
Emergency Care & Safety Institute	
University Course (list course number)	
Other – to be approved by USBE Specialist	

## Other: Methods of Teaching Elementary Physical Education

- K-12 Certification: all requirements **plus** Methods of Teaching Elementary Physical Education
- K-6 Certification: all requirements **substituting** Elementary Methods for Secondary Methods

## Alternative Route to Licensure (ARL) – Initial Licensure

1. Apply through ARL – Teacher Licensing Department
2. Must complete university and professional development courses approved by USBE listed above (1-8)
3. Pass the Physical Education PRAXIS test # 5091 with a qualifying score of 152 or above.