# Iowa Department of EducationK-8 Physical Education Endorsement Worksheet

**Endorsement 146: K-8 Physical Education.**

**Completion of 24 semester hours in physical education to include coursework in:**

Human anatomy

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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Human physiology

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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Movement education

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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Adaptive physical education

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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Personal wellness

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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Human growth and development of children related to physical education

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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First aid and emergency care

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
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A current certificate of CPR training is required in addition to the coursework requirements.

**Content methods courses that cover the specific endorsement area and grade levels are required in addition to the content coursework and credits listed above.**

Methods of teaching elementary physical education.

| **Course #** | **Course Title** | **Institution** | **Semester Hours** | **Year Completed** |
| --- | --- | --- | --- | --- |
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21.3(1) Adding an endorsement. To add an endorsement to an existing license, the applicant will follow one of these options:

a. Option 1. Receive the Iowa education institution’s recommendation that the current approved program requirements or state minimum requirements for the endorsement have been met.

b. Option 2. Apply for a review of transcripts, out-of-state licensure, or approved assessment score reports by the board of educational examiners’ staff to determine whether Iowa requirements have been met. Applicants will have achieved a C- grade or higher in the courses that will be considered for an endorsement. The methods course can be waived if the practitioner holds an endorsement in the same content area at a different level and teaches in the new content area successfully while holding a Class B license.