

Elementary Education

Physical Education Added Endorsement Program K-8

Student Name:

UID:

This program is approved by the state of Iowa as preparation for endorsement number 146, Physical Education K-8, when completed with or following an Elementary Education Teacher Education Program K-6 (endorsement 102).

Requirements

- Completion of methods of teaching physical education, plus a minimum additional twenty-four semester hours as outlined below.
- Current certificate of completion for CPR training is required at the time of application for licensure.

Professional Education Requirements

Complete both of the following courses.

| Course | Course Title | Credit | Session/Substitute |
|-----------|---------------------------------|----------|--------------------|
| EDTL:3127 | Methods: PE, Health & Wellness | 2-3 s.h. | |
| EDTL:3128 | Practicum in Physical Education | 1 s.h. | |

Students who took EDTL:3127 Methods: PE, Health & Wellness for 3 s.h. have satisfied the requirements of EDTL:3128 Practicum in Physical Education.

Physical Education Content Course Requirements

Complete a minimum of 24 s.h. in the following areas.

Complete all of the following courses.

| Course | Course Title | Credit | Session/Substitute |
|-----------|--|--------|--------------------|
| EDTL:3130 | Adaptive PE for the Elementary Teacher | 2 s.h. | |
| HHP:1100 | Human Anatomy | 3 s.h. | |
| HHP:3300 | Human Growth and Motor Development | 3 s.h. | |
| HPAS:1008 | Basic First Aid and CPR | 1 s.h. | |

Human Physiology

Complete one of the following courses.

| Course | Course Title | Credit | Session/Substitute |
|----------|----------------------------------|--------|--------------------|
| HHP:1300 | Fundamentals of Human Physiology | 3 s.h. | |
| HHP:3500 | Human Physiology | 3 s.h. | |

Movement Education

Complete one of the following.

| Course | Course Title | Credit | Session/Substitute |
|-----------|------------------------------|--------|--------------------|
| HHP:4220 | Biomechanics of Human Motion | 3 s.h. | |
| EDTL:3131 | Movement Education | 2 s.h. | |

Personal Wellness

Complete three or more of the following courses.

| Course | Course Title | Credit | Session/Substitute |
|-----------|----------------------------------|--------|--------------------|
| HHP:2200 | Physical Activity and Health | 3 s.h. | |
| HHP:2310 | Nutrition and Health | 3 s.h. | |
| HHP:2500 | Physical Activity Psychology | 3 s.h. | |
| HHP:3400 | Applied Exercise Physiology | 3 s.h. | |
| HPAS:1090 | Sports Skills and Drills | 1 s.h. | |
| HPAS:1140 | PE Games | 1 s.h. | |
| HPAS:1220 | Flexibility | 1 s.h. | |
| LLS:1140 | Team Building (Challenge Course) | 1 s.h. | |

Approved substitutes or additional courses for total of 24 s.h.

| Course | Course Title | Credit | Session/Substitute |
|--------|--------------|--------|--------------------|
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Additional Information

This Program Guide is for planning and documentation of program completion. State requirements for licensure and endorsements are subject to change without notice; check with your advisor or the Office of Education Services for updated requirements. Course transfer and substitution may require syllabi or other documentation in addition to transcript. Revised 8/1/2025 version 4.3.

For additional information, admissions procedures, or advising referral, please contact Office of Student Services, College of Education, N201 Lindquist Center, Iowa City, IA 52242, 319-335-5359, ask-education@uiowa.edu, <https://education.uiowa.edu/>