

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
- Available to those in the Elementary Education Teacher Education Program K-6 (endorsement 102).
- Not available as an added endorsement to in-service teachers.

Requirements

- [Admission to the Teacher Education Program.](#)
- Completion of the methods of teaching physical education.
- Completion of a minimum additional twenty-four semester hours in human anatomy, human physiology, movement education, adaptive physical education, personal wellness, human growth and development of children related to physical education, and first aid and emergency care as outlined below.
- Completion of the TEP Professional Education Course Requirements and field experiences.
- 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:2100	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:2400	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	Challenge Course: Team Building	1 s.h.	

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

Course	Course Title	Credit	Session/Substitute

Additional Information

This Program Guide is for planning and documentation of endorsement requirement completion. Students pursuing degree programs should consult the [General Catalog](#) and degree audit(s) for additional requirements. 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 8/1/2026 version 4.4

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/>