

505-3-.49 HEALTH AND PHYSICAL EDUCATION PROGRAM

(1) Purpose. This rule states field-specific content standards for approving initial educator preparation programs that prepare individuals to teach health and physical education in grades P-12, and supplements requirements in GaPSC [Rule 505-3-.01 REQUIREMENTS AND STANDARDS FOR APPROVING EDUCATOR PREPARATION PROVIDERS AND EDUCATOR PREPARATION PROGRAMS](#) and in GaPSC Rule [505-3-.03 FOUNDATIONS OF READING, LITERACY, AND LANGUAGE](#).

(2) Requirements.

(a) To receive approval, a GaPSC-approved educator preparation provider shall offer a preparation program described in program planning forms, catalogs, and syllabi addressing the following standards adapted from the standards published by the National Association for Sport and Physical Education (NASPE) and American Association for Health Education (AAHE):

1. Professional Knowledge.

- (i) The program shall prepare candidates who know and apply disciplinary-content knowledge and concepts critical to the development of healthy and physically educated individuals;
- (ii) The program shall prepare candidates who can describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness;
- (iii) The program shall prepare candidates who can describe and apply motor learning, psychological/behavioral theory related to skillful movement, physical activity, and fitness.
- (iv) The program shall prepare candidates who can describe and apply motor development theory and principles related to skillful movement, physical activity, and fitness.
- (v) The program shall prepare candidates who can describe and apply historical, philosophical, and social perspectives of health and physical education issues and legislation;
- (vi) The program shall prepare candidates who can describe and apply critical elements of motor skills and performance concepts.
- (vii) The program shall prepare candidates who can describe and apply theoretical foundations of health behavior and principles of learning.
- (viii) The program shall prepare candidates who can describe and apply methods of assessing and promoting emotional, physical and mental health over the lifespan.
- (ix) The program shall prepare candidates who can describe and apply knowledge of disease etiology and prevention practices.
- (x) The program shall prepare candidates who can identify the role of health and physical education in the coordinated school health program.

2. Skill and Fitness Based Competence.

- (i) The program shall prepare candidates who have the knowledge and skills necessary to demonstrate competent movement performance, health-enhancing fitness and health literacy skills.

- (ii) The program shall prepare candidates who can demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.
- (iii) The program shall prepare candidates who can achieve and maintain a health-enhancing level of fitness throughout the program.
- (iv) The program shall prepare candidates who can demonstrate appropriate application of performance concepts related to skillful movement in a variety of physical activities.
- (v) The program shall prepare candidates who can demonstrate health literacy skills of an informed consumer using a variety of reliable data resources related to health.
- (vi) The program shall prepare candidates who can demonstrate ability to set goals, develop strategies and implement plans for maintaining and improving health.

3. Planning and Implementation.

- (i) The program shall prepare candidates who can plan and implement a variety of developmentally appropriate learning experiences and content aligned with local, state and national standards in both health education and physical education.
- (ii) The program shall prepare candidates who can design and implement short and long-term plans that are linked to program and instructional goals as well as a variety of student needs.
- (iii) The program shall prepare candidates who can develop and implement appropriate (e.g., measurable, developmentally appropriate, performance based) goals and objectives aligned with local, state, and/or national standards.
- (iv) The program shall prepare candidates who can design and implement content that is aligned with lesson objectives.
- (v) The program shall prepare candidates who can plan for and manage resources to provide active and fair learning experiences.
- (vi) The program shall prepare candidates who can plan and differentiate sequential instruction to accommodate learner capabilities and needs.

4. Instructional Delivery and Management.

- (i) The program shall prepare candidates who can use effective communication and pedagogical skills and strategies to enhance student engagement and learning in both health education and physical education.
- (ii) The program shall prepare candidates who can demonstrate effective verbal and non-verbal communication skills across a variety of instructional formats.
- (iii) The program shall prepare candidates who can implement effective demonstrations, explanations, and instructional cues and prompts to link concepts to appropriate learning experiences.
- (iv) The program shall prepare candidates who can analyze student performance and provide instructional feedback which results in skill acquisition, student learning, and motivation.

- (v) The program shall prepare candidates who can recognize the changing dynamics of the environment and adjust instructional tasks based on student responses.
- (vi) The program shall prepare candidates who can utilize managerial rules, routines, and transitions to create and maintain an effective learning environment.
- (vii) The program shall prepare candidates who can implement strategies to help students demonstrate responsible personal and social behaviors.

5. Impact on Student Learning.

- (i) The program shall prepare candidates who can utilize assessments and reflection to foster student learning and inform instructional decisions in both health education and physical education.
- (ii) The program shall prepare candidates who can select or create appropriate assessments that will measure student achievement of goals and objectives.
- (iii) The program shall prepare candidates who can use a variety of appropriate assessments to evaluate student learning.
- (iv) The program shall prepare candidates who can utilize the reflective cycle to implement change in teacher performance, student learning, and/or instructional goals and decisions.

6. Professionalism.

- (i) The program shall prepare candidates who can demonstrate dispositions essential to becoming effective professionals in both health education and physical education.
- (ii) The program shall prepare candidates who can demonstrate behaviors that are consistent with the belief that all students can become healthy and physically educated individuals.
- (iii) The program shall prepare candidates who can participate in activities that enhance collaboration and lead to continuous professional learning.
- (iv) The program shall prepare candidates who can model appropriate professional behaviors.

- (b) The program shall prepare candidates who meet the P-12 standards for the teaching of reading as specified in Rule [505-3-.03 FOUNDATIONS OF READING, LITERACY, AND LANGUAGE](#) (paragraph (3) (g)).