

# IS A CAREER AS AN ADAPTED PHYSICAL EDUCATOR RIGHT FOR YOU?



## WHAT IS AN ADAPTED PHYSICAL EDUCATION TEACHER?

An adapted physical education (APE) teacher is a certified health and physical educator who is trained to change and adjust physical education so all students can participate and benefit no matter their physical or developmental abilities. An APE teacher provides students with disabilities opportunities for physical fitness, skill development, and social interaction.

## WHERE DO ADAPTED PHYSICAL EDUCATION TEACHERS WORK?

An APE teacher often travels from school to school. They may work in public schools, private schools, cyber charter schools, or charter schools.

They could also work in a student's home or the community, helping students with adapted sports, recreation, or physical activities.

## WHAT MIGHT ADAPTED PHYSICAL EDUCATORS DO?

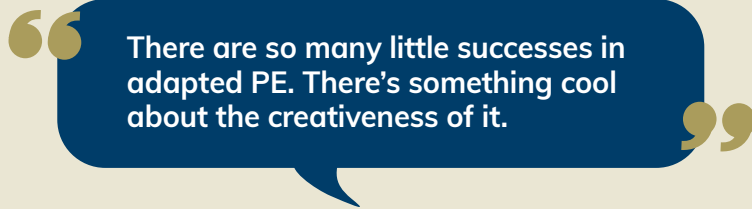
Adapted Physical Educators may:

- Evaluate students' physical abilities and needs.
- Create individualized exercise plans.
- Adapt PE equipment, environments, or activities.
- Work with other physical education teachers, special education staff, and families.
- Assist students so they are included in physical activities with their peers.

## YOU MIGHT ENJOY THIS CAREER AND WORK IF YOU:

- Enjoy physical activity, exercise, and sports.
- Are a flexible and creative thinker.
- Like coaching and providing guidance.
- Have patience and care about others.
- Recognize and appreciate individual strengths.
- Can adapt and find ways to overcome challenges.

## VOICES FROM THE FIELD: MEET AN ADAPTED PHYSICAL EDUCATOR



Christina Portelli  
Adapted Physical Education Teacher  
School District of Lancaster

Scan the QR code to  
watch the interview.



## HOW TO BECOME AN ADAPTED PHYSICAL EDUCATOR IN PENNSYLVANIA:

A person with a Health and Physical Education teaching certificate (K-12) is qualified to teach Adapted Physical Education in Pennsylvania. There are programs that are designed specifically to meet the Adapted Physical Education National Standards (APENS):

- **Undergraduate:** Obtain a degree in Health and Physical Education with a minor concentration in Adapted Physical Activity or Education. Pennsylvania schools offering these programs are:
  - West Chester University  
<https://www.wcupa.edu/education-socialWork/secondaryEducation/adaptedPE/>
  - Slippery Rock University  
<https://www.sru.edu/academics/majors-and-minors/adapted-physical-activity-minor>
- **Graduate:** Individuals with a teaching certificate can obtain an Adapted Physical Education certificate or a Masters Degree in Adapted Physical Activity or Education. Pennsylvania schools offering these programs are:
  - West Chester University - Graduate Certificate  
<https://www.wcupa.edu/education-socialWork/secondaryEducation/phys-ed-cert.aspx>
  - Slippery Rock University - Master's Degree  
<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/graduate-programs>
  - Indiana University of Pennsylvania - Master's Degree  
[https://catalog.iup.edu/preview\\_program.php?catoid=10&poid=3225&returnto=1309](https://catalog.iup.edu/preview_program.php?catoid=10&poid=3225&returnto=1309)
  - East Stroudsburg University - Master's Degree  
<https://www.esu.edu/professional-secondary-education/adapted-physical-education-med.cfm>

