

Physical Education — Self Review of Courses

Name: _____ Student ID: _____

Please list the Physical Education CSET subtests you have passed (Subtests 1-3): _____

The domains corresponding to the CSETS which have already been passed will not be evaluated.

<u>Domains</u>	<u>Description</u>	<u>Courses that Meet the Domain</u>
Subject matter (CSET Subtest #)	Domains of subject matter requirement.	<ul style="list-style-type: none"> • Course Name (e.g. ENG 412) • College/University • For non CSUDH courses include link to catalog page from the catalog that matches the year you took the course. • If you can't link the exact page, link to the whole catalog and cut and paste course descriptions at the end of this worksheet.
Domain #1 Professional Foundations (CSET Subtest 3)	Candidates demonstrate an understanding of the philosophical, historical, and legal/ethical foundations of physical education. To plan and implement programs that are aligned with the approved Physical Education Framework or other approved state documents and the Challenge Standards for Student Success: Physical Education (1998), candidates must have a broad and deep understanding of issues that affect the field, of the professional responsibilities of physical educators, and of the past and present philosophies of physical education and their impact on contemporary programs. (CSET Subtest 3)	
Domain #2 Life Sciences Growth, Motor Development, and Motor Learning: (CSET Subtest 1)	Candidates must demonstrate an understanding of human growth and development processes, as well as how these processes interact with and influence motor learning, in order to teach the movement knowledge and skills contained in the Challenge Standards for Student Success: Physical Education (1998). Foundational knowledge of physical growth, motor development, and motor learning helps ensure that candidates are prepared to provide students, including students with disabilities, with an appropriate, safe, and effective physical education program. (CSET Subtest 1)	

<p>Domain #3 The Science of Human Movement:</p> <p>(CSET Subtest 1)</p>	<p>Candidates demonstrate an understanding of the scientific bases of human movement. To guide students in meeting the goals identified in the Challenge Standards for Student Success: Physical Education (1998), candidates must be able to analyze motion according to scientific principles and apply that knowledge with consideration for individual differences, including disabilities. A broad and deep understanding of the sciences involved in human movement, including anatomy, physiology, kinesiology/biomechanics, exercise physiology, and health-related fitness, enables candidates to understand and explain motion; recognize changes in body systems resulting from practice, development, and response to exercise; and provide instruction in safe and efficient body mechanics. (CSET Subtest 1)</p>	
<p>Domain 4: The Sociology and Psychology of Human Movement:</p> <p>(CSET Subtest 2)</p>	<p>Candidates demonstrate an understanding of the sociology and psychology of human movement. Physical activity provides a context for a broad range of experiences that can be used to promote the personal and social developmental concepts and skills contained in the Challenge Standards for Student Success: Physical Education (1998). A broad and deep understanding of the sociological and psychological aspects of movement activities helps ensure that candidates are prepared to promote students' motivation for physical activity, regardless of students' abilities, and their development of positive, responsible personal and social behaviors that encourage lifelong physical activity. (CSET Subtest 2)</p>	
<p>Domain 5: Movement Concepts and Forms:</p> <p>(CSET Subtest 2)</p>	<p>Candidates demonstrate an understanding of the movement concepts and forms contained in the Challenge Standards for Student Success: Physical Education (1998). These include but are not limited to aquatics; dance; fitness activities; fundamental and creative movement skills; individual, dual, and team sports; nontraditional activities and games; outdoor education activities; and gymnastics. To develop a balanced program that will address a variety of ability levels and create challenging, appropriate tasks in a variety of movement forms, candidates must have a broad and deep understanding of movement and fitness activities as</p>	

	well as an ability to integrate and apply movement concepts to a broad range of physical education activities and environments. (CSET Subtest 2)	
Domain 6: Assessment and Evaluation Principles: (CSET Subtest 2)	Candidates must demonstrate an understanding of assessment principles and procedures in order to be able to evaluate the effectiveness of physical education strategies and activities in promoting student achievement of the goals presented in the Challenge Standards for Student Success: Physical Education (1998). A rigorous knowledge of assessment helps ensure that candidates can determine whether individuals, including those with diverse backgrounds, varying abilities, and special needs, have progressed and achieved specified goals in physical education. Candidates must be able to select, adapt, and develop appropriate assessment instruments and strategies based on sound research principles related to physical, motor, and fitness attributes and needs of individuals and classes. (CSET Subtest 2)	
Domain #7 Integration of Concepts (CSET Subtest 3)	Candidates must demonstrate an understanding of the integration of themes and concepts in physical education and the interrelationships between physical education and other subject areas in order to create effective learning environments and experiences that provide students with opportunities to achieve the goals contained in the Challenge Standards for Student Success: Physical Education (1998). (CSET Subtest 3)	

Course Descriptions: Please provide a course description for each of the classes. For non-CSUDH courses, please include the link to catalog page from the catalog that matches the year you took the course. If you can't link the exact page, link to the whole catalog and cut and paste course descriptions at the end of this worksheet.

