

MINOR IN ADAPTED PHYSICAL ACTIVITY

College of Education and Social Work

Curriculum

The Minor in Adapted Physical Activity is designed to enable students to plan, implement, and advocate for developmentally appropriate physical activities for people with a variety of physical and cognitive disabilities in schools, fitness centers, recreation centers, and residential facilities. Practical application is stressed in this minor; students will participate in approximately 200 hours of hands-on work. The minor prepares those in HPE-teacher certification to be eligible for the APENS (Adapted Physical Education National Standards) exam but is open to any WCU students who meet the prerequisites. Other certifications are offered within various courses.

Students must complete a minimum of six credits of advanced standing coursework in their minor.*

| Code | Title | Credits |
|---------------------------------------|---|-----------|
| Required Courses | | |
| KIN 253 | Adapted Aquatics, Lifetime Sport, and Fitness | 3 |
| KIN 254 | Disability Studies: An Interdisciplinary Introduction ¹ | 3 |
| HPE 205 | Curriculum and Instruction: Inclusion in Health & Physical Education ¹ | 3 |
| HPE 206 | Adapted PE & Health for Students with Disabilities ¹ | 3 |
| KIN 360 | Path for Adapted Phys Act Specialists ¹ | 3 |
| KIN 362 | Assessment and Programming Adapt Phy Act ¹ | 3 |
| Optional Course | | |
| KIN 400 | Professional Seminar - Adapted Physical Activity | 3 |
| Total Minimum Credits Required | | 18 |

¹ These courses are also requirements of the Health and Physical Education major.

*Advanced standing coursework is defined as any 300-level course or above and specific 200-level courses identified by the department.