

CONTENTS

Introduction	vii	Acknowledgments	xv
--------------	-----	-----------------	----

STANDARD 1 Human Development 1

Cognitive Development	2
Language and Cognitive Development	3
Social or Affective Development	3
Diversity of Families	4
Moral Development	5
Theories of Personality	6
Factors Influencing Development	8

STANDARD 2 Motor Behavior 9

Motor Development	10
Motor Learning	14
Motor Control	16

STANDARD 3 Exercise Science 21

Exercise Physiology Principles	22
Neural Control	23
Muscular Concepts	23
Cardiorespiratory Factors	24
Respiratory Factors	26
Nutrition	26
Body Composition	26
Environmental Effects	27
Exercise Prescription and Training	27
Biomechanics/Kinesiology	29
Bone Growth and Development	32
Neuromuscular Function	33
Human Skeletal Articulations	35
Neck and Upper Extremity Movement	36
Spine and Pelvis Movement	37
Lower Extremity Movement	38

STANDARD 4 Measurement and Evaluation . . . 41

Standardized Procedures	42
Types of Scores	44
Standard Scores	44
Indicators of Relationship Between Performances	45
Normal Curve	45
Descriptive Values	46
Measures of Position	47
Test Characteristics	47

Pretest Planning	49
Standards	49
Data Gathering	50
Performance Sampling	53

STANDARD 5 History and Philosophy 55

Trends in Education	56
Law: Knowledge of Public Laws	57
History: Physical Education	59
Philosophy: Physical Education	59
Philosophy: Special Education	60

STANDARD 6 Unique Attributes of Learners: Considerations for Professional Practice 63

Mental Retardation	64
Deafness and Hard of Hearing	65
Speech and Language Disorders	66
Blindness and Visual Impairments	67
Behavioral Conditions	68
Learning Disabilities	69
Cerebral Palsy	70
Muscular Dystrophy	72
Spina Bifida	72
Amputations	73
Spinal Cord Injury	74
Posture Disorders	75
Juvenile Rheumatoid Arthritis	75
Dwarfism	76
Osteogenesis Imperfecta	76
Autism	77
Traumatic Brain Injury	78
Heart Conditions	80
Tuberculosis	80
Nephritis	80
Asthma	81
Sickle Cell Anemia	81
Lead Poisoning	82
Hemophilia	82
Seizure Disorders	83
Leukemia	83
Diabetes	84

Multiple Disabilities	84
Deaf/Blind	85
Attention-Deficit/Hyperactivity Disorder	86
Acquired Immune Deficiency Syndrome (AIDS)	86
Congenital Effects of Drug Dependency	87
Developmental Coordination Disorder	87

STANDARD 7 Curriculum Theory and Development 89

Organizing Centers	90
Content Goals	91
Learner Analysis	91
Deriving Learning Objectives	92
Devising Learning Experiences	93

STANDARD 8 Assessment 95

Legislative Issues	96
Terminology	97
Administration	99
Interpretation	100
Decision Making	103
Skills Required	104

STANDARD 9 Instructional Design and Planning 105

Curriculum Plan	106
Unit and Lesson Plans	107
IEP and IFSP	112
Technology Applications	114
Assistive Devices	115
Mobility Devices	116

STANDARD 10 Teaching 119

Teaching Styles	120
Teaching Behaviors	123
Applied Behavior Analysis Principles	126
Preventive Strategies	126

APPENDIX A	National Consortium for Physical Education and Recreation for Individuals with Disabilities	161
-------------------	---	-----

APPENDIX B	How the Adapted Physical Education Standards and National Certification Examination Were Developed	162
-------------------	--	-----

APPENDIX C	Frequently Asked Questions	171
-------------------	--------------------------------------	-----

APPENDIX D	Evaluation/Review Committee Members	177
-------------------	---	-----

Increasing Behaviors	128
Decreasing Behaviors	130
Other Management Methods	131

STANDARD 11 Consultation and Staff Development 133

Motivation	134
Administrative Skills	134
Group Dynamics	135
Interpersonal Communication Skills	136
Psychological Dimensions	136
Consulting Models	138

STANDARD 12 Program Evaluation 139

Student Outcomes	140
Program Operations	141
Consumer Satisfaction	143

STANDARD 13 Continuing Education 145

Professional Growth	146
Current Literature	148
Professional Organizations	148
Technology	149
Teaching Certification	150

STANDARD 14 Ethics 151

Professional Standards	152
Appropriate Professional Conduct	152
Advance the Professional Knowledge Base	153
Advance the Profession	154

STANDARD 15 Communication 155

Parents and Families	156
Public Relations	157
Roles of Other Professionals	157
Team Approach	160