Kinesiology
Adapted Physical Education

Kinesiology refers to the study of movement. Physical activity includes exercise for improvement of health and physical fitness, activities of daily living, work, sport, dance, and play, and involves special population groups; such as children and the elderly or persons with disability, injury, or disease.

Students who pursue the Adapted Physical Education program at Colorado Mesa University (CMU) will learn to adapt or modify physical activities, instruction, and/or education curriculum to address the specific range of abilities of individuals. Students will learn to develop activities that are appropriate and effective for persons with disabilities. Coursework includes topics like Sign Language, Motor Learning, Physical Activity and Aging, and Inclusive Physical Activity. An internship is required to earn this degree, which enables students to gain hands-on occupational skills and make connections within the field. CMU also offers many clubs and organizations campus-wide and within the Kinesiology Department that can help prepare students for advanced study or build campus and community connections.

A person in this career field may:

- Provide adaptive physical education services to people with intellectual or physical disabilities
- Assess the limitations and necessary accommodations for people with varying abilities
- Review programs and practices to ensure compliance with legal regulations
- Assist people in improving their physical fitness and motor skills
- Communicate progress or concerns to administrators, families, and students
- Demonstrate skills or activities being taught
- Prepare/adapt individualized education plans (IEPs) to meet the abilities of students
- Modify equipment or activities to accommodate special needs
- Maintain records for individuals who are being assisted
Major Skills & Characteristics

- Ability to plan recreation and physical activities for a variety of ability levels
- Leadership skills
- Ability to use instructional aids
- Active listening skills
- Coordination
- Desire to assist people with physical activity regardless of their ability level
- Desire to help and care for people
- General knowledge of anatomy
- Good judgment and decision-making skills
- Interest in coaching and teaching
- Patience
- Problem solving skills
- Strong oral and written communication skills

Organizations That Commonly Employ Adapted Physical Education Majors

- Assisted living centers
- Early childhood education centers
- K-12 schools
- Hospitals
- Non-profit organizations
- Nursing homes
- Parks & recreation departments
- Rehabilitation facilities
- Special Olympics

Related Careers

- Activities Director at an Assisted Living Center, Rehabilitation Facility, or Hospital
- Adapted Physical Education Teacher (K-12)*
- After-School Coordinator
- Coaching (Special Olympics)
- Consulting
- Instructional Aide
- Program Director for non-profit organizations
- Occupational Therapists*
- Physical Activity Consultants
- Physical Therapists*
- Recreational Therapist*
- Research
- Specialized Camps
- Teaching abroad

*Note: Some of the occupations listed above may require additional education, experience, or training beyond a Bachelor’s Degree. To research these occupations further, use the Career Research Resources links below.
Career Research Resources:
Use these sites to research information about specific occupations such as nature of the work, training or qualifications, employment or job outlook, projections, earnings and wages.

O*NET-Onine: [http://www.onetonline.org](http://www.onetonline.org)
The U.S. Department of Labor
- View O-Net information on Adapted Physical Education Specialist at [http://www.onetonline.org/link/summary/25-2059.01](http://www.onetonline.org/link/summary/25-2059.01)
- In the occupational search box type in key words, job titles, or occupational codes to research various careers.

The Bureau of Labor Statistics
- Use the A-Z index to select the occupation you are researching, such as

My Future.com: [http://www.myfuture.com](http://www.myfuture.com)
The Department of Defense
- This site compiles information from departments of Commerce, Education and Labor.

Organizations and Associations Links
- National Academy of Kinesiology: [www.nationalacademyofkinesiology.org](http://www.nationalacademyofkinesiology.org)
- National Association for Sport & Physical Education (NASPE): [www.aahperd.org/naspe](http://www.aahperd.org/naspe)
- PE Central: [www.pecentral.org/adapted/adaptedmenu.html](http://www.pecentral.org/adapted/adaptedmenu.html)
- Council for Exceptional Children: [www.cec.sped.org](http://www.cec.sped.org)
- Special Olympics: [www.specialolympics.org](http://www.specialolympics.org)
- U.S. Paralympics: [usparalympics.org](http://usparalympics.org)
- American Association for Physical Activity & Recreation: [www.aahperd.org/aapar](http://www.aahperd.org/aapar)
- Forum of Sport, Physical Education & Recreation For Those With Disabilities: [www.palaestra.com](http://www.palaestra.com)
- National Council on Disability: [www.ncd.gov](http://www.ncd.gov)
- National Center on Physical Activity & Disability: [www.ncpad.org](http://www.ncpad.org)
- National Center on Accessibility: [www.ncaonline.org](http://www.ncaonline.org)
- American Association of Adapted Sports Programs: [www.adaptedsports.org](http://www.adaptedsports.org)

Job Listings/Job Search Sites:
- Special Olympics: [www.specialolympics.org/careers.aspx](http://www.specialolympics.org/careers.aspx)
- American Therapeutic Recreation Association: [www.atra-online.com/displaycommon.cfm?an=6](http://www.atra-online.com/displaycommon.cfm?an=6)
- National Recreation and Park Association: [careercenter.nrpa.org/jobseekers](http://careercenter.nrpa.org/jobseekers)