

The Power of the CAPE

Certified Adapted Physical Educator Certification

Heidi Ambrosius, MA CAPE

Adapted PE Specialist, Moreno Valley Unified School District
Adjunct Professor, California State University, San Bernardino

Brad Weiner, M. Ed, CAPE, NBPT

Adapted Physical Education Teacher
Montgomery County Public Schools, Maryland



The Power of the CAPE

This presentation outlines personal and professional reasons for attaining CAPE Certification as well as outlines the requirements for certification, re-certification, and benefits of NCPEID Membership included with certification.

How does society perceive professionals and their post-nominal letters?

- ❑ **DPT** - Doctor of Physical Therapy
- ❑ **OTD** - Doctor of Occupational Therapy
- ❑ **CCC-SLP** - Certificate of Clinical Competence for Speech-Language Pathologist.
- ❑ **BCBA** - Board Certified Behavior Analyst
- ❑ **NBCT** - National Board Certified Teacher

Why do people put post-nominal letters behind their name?

Respect

Accomplishment

Educated

Advocacy

Worth

Value

CAPE holds the same level of accountability as any other professions.

- ❑ Consider...
 - ❑ Writing an email to parents
 - ❑ Signing the assessment reports
 - ❑ Attending an IEP meeting
- ❑ Post-nominal letters is a symbol of knowledge and expertise.
 - ❑ It is a seal certifying validity of what is shared



You're the Gold Standard

On the National Level

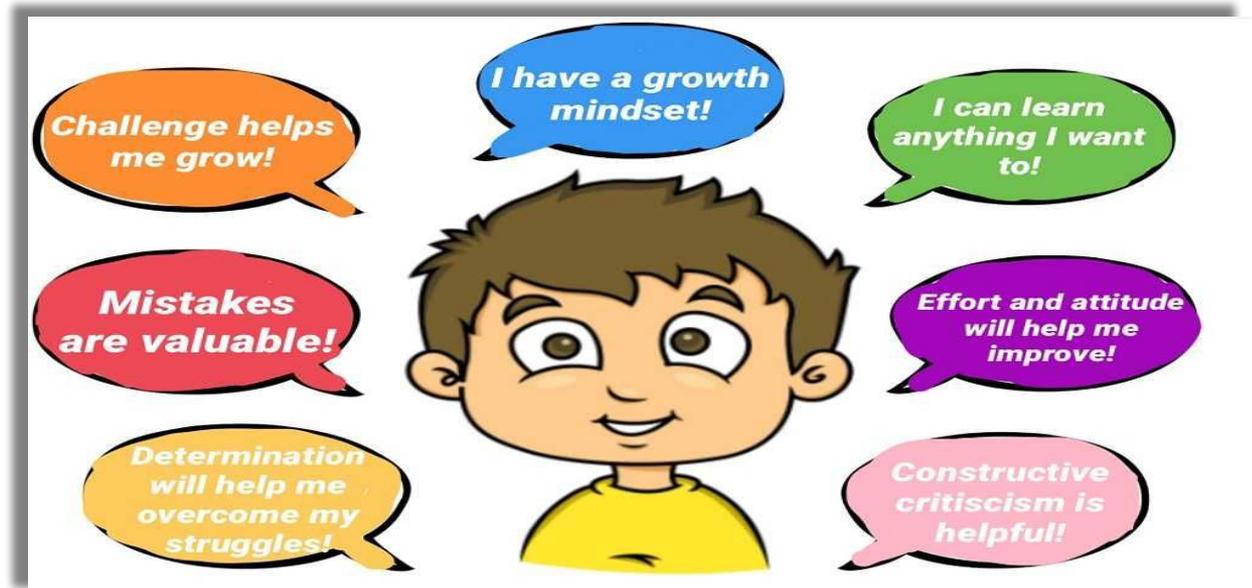
- ❑ The more CAPEs we have throughout the nation, the stronger our field becomes and more the prestigious the educational community views adapted physical educators.
- ❑ Currently in many areas throughout the country physical education teachers without any background knowledge can provide APE services because administrators in those areas lack knowledge for CAPE.

More CAPEs = Hiring of Qualified Professionals

Hiring of Qualified Professionals = Greater Student Growth

Personal Growth

- ❑ There is a good chance you'll learn something through the process and advance your own growth towards serving students with disabilities.



History:

Adapted Physical Education National Standards

In 1992, through a grant the National Consortium for Physical Education for Individuals with Disabilities (NCPEID) organization began to develop adapted physical education standards which was revised in 2020 and is in its 3rd edition.

APENS was then created in 1995 as a function of NCPEID to certify professionals in adapted physical education throughout the United States.



15 Standards:

1. Human Development
2. Motor Behavior
3. Exercise Science
4. Measurement & Evaluation
5. History and Philosophy
6. Unique Attributes of Learners
7. Curriculum Theory & Development
8. Assessment
9. Instructional Design & Planning
10. Teaching
11. Consultation and Staff Development
12. Student and Program Evaluation
13. Continuing Education
14. Ethics
15. Communication



Eligibility Requirements:

- ❑ A **minimum of 12 semester hours** specifically addressing the educational needs of individuals with disabilities. It is required that 9 hours be specific to the area of APE or meet the following criteria:
 - ❑ Satisfactory completion of a minimum of 9 credits in APE coursework and 3 credits of coursework from a related field.
 - ❑ Satisfactory completion of a minimum 6 credits in APE coursework and 3 credits in coursework from a related field as documented and up to 3 credits awarded for professional experience teaching APE as documented.
- ❑ **Minimum of 200 hours** of documented experience providing physical education instruction to individuals with disabilities.
- ❑ A **current valid teaching certificate** in physical education.

<https://www.apens.org/apensexam.html>

Eligibility Criteria Updates in January 2021:

- ❑ As of the new year, 3 credits will no longer be awarded for professional teaching experience in APE.
- ❑ When APENS was first developed, NCPEID used this criteria to encourage practitioners in the field to seek CAPE certification.
- ❑ APE has grown and offers more courses throughout the country in both person and online, that the need for the criteria has become outdated.

Certification Provides:

- ❑ Certification is provided for **7 years**
- ❑ You'll receive **1 free year membership** to the NCPEID organization
- ❑ You'll receive **1 year free subscription** of PALAESTRA
- ❑ You'll receive a certificate documenting your accomplishment
- ❑ You'll be able to **identify as a CAPE** with those initials indicated after your name

Recertification:

- ❑ Prior to the expiration of your certification, you'll want to you'll want to download and complete the recertification form:
<https://apens.org/pdf/apeprofessionalapplication08.pdf>
- ❑ Part of the form requires you to show how you have stayed engaged in APE over the past years in most (not necessarily all) of the following areas
 - ❑ Elected Official or Board Member related to APE
 - ❑ Presentations or In-service
 - ❑ Professional Development
 - ❑ Licensure/Endorsement
 - ❑ Supervised Interns or Student Teachers in APE

Recertification Updates in January 2021:

- ❑ As of the new year, there will be revisions made to the recertification criteria.

- ❑ There will be more options for CAPEs to earn points towards documenting their experiences.

Visit the APENS Website: www.APENS.org

- ❑ Applications can be filled out **online**: <https://apens.org/exam-app.php>
- ❑ Applications can still be downloaded: <https://apens.org/pdf/genpeoptionapplication08.pdf>

- ❑ Complete part 1 of the application
- ❑ Make a check of \$150.00 payable to “APENS” - **Increasing to \$250 on Jan 1, 2021**
- ❑ Mail the check (and part 1 of the application if downloaded) to:
 - ❑ Timothy Davis, APENS Chair
E224 Park Center
SUNY Cortland P.O. BOX 2000
Cortland, NY 13045
 - Refer Questions To:
Dr. Tim Davis
Timothy.Davis@cortland.edu
607-423-5261
- ❑ When and if you pass, complete part 2 of the application
- ❑ Mail part 2 of the application to the address above

Exam:

- 100 Questions
 - Multiple Choice
 - You will have 3 hours to complete the exam
-
- Paper and Pencil Format on a Scantron
 - Now Offered **Online**

Online Version of the Exam:

- The APENS Exam is available through the SUNY Cortland Black Board web site and uses the Respondus Lockdown Browser features to secure the exam and testing situation.
- Contact Dr. Tim Davis at SUNY Cortland to learn more about the online exam.

Timothy.Davis@cortland.edu
607-423-5261

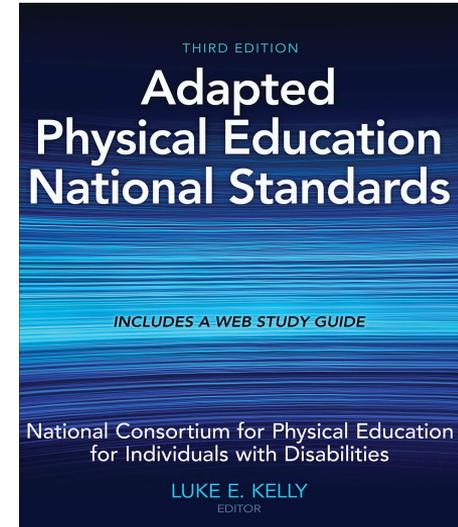
Study Materials:

To prepare for the exam, it is recommended that you purchase:

The book (with Web Study Guide) can be purchased through Human Kinetics for \$52.00 - [Click Here](#)

The Web (**Online**) Study Guide alone is \$19.00 [Click Here](#)

- The Study Guides offer more than 1,100 Sample Test Questions
- Offers practice quizzes with content questions connected to each standard.
- The candidate then receives a score and can review the correct and incorrect answers to determine areas for further study.



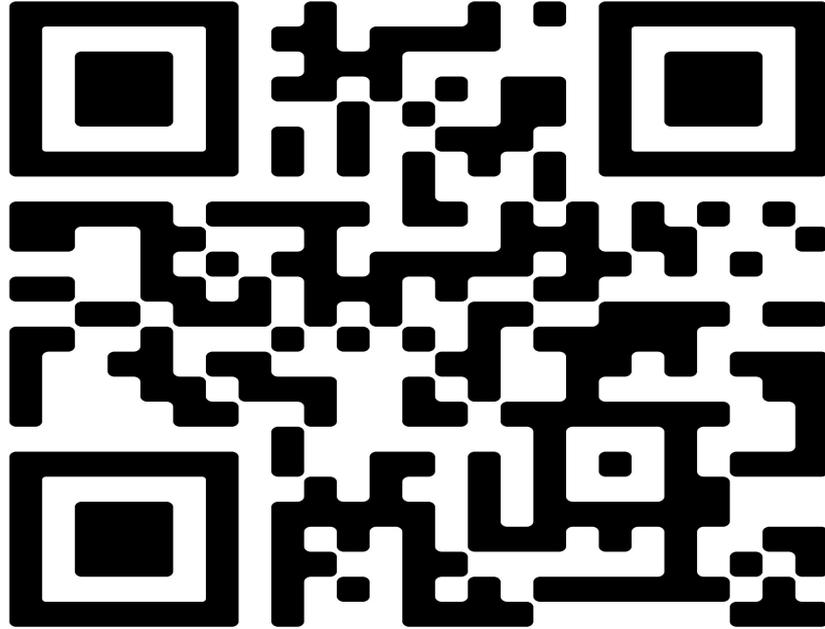
Resources

Davis, Timothy. "Certification." *Adapted Physical Education*, National Consortium for Physical Education for Individual with Disabilities, 2008, www.apens.org/.

Kelly, Luke E., editor. *Adapted Physical Education National Standards*. 3rd ed., Human Kinetics, 2020.

Weiner, B. (2014, Sept. 11) *Adapted physical education national standards exam review* [Webinar]. Maryland Adapted Physical Education Consortium, Maryland.

QR Code Link to Google Slide Presentation



Contact Us:

Heidi Ambrosius, MA CAPE

Hambrosius@mvusd.net

Heidi.Ambrosius@csusb.edu

Brad Weiner, M. Ed, CAPE, NBCT

Brad.M.Weiner@gmail.com

www.myphysicaleducator.com