Physical Education (K-12)

Introduction

Delaware State offers a physical education program for the 21st century. We are emerging as national leaders in the innovative “tactical” approach to physical education, a teaching model that organizes instruction around broad skills and strategies rather than individual sports. Our redesigned program also covers recent trends such as movement education and adaptive PE, current methods of assessment and testing, and cultural/gender diversity in physical education.

Students enjoy close mentoring from faculty, opportunities for community involvement, and academic support (as needed) to build classroom skills in reading, writing, and math.

Professional Preparation

The Physical Education program at Delaware State meets all standards set by the National Association for Sports and Physical Education (NASPE) and National Council for the Accreditation of Teacher Education (NCATE). Upon graduation, PE majors become licensed teachers in the state of Delaware. They are eligible to teach in public, private, parochial, and charter schools; substitute teach in any school district; or work in PE-related fields such as coaching, recreation, and fitness training.

Faculty

The Physical Education faculty are experts in fitness — not just physical fitness but also mental and career fitness. They help students master course material while developing the habits, discipline, and confidence to succeed as educators. Our faculty combine academic credentials with personal experience as PE instructors, coaches, and trainers. They have life lessons to share along with their subject-matter expertise.

Research and Experience

This program provides for extensive early field experience and a one-semester student teaching experience. Students spend time in real-world schools during the sophomore, junior, and senior years.

Delaware State’s use of the innovative “tactical” approach has created research opportunities for our students. Some have participated in studies to test outcomes and develop assessment methods for the new model. Others have been involved in programs to introduce the tactical approach to veteran PE teachers.

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