

PLATFORM

OF THE

AMERICAN ASSOCIATION for HEALTH, PHYSICAL EDUCATION, and RECREATION

- (1) **As shown by the draft, approximately 50% of American youth have disabling defects, hence**

It is necessary to have medical examinations for every young person of school age, the type of examination and the organization necessary to be determined by organized medicine and public health.

- (2) **The neglected defects in childhood are the same defects which prevent acceptance for service, hence**

It is important to secure the early correction of every remediable defect, the ways and means to be determined by the family and the community.

- (3) **Many young persons violate health practices because they do not know how to live, hence**

There should be emphasis upon rest and sleep, nutrition, recreation, exercise, mental and social hygiene, medical and dental care in order to develop desirable patterns of living.

- (4) **Many children fail to grow properly, are weak, are unable to protect themselves adequately in emergencies, and lack recreational skills, hence**

All children should be taught motor skills which promote growth, development, safety, and recreation suitable to age, sex, and condition of health. A program of physical education consisting only of weight lifting, strength stunts, calisthenics, marching, or similar exercises is too limited for the needs of growing boys and girls.

- (5) **The things children learn in school should function in their lives now and afterwards in civilian life, hence**

The program should consist of rhythms, games, sports, athletics, and body building activities, the latter directed particularly to the arms and upper back. The program should extend competitive interschool athletics suitable for individuals concerned.

- (6) **There are many desirable facilities and opportunities in the community, hence**

In conjunction with the regular program of the school, wide use should be made of community and state facilities and opportunities for camping, hiking, riding, boating and other similar outdoor activities.

- (7) **Vitality, strength, and skills cannot be developed without adequate time, hence**

In order to develop agility, skills, ruggedness, strength, and endurance, a daily program of participation under qualified instructors throughout childhood and youth should be provided.

- (8) **No comprehensive programs are possible without facilities, hence**

Communities should provide adequate indoor and outdoor facilities, including facilities for swimming, in order to make possible a desirable program of physical education for all children and youth.

Adopted April, 1942.