

A TENTATIVE CONDENSATION OF
STANDARDS IN ATHLETICS FOR
GIRLS AND WOMEN.

This is a statement of a point of view regarding the nature and conduct of athletics for girls and women. It represents the position of the National Section on Women's Athletics of the American Association of Health, Physical Education and Recreation.

A standard is an authoritative rule or model constructed as a guide to action. Standards serve as a basis for program making, as a means for motivation and stimulation of activities and as a method of appraisal. To be effective in guiding action standards must be sufficiently general to operate in many situations and sufficiently specific to indicate a course of action in any given situation.

Any statement of standards concerning women in athletics must be presented both in terms of the development of the individual who participates and in terms of the leader of the program. One of the first points to keep in mind is that the participant is concerned primarily with herself, that is, with what she is to gain from athletic participation. The long view of the situation must belong to the leader. Leadership in athletics is a common responsibility of all persons who exercise any type of control over the way an activity is carried on. It begins with the administrator who holds ultimate power. It falls directly upon the teacher or coach who actually conducts the activity and extends to the most temporary leader who directs his side or captains his team in a contest. Therefore, the following statements must also be interpreted continuously in terms of the participant and the leader.

THE STATEMENT OF STANDARDS

PURPOSE

The one purpose of athletics for girls and women is the good of those who play.

STANDARDS

The program of athletic activities for girls and women should be based upon a profound knowledge of the individual and the environment in which she lives.

The program should be based upon the individual differences of the participant, such as: age, physique, interests, abilities, experience, health, and stage of physiological, emotional and social maturity.

Athletic activities should be chosen and developed on the basis of scientific evidence and from these three aspects:

- a. Analysis of activities from simple to complex.
- b. The classification of individuals in ability from novice to expert.
- c. In terms of present and future use.

The program should provide for a continuous challenge to the ingenuity, organizing powers and powers of appraisal of every player so that each may lead according to her merit and skill in leading and may follow according to her willingness and ability to adapt herself to others and to a common end.