

THE PHYSICAL TRAINING PROGRAM OF THE ARMY AIR FORCES
WITH IMPLICATIONS FOR SCHOOL AND COLLEGE PROGRAMS

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Part II

What the Schools Must Do To Aid the Development of A Physically Fit Army

NB Your reaction to the required physical program outlined for the Army (Combat) Air Forces probably is that the time allotted is not sufficient to develop superior physical condition. You're right! It isn't! All we can do is attempt to maintain physical condition for combat purposes. The development of physical fitness and condition must be largely brought about before either officers or enlisted men come to the combat forces. That means that the physical developmental process must have been completed either in recruit camps and flying schools, or in schools and civilian life before entering the army. Our recruit camp training ranges from six weeks to twelve weeks, our cadet flying course thirty-five weeks. And gentlemen, the exigencies of training for modern warfare do not leave a great deal of time for physical training, even in this preliminary military training. Don't forget that this applies to those being trained for "line" organizations as well as for the Air Forces! Even if this time devoted to physical conditioning were tripled, you and I know that it isn't sufficient to develop the type of physical condition desired, if the individual has not had years of physical developmental background. The answer is, of course, that the physical educators in our schools and colleges and communities must do the job of developing and maintaining a strong and completely physically fit youth. What kind of a job have physical educators done and what kind of physical specimens are reporting for military duty?

Gentlemen, physical education and physical educators and the school administrators behind them, have done a rotten job! They have failed to develop a physi-