

What physical education proper should have done in the past 20 years and what it should be doing right now is to develop the muscular strength, organic vigor, endurance, stamina, agility and bodily control of every grammar school, high school and college student, not merely of the sacred few who participate in interschool athletics. This is the kind of physical fitness and condition that physical education can claim to develop. This is the kind of physical condition that is absolutely essential as a foundation for both the Army and Navy and for the working, producing civilian population.

Besides my observations of thousand of recruits, I have some objective evidence on this failure of physical education to develop physically effective young men. Last fall I tested, thru a battery of standardized physical achievement tests, over 1,000 Air Force enlisted men, most of them newly inducted soldiers. In every test, without exception, the mean performance of these soldiers fell below the mean performance of unselected college students as determined by Dr. Cozens in his Achievement Scales for College Men. And those college men were not athletes. I believe the soldiers tested were a representative cross section of the type of men entering the Army today. They were from many states; about half of them were from California schools. They were selected at random from various types of Air Force Units. The age was about the same as that of our college men. Our new soldiers not only fall below the mean standards of college men, but also below the very conservative achievement standards suggested by the Army.

Let me give you some of the actual mean performances of these men:

<u>Soldiers</u>	<u>College men</u>
Pull-ups	5
Push-ups from ground	16
Standing broad jump	6'7"
320 yard run	34.2
150 yard dash	21.3
75 yard dash	10.5
	23
	7'7"
	not available
	18.7
	9.3