

keep spirits high and are a tonic to offset strain, worry, and tragedy.

3. The time allotment for physical education activities for all students be no less than one hour daily. The program should be adapted to individual needs and be required of all students for graduation. A great deal can be done to improve physical education programs in colleges and universities through the simple method of increasing the time devoted to physical education.

4. Credit be given for physical education with the number of units comparable to those given for other college courses. The institution should accept for entrance, credits in physical education earned in high schools. If it is expected that the student consider physical education important, credit should be given to show him that the institution also considers it important.

5. College faculties adjust the schedule of classes and laboratory periods so as to allow for the maximum use of the afternoon periods for physical education and recreational activities.

6. Standard physical fitness tests be given to all students to determine more accurately their needs in diversified activities.

7. Programs of intercollegiate and intramural athletics be reorganized to provide: (a) full playing opportunities for all students; (b) improved methods of classification and equalization of competing units; (c) broader programs to satisfy the diverse interests and needs of students.

8. Military drill not be considered as a satisfactory substitute for physical education in any college or university. Spokesmen for our armed forces have repeatedly emphasized the importance of continuing and expanding the physical education program. Military drill and tactics can be conducted best in military units.

Recreation

In these times of peril we must promote first those activities that contribute to actual survival value in the emergency and next those that give wholesome recreation and diversion. However, accelerated college programs should not eliminate all time for student recreation. Such programs may call for additional relaxation and physical activities of a body building type. It is recommended that:

1. A campus-wide program of recreation be made available to every student,

2. All schools and departments of the institution contribute to the recreation programs,

3. The college become a recreation center of the College Community;

Professional Education

With expanding programs there is occurring, at the same time, a serious shortage in the number of qualified teachers due to teachers entering the armed forces and other kinds of war service other than teaching. In one state it is reported that 426 men physical education instructors had either left the teaching field, or

were expected to leave soon. Against this were 56 men physical education major students, who were given their credentials in June, 1942 in this same state.

We need well-trained physical educators, men and women, now and after the war. Teacher-training institutions cannot at present supply the unusual demand for qualified health and physical education teachers.

It is recommended that:

1. Teacher-training institutions use every means at their command to encourage more men and women to major in physical education.

2. Institutions accelerate the training program for students majoring in health and physical education.

3. Institutions extend to all students the opportunity to acquire leadership skills in conducting programs of sports and recreation.

4. The college or university set up courses to train volunteer, as well as professional, leaders in the various aspects of the "fitness" program in which they could appropriately serve with short-term training.

5. Institutions organize recreational leadership courses to train those who have certain talents needed for the morale-building program in both military and civilian life.

General Recommendations

It is recommended that:

1. A Commission be appointed to include representatives from the Armed Services, United States Office of Education, the United States Public Health Service, the United States Children's Bureau, the health-medical sciences, physical education and recreation to assure coordination of the physical fitness program on the federal level.

2. Federal or state funds be provided with which to secure the correction of remediable defects for college students who do not have the necessary financial resources. Colleges and universities might well supervise under federal grants, the rehabilitation programs for college student rejectees from the armed services.

3. The programs of Health, Physical Education, and Recreation be combined into one administrative unit under a competent administrator and that the faculty give consideration first to health and fitness, and second to curricular requirements. A committee with representatives from the various schools and departments should be formed for the purpose of unifying and coordinating the total health and fitness program of the institution.

4. The local medical and dental societies and representatives of official and voluntary health agencies be invited to participate in the initial planning and take part in the development of physical fitness programs in the college or university.

5. As far as possible institutions increase and improve their facilities and equipment for the programs in health, physical education, and recreation.

6. The college or university extend its service along "fitness" lines to the adult population in the community adjacent to the institution.