

Kansas Health and Physical Education Association
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Guest Editor

Helen G. Saum, Director of Physical Education for Women,
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We are very glad to present this message from the new president of the Kansas Health and Physical Education Association. Miss Saum, having served as President-Elect during the past year, moved into the presidential office at the Pittsburg convention on March 26. She heads up the Physical Education Department for Women at K.S.C. and also the Physical Education Majors Training Course; both of which she has developed to a high degree of efficiency.

Greetings from the President

I am very glad to have this opportunity of sending greetings to the members of the Kansas Health and Physical Education Association.

Let us make a concerted effort to emphasize the importance of an adequate program of Physical Education for the public schools of the state. Both the administrators and the general public must be made aware of the need in this respect. A few suggestions which will aid in establishing a favorable attitude toward physical education are:

1. The spring meeting of the K.H. & P.E.A. planned to attract and interest educators, administrators, parents, social and service clubs and reputable professional organizations.
2. Speakers from the field of physical education to participate on the General Program of the Kansas State Teachers Association meetings.
3. Principals and superintendents encouraged to give physical education a regular class period in the curriculum of the elementary and secondary schools.
4. Set up requirements for teacher certification in the state.
5. Pray for a State Supervisor of Physical Education.
6. Compile a State Syllabus in Physical Education.

We do not expect to accomplish all these things in one year - perhaps not in five years - but if each physical education teacher talks, lives and supports his or her professional ideals very day, we can do much to change the present indifference toward Physical Education in Kansas.

WHAT SHOULD A NURSE EXPECT FROM PHYSICAL EDUCATION?

by

Miss Gladys Walker, College Nurse, K. S. T. C., Pittsburg, Ks.

The relationship of the nurse to Physical Education is very close. The cooperation of the two departments will result in a better program and will be of benefit to every child. Health is a means of fuller and better living. We all know that prevention is better than any cure. The health and Physical Education teachers should unite in making a set-up that will be efficient and effective. Both of us want to protect and maintain health.

The medical inspection of schools is no longer an experiment but a pressing necessity. It is founded on a recognition of the close connection which exists between the physical and mental condition of children in the whole process of education. It seeks to secure ultimately for every child, normal or defective, conditions of life compatible with that full and effective development of its organic functions, its special senses and its mental and spiritual powers which constitute a true education.

In play, discipline, obedience and courage are taught, and they should be so constructed that every one's pastime would be used to promote health and the development of the body. The daily activities of work, rest and play have a bearing upon our mental, physical and social health. So in order to improve health we must develop and utilize the muscular force of our bodies.