

form of games. The number of these activities have been greatly increased in the past ten years. These various activities allow the student to relax both mentally and physically from his academic work.

Where games and other activities are provided, the student has a better chance to meet other students in a social way and thus learn to meet people socially. This social contact with other men may, because of learning to play by the rules of games, help some in character training. However, it is true that character training has taken place in the home and secondary schools before the student has entered college.

The student should be taught games and other activities that he will be able to play after he has left college and even to a late period in life. The amount of leisure time will increase much in the years to come, and college students should be taught to use this leisure time so as to benefit their mental and physical health. The student who has learned games and other activities during his college years will probably use his leisure time to benefit himself and not interfere with the rights of others in these activities. The study shows that games like golf, tennis, handball, swimming and many others, as well as passive activities, are being taught to students for use in their future leisure time.

A physical education program, to be of educational value, must provide for every student in the institution the following: a medical examination to see whether he is free from physical defects and organic diseases, and corrective measures for those who may be deficient. A properly taught course in hygiene or health education which will help preserve his mental and physical health to a later period in life. An opportunity for exercise and recreation every day in his college course at a convenient time. A chance for intercollegiate play for those who have the ability to make the teams of the institution. A directed plan of education for future use of leisure time after he has left the institution that he may be happier in life.

The close relationship between physical education, medical examinations, health education and corrective work, intercollegiate athletics and intramural play are such that they fit well into one department.

The physical education department should embrace the following five divisions: 1. Medical examinations. 2. Physical education classes. 3. Health education and corrective work. 4. Intercollegiate athletics. 5. Intramural play.

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