

Memorandum Concerning the Bill to Provide for the Establishment of a National Physical Fitness Institute, and for other purposes.

Considering the type of director necessary for this position I feel that he should be one who is qualified not only from the academic point of view but qualified in the light of experience and in the light of a sound philosophy of physical education.

The sound philosophy which I have in mind would be based upon his knowledge and understanding of the scope of this movement. The procedure for promoting physical fitness would naturally start with some form of an acceptable health examination, the content of which would be determined <sup>by</sup> the American Medical Association. The material contained in Form B, enclosed, might be used as a guide. The Surgeon General in conference with the army medical authorities could no doubt arrive at a satisfactory health examination procedure. This would be necessary in light of the first draft experience wherein there wasn't much standardization of procedure for examinations. There is the need for some classification by the medical examiners wherein, with definite criteria agreed upon, a certain number could be passed as being fit for Class A, or vigorous army life. This no doubt would have to be a slight modification of the now existent aviation setup. Another group would be composed of those who would be acceptable for lighter forms of army occupations. No doubt another group or groups would be classified for even less arduous tasks. Four groups would be sufficient.

Here we need something in the way of a physical fitness test which would really show the individual's physical condition in the light of his being able to pass certain skills involving, for example, fundamental activities such as running, climbing, throwing, aquatic activities, skill on gymnastic apparatus, etc. I do not think there would be much difficulty in securing a valid physical fitness test with such men as Larson of Springfield