

# *New Directions in Physical Education for the Adolescent Girl in High School and College*

A Guide for Teachers  
in Curriculum Revision

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**T**HIS is a forward thinking contribution on the bases and methods of replanning the school curriculum in physical education for girls of secondary school and college age. The author presents a careful study of the present day girl in relation to her environment. Society today is complex and woman's place in society has been, of necessity, and is being, redefined. The first part of the book is devoted to explore adolescent needs and to formulate understandings. Then, a method is suggested by which teachers may think and study together in order to plan their own programs, and also, a suggested plan is given for the individual who can plan for her own individual needs and desires. The book will be found most valuable in round table discussions among teachers and students and for collateral reading. The Appendix containing case material and a Bibliography of sources include this stimulating book which points the way for a curriculum which will meet conditions as we know them today.

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