

Feb. 29, 1945

Dr. Forrest C. Allen
Director of Physical Education
University of Kansas

Dear Dr. Allen:

In regard to the program of physical education, I agree with Henry Shenk that our program should be planned in accordance with the best current thought and practices.

It seems to me that to be consistent we should pattern our program on the basis of principles taught in our course "Principles of Physical Education".

In the field of education there are two important factors involved in the success of any program, namely: (1) Interest on the part of the participant, and (2) knowledge of progress toward the goal or aim of the individual or individuals.

I feel that many programs of physical education are too autocratic. We are too prone to set up a program prescribing it for the able masses with little regard to the individual's needs, both present and future.

Many, perhaps most, college students do not know what is best for them. Therefore, if left to decide a course of activity, at their present level of knowledge, many would make inadequate choices. I feel that our physical education program should be one that would give each individual opportunity to discover his needs, as nearly as possible, in regard to growth, development and adjustment both mentally, physically and socially.

Only with the aid of a testing program does this seem possible. I realize there are many weaknesses of a strictly testing program. On the other hand, there are values to be gained, not the least of which would be the gaining of insight through a program designed to help individuals discover their specific needs. Insight into a situation is recognized as one of the greatest forces of motivation.