

## The University of Chicago

### PHYSICAL PREPAREDNESS PROGRAM FOR MEN

For twenty years school and college physical education has been geared for peace. Emphasis has been centered largely upon social outcomes, recreational values, and the developing of interest and skill in leisure time play activities useful throughout life. In time of war physical education, like all education, must change its direction. It must be geared for war.

Army and Navy authorities report that their recruits are so soft and under-developed physically that the completion of basic training is being seriously delayed by the necessary physical conditioning process. A major portion of the first six to twelve weeks training is devoted to physical training and athletic competition designed to develop the strength, endurance, agility and spirit essential to a fighting man.

Physical fitness has taken on a new significance for civilians as well as soldiers. Civilians are working under increased pressure and nervous strain. It is especially important that they protect their health by getting adequate sleep, food, and recreation. The best type of recreation for sedentary workers is vigorous exercise in the open. Moreover this emergency will require civilians to perform physical acts to which they are unaccustomed. It has been found that only ten to fifteen per cent of those appointed to certain civilian defense jobs are physically capable of performing their assigned duties in case of air raids. The inability of the average American to walk long distances without fatigue is a serious condition that should be corrected.

Representatives of various governmental agencies, including the Army and the Navy, have requested that schools, colleges, and various civilian agencies broaden and step up their physical education and athletic programs in order that time may be saved in basic military training. Many universities are inaugurating universal physical activity requirements affecting all men students. The University of Chicago would prefer to accomplish the same end by voluntary participation rather than by a requirement. The administration and the department of physical education urge most strongly that all students, faculty and employees consider it a patriotic duty to put themselves and keep themselves as fit as possible for whatever they may be called upon to do. All men of draft age and under, unless sure that they cannot qualify for military service, should get ready for the heavy physical grind of military life. By so doing they will prepare themselves to enjoy the vigorous army life and they will be more likely to qualify for promotion in the ranks or an opportunity to receive officer training. Men who enter while soft and under-developed will probably be placed in developmental or weak squads, and thereby forfeit all chance for early promotion.

It is especially important that young men of superior educational training make an effort to develop their physical capabilities to the utmost. It is their duty to do so because their educational background qualifies them for consideration as prospective officers. To back up this assumption the individual must have the stamina as well as knowledge to justify his selection as a leader.

Every man whose health status places no restriction on his taking vigorous exercise is urged:

1. To take the test of physical fitness offered by the department of physical education. This test is made up of items selected from the Army, Navy, and Air Corps tests.