

Physical Fitness

*A Selected Bibliography**

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THIS bibliography of books on *Physical Fitness* is selective. It includes books, published through October 1942, dealing with wartime phases of physical fitness, supplemented by a few of the better older books to complete the scope of the work. The dynamic aspects of physical fitness are now emphasized by the Physical Fitness Division of the U.S. Office of Education and Federal Security Agency. A larger number of books are given for *Sports and Conditioning Exercises* to emphasize the positive developmental aspects of fitness. Other phases are not neglected and some better books are listed for:

1. General Hygiene.
2. Nutrition.
3. Standards and Measurements of Fitness.
4. Scientific Analysis.

Hygiene and nutrition courses will need those in the first two categories. Adminis-

trators and teachers are dependent upon measurement and standards to motivate the pupils, to establish status as a basis of guidance, and to evaluate improvement. Most of all they need to know the practical activities. Students in professional classes will need books which deal with the basic scientific principles. All aspects are important for the professional worker.

The activity books were selected on the basis that they represent activities for physical fitness which are being emphasized in the present wartime emergency. The following areas of emphasis were recognized and are represented in the selections:

1. Swimming and Warfare Aquatics.
2. Calisthenics and Gymnastic Conditioning Exercises.
3. Fundamentals of Team Combative Sports.
4. Wrestling, Boxing, and Rough and Tumble Fighting (Judo).

* This list will appear also in the *Research Quarterly of the American Association for Health, Physical Education and Recreation*.

† This project was suggested originally by Carl M. White, of the American Library Association, Director of the University of Illinois Library. It came as a follow-up to Bulletin 23, of the American Council on Education dealing with Higher Education and National Defense which specified that a more definite and consistent program for physical fitness should be developed and required of all students at this time. In taking this matter up with the Department of Physical Education at the University of Illinois the matter was referred to the Research Council and the Governing Board of the American Association for Health, Physical Education and Recreation, which confirmed the above named committee to do the job of selecting the titles. Acknowledgment is made for assistance rendered in compilation by Warren Huffman and Norma Mulvane, in the office of the chairman, University of Illinois.