

THE PROPOSED PROGRAM IN PHYSICAL EDUCATION

Physical education should be a required subject for the same reason that other worthwhile subjects are required. Many human beings are lazy. While recognizing the value of daily exercise, it is frequently easier to do something else, or just not do anything. It is the same situation as would obtain were students allowed to choose whether they would take English or not. Many would avoid taking English, even though recognizing its worth.

Furthermore, under an entirely elective system, those students who need physical education most would avoid it and those needing it least would elect it. Under the required-elective system, which is being proposed, the student would have a wide choice of activities of his own choosing, but would be required to take some form of physical education during the freshman and sophomore years. (It would probably be desirable to continue the compulsory program during all four years of college but due to limitations of staff and facilities, such a plan is not being proposed.)

The objectives in the proposed program are as follows:

(1) To develop and maintain at least a minimum degree of physical *skills*. ~~fitness~~. Physical education is not a subject that can be learned once and dropped. It must be a continuing experience if it is to accomplish its purpose. Veterans and high school students who have been accustomed to vigorous muscular activities should not drop all physical activity entirely the minute they enter college, but for the sake of their own health and well-being should be required to take some physical exercise.

(2) To develop skills in certain recreational activities of the students' own choosing which will be interesting and worthwhile not only during their college days but for their carry-over value in later life.

(3) To insure that every student will be able to swim at least moderately well. The worthwhileness of this objective has been brought home to us in the