

Post-War Trends in Physical Education Programs in Colleges and Universities

It repeatedly has been brought to our minds that the Health and Physical Education programs, as they were carried on in past years, have failed in many instances to bring about the necessary physical and organic development of the individual. Such a statement must not be misinterpreted, however, for surely many needed characteristics have been developed, in certain individuals, through activities in physical education. But, for the amount of money that has been spent over a period of years for the furtherance of physical education, programs have not come up to expectations. It is true that the physical condition necessary for an individual to attain will depend upon his ultimate goal, whether it be swimming, track, boxing, or war. Still, however, it appears as though the general all around condition of the individual, from an organic and physical standpoint, is not up to the level that it should be in our American people.

The question arises, then, as to the post-war programs in the colleges and universities. Will they be of such a nature as to remedy this weakness? If so, how? What will be emphasized? Will more time be spent in actual class periods of physical education activities? How much work will be spent upon developing the strength and endurance of the individual? Will he be taught to swim, an essential for every individual? Just what facilities do our colleges and universities have for aquatic activities? Will certain standard requirements have to be attained, or will the majority of the programs be run on a more or less optional basis?

In attempting to arrive at some fairly concrete answers to these questions, a questionnaire was carefully prepared and sent to 180 colleges and universities throughout the United States. Care was taken to select institutions from every section of the country, so that there would be a good geographical representation in the answers received. 128 of these colleges and universities returned the