

STATE DEPARTMENT OF EDUCATION

HIGH SCHOOL DIVISION

Austin, Texas.

Physical Education Teachers:

Physical education is now required by law to be taught in all public elementary and secondary schools of the state. The forty-second legislature included in the appropriation bill for the State Department of Education an item for a Director of Physical Education. The director is now making strenuous efforts to secure the incorporation of a definite program of Health and Physical Education in all the schools of the state. Preliminary minimum standards in Health and Physical Education have been issued and may be found in bulletin #290 of the State Department of Education. Definite suggestions as to programs have been issued in bulletins 273 and 289.

Inclosed you will find a statement of our proposed aims and objectives in Health and Physical Education as well as a list of definite things which each school is being asked to do. One of the most serious handicaps to the development of a well-balanced program of Health and Physical Education is the lack of properly trained teachers. It is in the solution of this problem that we are asking the assistance of the teacher training institutions of the state together with their staff of Physical Education teachers. The schools of the state, both elementary and high school, particularly need classroom teachers who are able to organize and execute a program based on the following activities: team games; individual athletic events; low organized games; sports; stunts; rhythmic activities; gymnastic exercises; health instruction; and daily inspection of pupils.

The following courses are considered important in the proper preparation of teachers of health and physical education and are suggested for your consideration:

- A. General courses --
 - Administration of Physical Education (3 semester hours)
 - Administration of School Health Programs (3 semester hours)
 - Applied Anatomy (Kinesiology) (3 semester hours)
 - Applied Physiology (Physiology of exercise) (3 semester hours)
 - Principles of Health Education (3 semester hours)
 - Principles of Physical Education (3 semester hours)
 - Supervision of Physical Education (2 semester hours)
 - Tests and Measurements in Physical Education (2 semester hours)
- B. Courses in Activity and Technique of Teaching --
 - 1. Games of low organization with emphasis on the basis of selection and teaching technique (2 semester hours)
 - 2. Gymnastic exercises. (3 semester hours) --
 - Apparatus
 - Free exercises
 - Marching (rhythm, posture, response to command)
 - Pyramid building
 - Stunts (selection on basis of individual needs and progression)
 - Tumbling
 - 3. Rhythmical Activities (2 semester hours) --
 - Clog, folk, and natural dancing
 - 4. Self-defense activities (one semester hour) --
 - Wrestling and boxing