

STANDARD I. Time Allotment.

1. A minimum of 120 minutes per week, per child, is required in all high schools.
2. One-fourth of the total time (or at least 30 minutes per week per child) shall be devoted to definite health instruction based upon a course of study approved by the State Department of Education. The period devoted to health instruction is not a physical activity period, but it should be a health instruction period, and as such is, or may be if so desired, a part of the total time devoted to the physical and health education program. In any case, it must be definitely fixed and followed according to schedule.
3. It is recommended that, wherever possible, a daily period of at least 45 minutes in length be devoted to the physical and health education program with three to four periods devoted to instruction in physical education activities and one to two periods devoted to specific health instruction.
4. The physical and health education periods must be at least 30 minutes in length. Before school, recess, noon, or after school periods are not generally considered or used as regular instructional periods, but they are usually free play or laboratory periods during which pupils play independent of any regular schedule, even though they may be supervised. These periods may not be counted as instructional periods unless the school day is definitely lengthened or so arranged as to include them as regular class periods. The interpretation of the time allotment is that a minimum of three regular class periods per week per child are expected.
5. It is recommended, but not required, that opportunity for additional participation and play be provided either during or after school hours in which pupils may play for the sake of individual enjoyment and recreation and may put into practice the instruction they receive during the regular class period.

STANDARD II. Preparation and Training of Teachers.

1. For the school year 1932-1933 part-time teachers of physical and health education must have a minimum of six semester hours college credit in this field. Beginning with the school year 1934-1935 the part-time teacher must have twelve semester hours credit in physical and health education, and beginning with the school year 1935-1936 part-time teachers must have eighteen semesters college credit. All teachers of physical education must hold a special certificate in this subject by 1935-1936. In schools of such size and organization that each teacher must take charge of a group of pupils at the physical education period, such teachers would not be classed as part-time teachers. In such cases, however, the teacher who is responsible for any part of the physical education program must have at least six semester hours credit in physical and health education. Required activity or non-credit college courses do not count in determining this qualification. In such schools where each teacher has a part in teaching the entire program, only one-half credit will be allowed that school. This is in line with the general classification and accrediting standards and procedure of the State Department of Education.