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PHYSICAL EDUCATION FOR HEALTH

October 20, 1938

"Kansas Youth and Physical Education of the Future"

(Dr. F. C. Allen and Dr. E. R. Elbel)

Dr. Allen

In looking over the interesting items contained in the platform of the National Health and Physical Education Association, I feel that we can profitably discuss only a few of the most important ones tonight. Listen to this fulsome set-up, please, Dr. Elbel --

- A medical examination for every school child.
- A class period in physical education each day.
- A gymnasium and playground for every school.
- Education for leisure.
- A graded and scientific curriculum.
- Standardized physical achievement tests.
- A teacher fully trained and accredited.
- The coach a member of the faculty.
- Positive credit for physical education work.
- Health habits that endure.
- An intramural program for after-school hours.
- A varsity program that stresses sportsmanship and ethical conduct.
- Equipped and supervised summer playgrounds.
- Provisions for wholesome adult recreation.

Of course you know that Miss Helen G. Saum, the head of the women's department of Physical Education at Kansas State College, is president of the Kansas Health and Physical Education Association. Miss Saum is making a most strenuous effort to acquaint the citizens of Kansas with the great need of a state curriculum and a state director of physical education. She deserves much commendation for her efforts.

The above mentioned requisites are the professional objectives of the association and were published in the February and March, 1930, issues of the Journal of Health and Physical Education. By converting these ideas or points into workable projects we would render a great service to the youth of Kansas. May we discuss the first item - "a medical examination for every school child."

Dr. Elbel

Well, Doc, this is now being done in 37 states, but Kansas is not one of them. Certainly the school system in cooperation with the medical profession could in this manner render a fine service to the future citizenry of the state. It is reasonable to assume that many pupils go through schools never having had a thorough physical examination, and in many instances working under