

the elementary level and two on the intermediate or the advanced level; and he is expected to master them as well as the staffs of English, mathematics, or history expect him to master the subjects of their departments. These physical education skills should be so well learned that they will produce both immediate recreational benefits and carry-over values for the future. It is clear that the accomplishment of these objectives, as well as of the more purely developmental objectives, demands far more time than is now allotted.

From time to time educators tend to lose sight of the importance of the more purely physical and physiological objectives of sound bodies with adequate strength, endurance, agility, and poise, and of the ability to perform many fundamental physical and recreational skills with competence and with ease. The importance of these factors has been known by physical educators for generations, but it is frequently only in times of national emergency that the facts assume their true significance to educators generally. The present time is one when these facts should become clear to everyone.

It is proposed that the program of physical education for men at the State University of Iowa be extended to the point where it at least approaches adequacy. It is not proposed that the major content of the present program, which is reasonably satisfactory in this respect, be completely changed. It is proposed, however, that this program be extended, intensified, and improved, both in scope and in execution. It should be extended to include activities that will be of use to those young men who are soon to be inducted into the service of the armies of the United States. It should be intensified largely through added time allotments and through a greater emphasis on dosage and on training than is possible under present conditions. The program must, however, remain one that with easily made changes would be a satisfactory program after the war.

TIME

It is felt that the time allotment for physical education should be adapted to the needs of the individual. It is proposed that the basic time allotment be three periods a week for all students who are above the minimum standard of physical fitness (primarily strength and endurance) but who have not attained a satisfactory standard. For those students who are adjudged to be markedly lacking in physical fitness, that is, who are below the minimum standard, it is proposed that two periods a week be added, making a total of five periods a week. The additional two periods will be devoted primarily to training for the improvement of physical fitness. For students placed on the restricted program by the Health Service, an appropriate activity program that is remedial and conditioning will be worked out in collaboration with the Health