

G. Stanley Hall said that man is an omnibus in which all of his ancestors ride. Through the hundreds and thousands of years that man has been struggling with man the competitive urge has been dominant.

Our government has stressed physical fitness as the most essential thing for our men in the armed forces of our nation. With the soldier and the sailor as the boy's hero, it is not a difficult matter for the playground teacher and the coach to stimulate youth with a high endeavor of physical fitness. By physical fitness we mean the capacity for efficient performances in the fundamental activities of man, which are running, jumping, leaping, vaulting and climbing. These should endure under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. Speed and endurance in the fundamental locomotion efforts are first essentials.

Physical fitness is composed of skills plus power plus endurance. A high level combination of skills, power and endurance is practically synonymous with dynamic health, meaning capacity for power and endurance in vigorous forms of physical activity with relatively little fatigue developing to restrict, or mar the form of the movements, or to lower the threshold of resistance to infection and disease.

Sports and other types of physical work which require power and endurance involve relatively long periods of conditioning. Some sports require much more power and endurance than others. Some are predominantly useful in developing general body control and power; others develop organic endurance, persistent and aggressive attitudes, and teamwork; others are more useful as media through which sociability and relaxation in leisure time