

M4
N144in
C.3

THE INTERRELATION OF HIGH SCHOOL AND COLLEGE ATHLETICS, FROM THE STANDPOINT OF THE COLLEGE.*

JAMES NAISMITH, M. D., UNIVERSITY OF KANSAS.

Before we can get a correct idea of this interrelation, it is necessary to get a proper perspective of the whole field of athletics in educational institutions. This would include grade school, high school, college and after life. The sphere of both college and high school athletics is intermediate, and they are therefore not an end in themselves, but a means toward an end. College athletics should, in part at least, look forward to the working years of a man's life. They should be directed so as to accomplish the best results during college life and prepare the future citizens for the most efficient living.

Just as college athletics look forward to the life of the individual, so high school athletics should look forward to college life and college athletics. We should therefore fully appreciate the fact that high school athletics are *fundamental* and not an end in themselves. In other words high school athletics should bear the same relation to college athletics that high school studies bear to college subjects. They are not necessarily of the same kind, and certainly not of the same degree, either of complexity or of intensity, but should be suited to the age, and stage of development, of the individual. If, as Groos conceives this matter, athletics are a preparation for the work of the adult, it is necessary that the proper kind of athletics should be used to accomplish the best results, and they should be graded both in kind and degree. With this in view it is necessary to understand the development of the individual, and the particular phase of development which occurs during high school life, before we can outline a scientific course leading up to college activities. The period of life from fourteen to eighteen differs from any other in the life of the individual. It is designated by a characteristic term, and has received a great deal of attention within the last few years, and the importance of proper care and guidance at this time is being emphasized.

First, it is a period of rapid growth of physique, when the bodily structure is rapidly increasing and the functions are endeavoring to keep pace with the strides made by the tissues.

*Read at the Annual Convention, Society of Directors of Physical Education in Colleges, St. Louis, Mo., Apr. 3, 1914.

Reprinted from the AMERICAN PHYSICAL EDUCATION REVIEW, October, 1914.