

December 23, 1921

To the Chairman and members of the Gymnasium Building Committee:-

Gentlemen:-

In compliance with your request at last night's meeting, I have pleasure in forwarding herewith a hurriedly prepared statement of my views regarding the desirability of changing the location of the Gymnasium from Macdonald Park to the Lower Campus.

A OBJECTIVES

The Physical Education programme in the University has grown considerably in the past few years. Further growth must occur in the very near future and the activities of the Department of Physical Education are bound to be more closely bound to the academic life of the undergraduate than heretofore.

The prevailing idea, until quite recently, was that the physical programme was a thing more or less divorced from matters academic and was participated in by the students at the conclusion of their days programme in the University. The educational advantages to be derived from properly supervised physical activities have not been realized as much as they should until a comparatively recent date. The gymnasium and the athletic field have therefore been looked upon more or less as luxuries and free activities in which any one felt free to participate as they so desired.

The whole attitude toward Physical Education has changed, in that it is fully recognized that it is education of the whole individual and not training for one particular objective. The educational programme should therefore, provide opportunities for the development of neglected organic and neuro-muscular growth, co-ordination and control; for the numerous character building influences of practical activities; for the maintenance and preservation of the efficiency of the human machine in preparation for the stress and strain of later life; for the instruction in matters of health and hygiene and for the provision of means whereby the temporarily unfit student might be scientifically cared for and returned to his normal health.

This programme means a very close relation to the life of the student, both in and out of the University buildings. It means a consideration theoretically of such subjects in hygiene as the causes of disease and physical unfitness and of the means of combating these diseases. It means further a close study of each individual student to determine the particular requirements of the individual so that the proper type of activity might be indulged in which would tend to stimulate and maintain his organic vigor. It is in the conduct of these activities that such opportunity is afforded for moral education. The intimate contact that supervisors of practical activities have with the individual, offer unlimited opportunities in this connection. In the developing and carrying out of such a program, numerous educational institutions are rating this work in Physical Education in such a manner that definite credits are given for the theoretical and practical work done and the work is rated on an equal basis with work that is strictly academic. It is felt that our University will not be long in adopting regulations which will provide for this valuable contribution to the future life of our student body and that definite point credits and ranking will be given students for work in Physical Education. It is considered that the super-athlete is not the ideal of this Department, but rather the individual who possesses a sound vigorous organic system with a full knowledge of the laws of health and hygiene, so that each individual might do his share in the prevention of sickness and disease.