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BUREAU OF EDUCATION

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RECENT STATE LEGISLATION
FOR
PHYSICAL EDUCATION

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LETTER OF TRANSMITTAL.

DEPARTMENT OF THE INTERIOR,
BUREAU OF EDUCATION,
Washington, D. C., October 1, 1918.

Sir: With the great war has come a quickened appreciation in all nations of the value of physical education. In France a strong central committee has been formed to promote physical education. In England comprehensive and far-reaching provisions for physical education are incorporated in the new education law. In our own country eight States since 1915 have enacted laws providing for State-wide physical education.

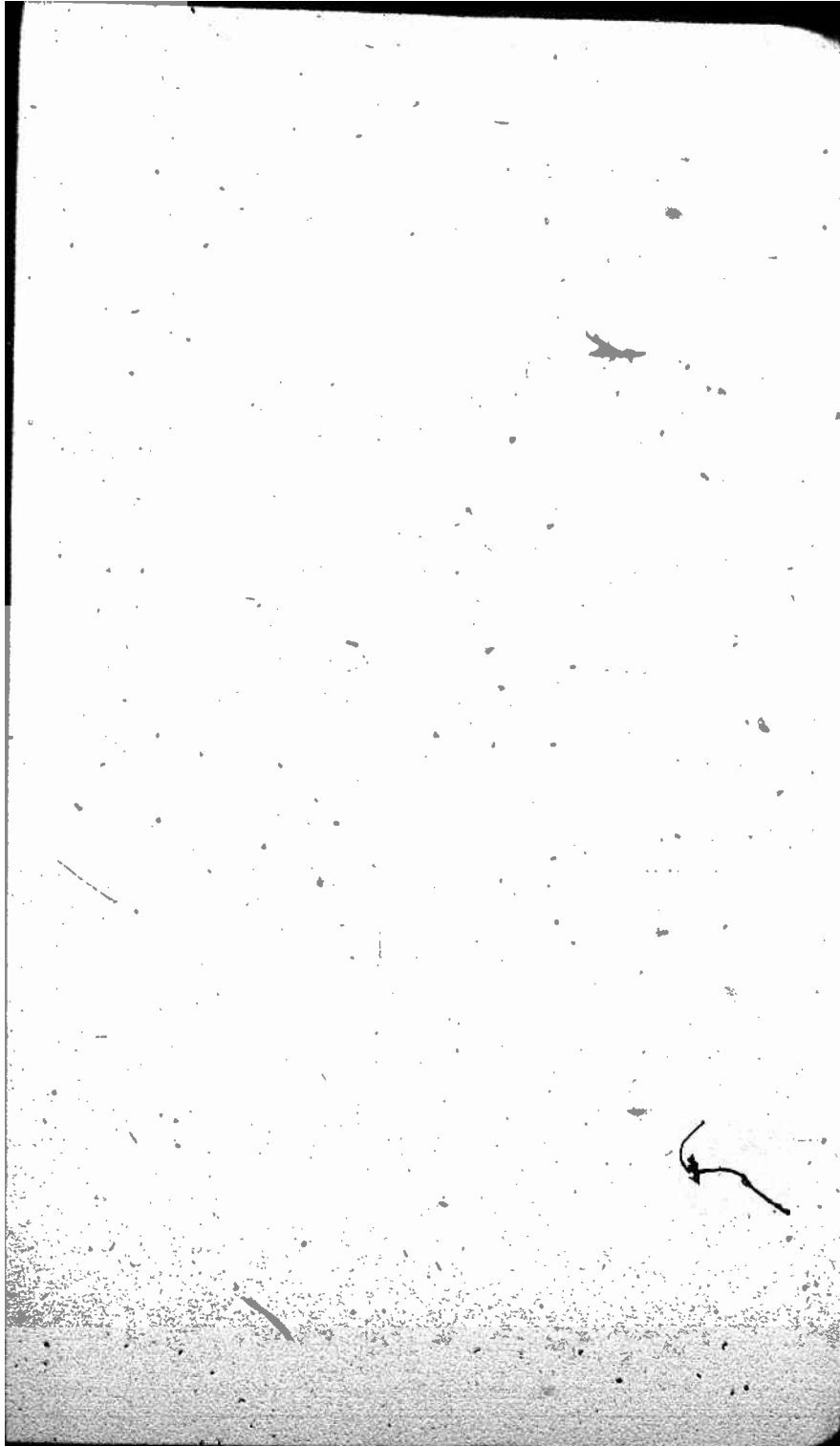
It is certain that such legislation will be under consideration in many State legislatures in the immediate future. An analysis of the State laws already enacted and a summary of principles underlying effective State legislation for physical education have been prepared by Dr. Thomas A. Storey, State inspector of physical training, New York, and Dr. W. S. Small, the bureau's specialist in school hygiene and physical education.

I recommend that the manuscript transmitted herewith be published as a bulletin of the Bureau of Education.

Respectfully submitted.

P. P. CLAXTON,
Commissioner.

THE SECRETARY OF THE INTERIOR.



RECENT STATE LEGISLATION FOR PHYSICAL EDUCATION.

PART I.

CHRONOLOGICAL ANALYSIS OF STATE LEGISLATION FOR PHYSICAL TRAINING.

Since June, 1915, eight States in this country have enacted physical education laws. The order of adoption is as follows: Illinois, June 26, 1915; New York, May 15, 1916; New Jersey, March 23, 1917; Nevada, March 21, 1917; Rhode Island, April 19, 1917; California, May 26, 1917; Maryland, 1918; Delaware, April 10, 1918.

In most instances the initial impulse to these State laws for physical education was interest in military preparedness, and took the form of bills for military training of high-school boys. Investigation and deliberation resulted in convincing the legislators that military training for high-school boys was less valuable even as a measure for military preparedness than a sound system of physical education. With one exception, therefore, all of these States enacted laws providing for compulsory physical education of all of its school children. The Nevada law is for high schools only.

In six other States legislative attention has been given to this question, but as yet legislation has not been enacted. These States are: Massachusetts, Connecticut, Pennsylvania, Nebraska, Ohio, and Colorado.

ILLINOIS.

The Illinois law antedates all the others. It provides for physical training in all of the public schools and in all of the normal schools of the State. Apparently, no special provision has been made in that State for the operation of the law; no appropriation for the development of a program or the publication of a syllabus; and no resources for the employment of State supervisors, inspectors, or other administrators of physical education. It appears that the people of the State are not satisfied with the law, and that efforts have been made to amend it so that it may serve a more useful purpose.

NEW YORK.

The New York law, approved May 15, 1916, and amended at the legislative session of 1918, provides that:

All male and female pupils, above the age of 8 years, in all elementary and secondary schools of the State, shall receive, as a part of the prescribed courses of instruction therein, such physical training under the direction of the commissioner of education as the regents, after conference with the military training commission, may determine, during periods which shall average at least 20 minutes each day. * * * Similar courses of instruction shall be prescribed and maintained in private schools of the State, and all pupils in such schools above 8 years of age shall attend upon such courses; and if such courses are not so established and maintained in any private school, attendance upon instruction in such school shall not be deemed substantially equivalent to instruction given to children of like ages in the public school or schools of the city or district in which the child resides.

The administration of this law in the State of New York is a function of the regents of the University of the State of New York, that is, of the State department of education. A bureau of physical training has been established as a subdivision of the State military training commission. The State inspector of physical training, the chief officer of this bureau, is required, in accordance with the law, to observe and inspect the work and methods described under the provisions of the education law relating to instruction in physical training. The State law in New York also provides that all public schools in the State employing special teachers of physical training, qualified and duly licensed under the regulations of the regents, may receive financial support from the State to the extent of half the salary of each teacher so employed, provided that half the salary does not exceed \$600, and the law further requires that:

The board of education or trustees of every school district in a city, and every union free school district regularly employing 10 or more teachers, shall employ a teacher or teachers qualified and duly licensed under the regulations of the regents to give such instruction; in every other district of the State they shall require such instruction to be given by the teacher or teachers regularly employed to give instruction in other subjects or by a teacher or teachers qualified and duly licensed under the regulations of the regents.

At the last session of the legislature, 1918, the sum of \$60,000 was appropriated for the purpose of enabling the education department of the State to provide for the supervision and special instruction in physical training of teachers of other subjects who are assigned or designated, as required by law, to give instruction in physical training.

Pursuant with the enactments of 1916, the regents of the University of the State of New York and the military training commission of that State produced jointly a State Program and Syllabus of

Physical Training, which in published form covers about 300 printed pages. In this program and syllabus, physical training is interpreted as covering—

(1) Individual health examination and personal health instruction (medical inspection); (2) instruction concerning the care of the body and concerning the important facts of hygiene (recitations in hygiene); and (3) physical exercise as a health habit, including gymnastics, elementary marching and organized supervised play, recreation, and athletics.

For the direction and supervision of the State program there is a force of inspectors, consisting of a State inspector of physical training and nine assistant inspectors.

The program and syllabus now operating in the State of New York require six hours a week in physical training for every pupil who comes under the provision of the law.

NEW JERSEY.

The physical education law of New Jersey requires that:

There shall be established and made a part of the courses of instruction in the public schools of this State (New Jersey) what shall be known as "a course in physical training." Such a course shall be adapted to the ages and capabilities of the pupils in the several grades and departments and shall include exercises, calisthenics, formation drills, instruction in personal and community health and safety and in correcting and preventing bodily deficiency, and such other features and details as may aid in carrying out these purposes, together with instruction as to the privileges and responsibilities of citizenship, as they relate to community and national welfare, with special reference to developing bodily strength and vigor and producing the highest type of patriotic citizenship; and in addition, for female pupils, instruction in domestic hygiene, first aid, and nursing. To further promote the aims of this course any additional requirements or regulations as to medical inspection of school children may be imposed.

The New Jersey law prescribes that the State commissioner of education, with the approval of the State board of education, shall prepare a course in physical training in compliance with the State law and that experts may be employed to assist him in preparing such courses of instruction and in putting those courses into operation in the public schools of the State.

All children physically fit and capable of doing so are required to take the course in physical training as provided by the State legislature, and such course is made by law a part of the curriculum prescribed for the several grades, and it specifies that the conduct and attainment of the pupils shall be marked as in other courses or subjects, and the standing of the pupil in connection therewith shall form a part of the requirements for promotion or graduation.

The time requirement in New Jersey is "at least 2½ hours in each school week."

The law further requires that all students in the State normal schools of New Jersey shall receive thorough instruction in physical training, and that such instruction shall be provided for all students in attendance at the State summer schools as shall elect to take such instruction.

Instruction in courses of physical training in New Jersey are subject to the general supervision and direction of the commissioner of education, who is authorized by act of the legislature to appoint such expert assistants as in the opinion of the State board of education shall from time to time be necessary to carry out the purposes of the State law.

Local boards of education are authorized to raise money for the support of the local expense attending upon operating the State law of physical training, but no special provision is made by the legislature of the State of New Jersey for State support in local school systems; the general laws governing the distribution of money regarding apportionment to teachers is effective in the case of physical training supervisors and teachers.

The original bill provided the sum of \$10,000 for the purpose of enabling the State commissioner of education and the State board of education to carry out its provisions, and made it a law that the sum of \$12,000 be provided in the annual appropriation bill for that purpose for the year 1918.

Pursuant with the provisions of this law, the commissioner of education and the State board of education of New Jersey have produced and published a State Program and Syllabus of Physical Education.

NEVADA.

The physical training law for the State of Nevada was approved on March 21, 1917. This act reads in part as follows:

SECTION 1. It is hereby made the duty of all school officers in control of public high schools in the State of Nevada to provide for courses of instruction designed to prepare the pupils for the duties of citizenship, both in time of peace and in time of war. Such instruction shall include:

(1) Physical training designed to secure health, vigor, and physical soundness of the pupil; (2) instruction relative to the duties of citizens in the service of their country. It shall be the aim of such instruction to inculcate a love of country and a disposition to serve the country effectively and loyally.

SEC. 2. All boards of education or boards of school trustees of county or district high schools offering a four years' high-school course are hereby empowered to employ teachers of physical training who shall devote all or part of their time to physical instruction for both boys and girls.

SEC. 3. In order to assist in the payment of salaries of said physical training instructors, there shall be levied on the passage of this act an ad valorem tax of 5 mills on the \$100 of assessed valuation of all the taxable property of the State.

The superintendent of education for the State of Nevada has issued a program and syllabus for physical training, pursuant with the provisions of this law.

This Nevada law has the advantage of providing an assured income through its ad valorem tax for the assistance of the various high schools and the payment of salaries of their teachers of physical training. It apparently does not provide any administrative machinery whereby the State superintendent of public instruction may more effectively direct, supervise, and inspect the operation of the State Program of Physical Education. The law unfortunately leaves out of consideration the elementary schools of the State, in which physical training is even more important than in secondary schools. This deficiency is met in part at least through the authority of the State department of education, which has made physical training a requirement in the elementary schools of the State.

RHODE ISLAND.

On April 19, 1917, the governor of the State of Rhode Island approved a law to provide physical training for school children, which reads as follows:

All children above the age of 8 years, attending public schools or such other schools as are managed and controlled by the State, shall receive therein instruction and the practice in physical training under such regulations as the State board of education may prescribe or approve during periods which shall average at least 20 minutes in each school day. No private school or private instruction shall be approved by any school committee * * * as substantially equivalent to that required by law of a child attending a public school in the same city and town unless instruction and practice in physical training similar to that required in the public school shall be given.

For the purpose of preparing and introducing such course of instruction, the sum of \$500, or such sum thereof as may be necessary, is hereby appropriated.

Pursuant with this act of the legislature the State board of education has issued a syllabus for physical education in the schools of Rhode Island.

This syllabus is concerned with (1) the provision of the health and sanitary environment of pupils; (2) a personal health examination and instruction for each pupil at least once a year by a physician and specialist and daily inspection by the parent and teacher; (3) class instruction concerning the important facts of physiology and hygiene for all children and all grades; (4) exercises including such motor activities as marching, gymnastics, and supervised play and recreation.

The general plan and syllabus of physical education for the schools of Rhode Island cover 110 printed pages.

There seems to have been no provision made in this law for the expense of enforcing this requirement in physical education by the

board of education in the State of Rhode Island; no provision for State support of local school systems or for the employment of special teachers; and no provision for administrative machinery for supervision, direction, or inspection of the operation of the law. Unless some such support is given, the probabilities are that the law will not be particularly productive in Rhode Island.

The physical education law will be codified with other laws dealing with provisions for the safety and health of school children. The law is mandatory; has been put into effect, and is being complied with throughout the State. It is to be regretted that a section of the original bill carrying an annual appropriation for special State supervision and inspection was not enacted into law. A State supervisor devoting full time to supervision and inspection could do much to accelerate progress.

CALIFORNIA.

On May 26, 1917, an act providing for physical education became a law in the State of California.

This law provides that the school authorities in the public schools of the State, elementary and secondary, shall prescribe suitable courses of physical education for all pupils, except such as may be excused from such training on account of physical disability.

The California law makes it a duty of the superintendent of schools in every county and city, and of every board of education, board of school trustees, and high-school board, to enforce the courses of physical education prescribed by the proper authority, and to require that such physical education be given in the schools under their jurisdiction or control.

In the elementary schools the time requirement in California shall "average 20 minutes in each school day," and in the secondary schools "at least two hours each week while that school is in session."

This law requires that, if the number of pupils in a given school system is sufficient, there shall be employed a competent supervisor or such special teachers of physical education as may be necessary. The enactment further specifies that the State board of education shall require a course in physical training in all the normal schools of the State and provides that the State board of education shall prescribe a course in physical education for such schools and shall make the completion of such course a requirement for graduation.

Under this law, it is the duty of the State board of education—

- (1) To adopt such rules and regulations as it may deem necessary and proper to secure the establishment of courses in physical education in the elementary and secondary schools in accordance with the provisions of this act;
- (2) to appoint a State supervisor of physical education;
- (3) to compile, or cause to be compiled or printed, a manual in physical education for distribution to teachers in the public schools of the State.

The sum of \$10,000 was appropriated for the purpose of carrying out the provisions of the California law.

The preliminary program indicates that the State supervisor will produce for that State a thorough and carefully developed curriculum. The present emphasis in California seems to be directed toward the training of teachers, which is without doubt the most important factor in the successful development of a State-wide program of physical education.

The chief handicap of the California plan is the inadequate financial support, unless the legislature does better than \$10,000 a year for the supervision, direction, and administration of physical education throughout the State.

MARYLAND.

The physical training act, which is now a law in the State of Maryland, was introduced before the senate of that State on March 22, 1918.

This law reads in part as follows:

1. There shall be established and provided in all the public schools of this State, and all schools maintained or aided by the State, physical education and training for pupils of both sexes during the following minimum periods: A. In the elementary public schools at least 15 minutes in each school day and also at least one hour of directed play outside of regular classroom work in each school week. B. In public high schools at least one hour in each school week and also at least two hours of directed play or athletics for all pupils outside of regular classroom work in each school week.

The law of Maryland provides for the appointment of a supervisor of physical education whose duties shall be to direct and carry out the provisions of the State law under the direction of the State superintendent of schools. The State board of education is further authorized and directed to appoint such other assistants, both clerical and professional, as may be recommended by the State superintendent of schools as necessary in the administration and supervision of physical education.

The law further provides that the State supervisor of physical education immediately after his appointment shall organize his work and shall formulate the necessary and proper plans, courses, and regulations for carrying out the provisions in the State law for physical training.

In view of the great resources which Maryland possesses in its highly trained and public-spirited citizens prominent in the health educational movements of our Nation, it is to be expected that Maryland will produce an effective and far-reaching plan for the physical education of her school children.

DELAWARE.

On April 10, 1918, an act was approved by the governor of the State of Delaware prescribing physical training for the school children of the State and creating a physical training commission to inaugurate a system of physical training for school children. This law reads in part, as follows:

That from and after the passage of this act, the school children of this State shall receive physical training, the character and methods of which shall be prescribed from time to time by the State board of education and a commission is hereby created to be known as "The Physical Training Commission," whose duties shall be to devise a system of physical training and inaugurate the same in the schools of this State, subject to the direction of the State board of education.

The said commission shall consist of the governor and four suitable persons, to be appointed by the governor, who shall serve without pay. The functions of the said commission shall cease when a system of physical training shall have been inaugurated as provided in section 1 of this act.

It is to be expected that in face of the acute realization of the importance of physical education which is now gripping the world, Delaware will make full use of her opportunity.

PART II.

PURPOSE AND SCOPE OF STATE LAWS FOR PHYSICAL EDUCATION.

The following summary shows the essential features of the laws classified under purpose and scope:

The words "purpose" and "scope" as here used mean as follows: *Purpose*, the educational aims to be attained and the specific activities and processes through which these aims are to be realized; *Scope*, the provisions and requirements written into the laws as essential conditions to effective administration of the laws.

The laws enacted in New York, New Jersey, and California are the broadest in purpose and the most definite in character. For this reason, they are considered first in each classification; the other States follow alphabetically. Where no mention is made of a State, the law provides nothing.

I. PURPOSE.

New York.—No statement of purpose is made in the physical training law of the State of New York. The following paragraph occurs in the military training law enacted simultaneously with the physical training law: "In order to more thoroughly and comprehensively prepare the boys of the elementary and secondary schools for the duties and obligations of citizenship, it shall also be the duty of the military training commission, to recommend from time to time to the board of regents, the establishment in such schools of habits, customs, and methods best adapted to develop correct physical posture and bearing, mental and physical alertness, self-control, disciplined initiative, sense of duty, and the spirit of cooperation under leadership."

California.—"To provide for the organization and supervision of courses in physical education in the elementary, secondary, and normal schools of the State.

"The aims and purposes of the courses of physical education established under the provisions of this act shall be as follows: (1) To develop organic vigor, provide neuro-muscular training, promote bodily and mental poise, correct postural defects, secure the more advanced forms of coordination, strength, and endurance, and to promote such desirable moral and social qualities, as appreciation of the value of cooperation, self-subordination and obedience to authority and higher ideals, courage and wholesome interest in truly recreational activities; (2) To promote a hygienic school and home life, secure scientific sanitation of school buildings, playgrounds, and athletic fields, and the equipment thereof."

New Jersey.—"There shall be established and made a part of the courses of instruction in the public schools of this State what shall be known as 'A Course in Physical Training.' Such course shall be adapted to the ages and capabilities of the pupils in the several grades and departments."

It provides for varied and graded physical activity, adapted to age and physical condition as the basic element in physical education, together with instruc-

tion as to the privileges and responsibilities of citizenship, as they relate to community and national welfare, with special reference to developing bodily strength and vigor, and producing the highest type of patriotic citizenship, and in addition, for female pupils, instruction in domestic hygiene, first aid, and nursing."

Nevada.—SECTION 1. It is hereby made the duty of all school officers in control of public high schools in the State of Nevada to provide for courses of instruction designed to prepare the pupils for the duties of citizenship, both in time of peace and in time of war. Such instruction shall include: (1) Physical training designed to secure the health, vigor, and physical soundness of the pupil; (2) instruction relative to the duties of citizens in the service of their country. It shall be the aim of such instruction to inculcate a love of country and a disposition to serve the country effectively and loyally."

Rhode Island.—No reference to purpose in the act but the syllabus of the State department of education states: "Physical education may be defined as including healthful, sanitary environment; medical inspection; instruction in physiology and hygiene; and exercise in the form of such motor activities as marching, gymnastics, dancing, supervised play, and athletics." "The general aim of physical education is social efficiency, which includes such specific aims as organic health and vigor, normal physical development, freedom from physical defects, efficient motor control, grace, agility, endurance, and general physical fitness; alertness, courage, judgment, initiative, imagination, obedience, honesty, unselfishness, cooperation, and loyalty."

II. SCOPE.

Included in this term, as shown by the several acts, are the following items:

1. PRESCRIPTION OF AGE OR GRADE LIMITS.

New York.—All male and female pupils above the age of 8 years in all elementary and secondary schools. (Including private schools.)

California.—All pupils enrolled in the elementary schools except pupils who may be excused on account of physical disability; and all high-school pupils except pupils regularly enrolled in high-school cadet companies and pupils excused on account of physical disabilities. By implication all normal school students are included.

New Jersey.—Every pupil, excepting kindergarten pupils, attending public schools of this State, including normal schools, in so far as he or she is physically fit and capable of doing so, which fitness shall be determined by the medical inspector, shall take the course in physical training, and such course shall be part of the curriculum prescribed for the several grades.

Illinois.—All children in all grades in all schools supported wholly or in part by the State, including normal schools.

Maryland.—All pupils of all grades in all schools maintained or aided by the State.

Nevada.—High-school pupils only.

Rhode Island.—All children above the age of 8 years attending public schools or such other schools as are managed and controlled by the State.

2. CREDIT AND GRADUATION.

California.—Completion of such course is a requirement for graduation.

New Jersey.—Conduct and attainment of the pupils shall be marked as in other courses or subjects, and the standing of the pupils in connection therewith shall form part of the requirement for promotion and graduation.

3. TIME REQUIREMENTS.

New York.—Periods shall average at least 20 minutes per day.

California.—Periods shall average 20 minutes per day for elementary schools and at least 2 hours each week for secondary schools.

New Jersey.—Time shall aggregate at least 2½ hours in each school week.

Illinois.—Not less than 1 hour of each week during the whole of the school year.

Maryland.—In the elementary public schools at least 15 minutes in each school day and also at least 1 hour of directed play outside of regular classroom work in each school week.

In public high schools, at least 1 hour in each school week and also at least 2 hours of directed play or athletics for all pupils outside of regular classroom work in each school week.

Rhode Island.—Shall average at least 20 minutes in each school day.

4. AUTHORITY PRESCRIBING COURSES.

New York.—The regents, after conference with the military training commission.

California.—The State board of education.

New Jersey.—Prepared by the State commissioner of education and approved by the State board of education. May employ experts to assist.

Delaware.—The character and method of physical training from time to time shall be as prescribed by the State board of education. A "Physical Training Commission" is created to "devise a system of physical training, and inaugurate the same in the schools of the State subject to the direction of the State board of education." "The functions of said commission shall cease when a system of physical training shall have been inaugurated."

Illinois.—Local boards of education.

Maryland.—State supervisor of physical education, under direction of State superintendent, with approval of State board of education.

Nevada.—Local boards of education.

Rhode Island.—State board of education.

5. AUTHORITY ENFORCING COURSES.

New York.—State commissioner of education.

California.—State board of education.

New Jersey.—State commissioner of education.

Delaware.—State board of education.

Illinois.—Local boards of education.

Maryland.—State board of education.

Nevada.—Local boards of education.

Rhode Island.—State board of education.

6. SUPERVISION.

New York.—State military commission may appoint and at pleasure remove an inspector of physical training at a salary not exceeding \$5,000 a year and other assistants, clerks, and employees at salaries to be fixed by the commission.

California.—The State board of education shall appoint a State supervisor of physical education at a salary not exceeding \$3,600; and, within the limits of the appropriation provided, may employ such expert and clerical assistance as may be necessary to carry out the provisions of the act.

New Jersey.—State commissioner of education has general supervision and direction. He shall appoint such expert assistants as in the opinion of the State board of education shall from time to time be necessary to carry out the purpose of the act.

Delaware.—No provision other than State board of education.

Maryland.—The State board of education, upon recommendation of the State superintendent of schools, shall appoint a supervisor of physical education whose duty it shall be to direct and carry out the provisions of this act under the direction of the State superintendent of schools.

7. DUTIES OF STATE SUPERVISOR OF PHYSICAL EDUCATION.

New York.—Not specified. Assigned by State military commission.

California.—To have general supervision. Shall exercise general control over all athletic activities of the public schools. Shall advise school officials, school boards, and teachers in matters of physical education. Shall visit and investigate the work in physical education.

Maryland.—To direct and carry out the provisions of the act. Shall formulate the necessary and proper plans, courses, and regulations for carrying out the provisions of the act.

8. LOCAL SUPERVISION.

New York.—No specific provision, except that special teachers of physical training are authorized. In the amendment of 1918, it is provided that the education department may provide for the supervision and special instruction in physical training of teachers regularly employed to give instruction in other subjects who are assigned, under the terms of the act, to give instruction in physical training.

California.—When the number of pupils in any school district or municipality is sufficient, there shall be employed a "competent supervisor and such special teachers of physical education as may be necessary."

9. PROVISIONS AS TO TEACHERS.

New York.—"When the number of pupils in the city or school district * * * is sufficient" there shall be employed "a competent teacher or teachers to give such instructions." "The trustees or boards of education of two or more contiguous districts in the same supervisory district, when authorized or directed by the commissioner of education may join in the employment of a competent teacher." The amendment of 1918 clarifies and improves the provision as follows: The board of education or trustees of every school district in a city and every union free school district *regularly employing 10 or more teachers* shall employ a teacher or teachers *qualified and duly licensed* under the regulations of the regents to give such instructions; in every other district of the State, they shall require such instruction to be given by the teacher or teachers regularly employed to give instruction in other subjects or by a teacher or teachers qualified and duly licensed under the regulations of the regents. Contiguous districts may join forces.

California.—Essentially the same as New York provision before amendment. No definition of "sufficient" number or of "competent" teacher but the provision for joint employment by contiguous districts is purely permissive and no discretion to direct such union is lodged with any authority above the local authorities concerned.

New Jersey, Illinois, Maryland, Rhode Island.—No provision for special teachers. Power is implicit in general school law.

Nevada.—Employment of special teachers of physical training is authorized in all high schools offering a four-year high-school course. They shall devote all or part of their time to physical instruction for both boys and girls.

10. QUALIFICATIONS AND PREPARATION OF TEACHERS.

(Special teachers and regular teachers.)

New York.—Special teachers must be qualified and duly licensed under the regulations of the regents.

First paragraph of item 7. (above) authorizes the State department of education to make provision for the special instruction in physical training of regular teachers assigned to teach physical training.

California.—The State board of education, in standardizing the courses of instruction offered in the several normal schools of the State, shall prescribe a course in physical education and shall make completion of such a course a requirement for graduation.

New Jersey.—The State board of education shall adopt regulations fixing the necessary qualifications of teachers in physical training, and shall require all students at the State normal schools to receive thorough instruction in such courses, and shall provide such instruction for such students in attendance at the State summer schools as may elect to take such instruction.

Illinois.—The curriculum in all normal schools of the State shall contain a regular course of physical education and training for teachers.

Nevada.—Provides for specially licensed teachers of physical training.

11. RELATION TO MEDICAL INSPECTION.

No specific reference to medical inspection except in New Jersey law, where it is written: "To further promote the aims of this course (physical training), any additional requirements or regulations as to medical inspection of school children may be imposed;" and "physical fitness (for physical training) shall be determined by the medical inspector."

In New York, California, and Rhode Island, however, medical inspection in the sense of medico-physical examination, preventive hygiene, and corrective follow-up work are assumed in the administration of the law as essential conditions to effective physical training.

12. FINANCIAL SUPPORT.

All make appropriations for expenses of administration. New York and Nevada only provide for State subsidies to local boards.

New York.—The commissioner of education shall apportion to each city and school district in which physical training is maintained a sum equal to one-half the salary paid to each special teacher of physical training; provided, "that the entire amount apportioned on account of a single teacher during a school year shall not exceed \$600;" and provided further, that the courses of instruction and the instruction are approved by the commissioner of education as meeting the standards prescribed and as conforming to the law and the regulations of the regents.

Nevada.—In order to assist in the payment of salaries of physical-training instructors, there is levied a special ad valorem tax of 5 mills on the hundred dollars. The apportionment is made by the State superintendent of public instruction on the basis of \$300 for each 100 pupils or fraction thereof enrolled in any high school partaking of the benefits of the act.

13. RELATION TO MILITARY TRAINING.

New York.—The military training commission performs two functions relative to physical training:

(1) Appoints State physical training supervisor and assistants.

(2) Advises and confers with the board of regents as to courses of instruction in physical training and as to preparation for the duties and obligations of citizenship.

The military-training commission prescribes and directs military training for boys between 16 and 19 years of age.

California.—"Pupils regularly enrolled in high-school cadet companies" are exempted from prescribed physical training.

New Jersey.—If the State board of education or any school district or municipality shall determine that the course in physical training as prescribed for male pupils in the high schools shall include military training, such a course shall be prepared by the commissioner of education and the adjutant general and be a part of the course of physical training for male pupils. All male pupils in the high school shall be required to take this course, excepting boys physically unfit, as determined by the medical inspector, or whose parents may have conscientious scruples against military training.

Provision is made for each school district to decide by referendum upon the inclusion of military training in the event that the State board of education does not include military training in the course in physical training.

Nevada.—Section 1 shows that this act was adopted in lieu of military training in the high schools. It is designed to provide a physical training that shall be preparatory to military training or civic efficiency.

PART III.

PRINCIPLES GOVERNING STATE LEGISLATION FOR PHYSICAL EDUCATION.

The enactment of an adequate and effective State law for physical education requires a clear understanding of three things: The objects to be secured through physical education; the processes and accessories necessary for securing these objects; the specific provisions that must be incorporated in the legislative measure.

I. Obviously the object of a State law for physical education is to secure the development of the potential physical capacity of the boys and girls of the State; to make them physically, morally, and socially fit for the duties of citizenship and the joy of wholesome living. Quite as obviously, no system of education, however broadly conceived, can do this single-handed. Education is but one of the social agencies involved in the successful upbringing of youth. Good housing, adequate food, and sane regulation of juvenile labor are equally necessary. Without these cooperative conditions, any system of physical education can be only partially successful in its appointed task of developing the physical capacity of the youth of the State; but an adequate and effective system of physical education will surely stimulate the development of these other agencies in a State.

II. The processes and accessories by which the development of physical capacity may be classified with sufficient accuracy as follows:

1. Processes.

(a) Sufficient physical activity of the right character to insure development of strength, endurance, agility, and trained control of the muscular powers; and the moral and social qualities of courage, self-control, self-subordination, cooperation, and initiative.

(b) Training into health habits and instruction in health knowledge in order that the individual may know how to take care of his "animal machine" and may reverence it as a servant for high purposes.

2. Accessories.

(a) Physical examination—the charting, as it were, of each individual's physical character—repeated at sufficiently frequent intervals to secure a record of growth and physical status.

(b) Provision for correction of deficient bodily conditions that impair health and development.

(c) Adequate space and equipment for exercise appropriate to varying ages and varying physical and mental status of children and youth.

(d) Sanitary school environment, including buildings, grounds, and equipment.

(e) Organization and management of the daily school program and methods of instruction in the interest of health and vigor.

III. The legislative provision necessary to an effective State system of physical education will include the following:

1. A clear statement of the purpose and subject of the law (see N. Y., N. J., Cal., R. I.).

2. Provision of administrative machinery in the State department of education sufficient for the effective administration of the law. This provision should be broad and flexible. Two things are essential—

(a) State direction and supervision. The best plan is a State director of physical education with the rank of deputy or assistant State superintendent. His powers and duties must not be narrowly defined. (N. Y., Cal., Md.)

(b) Sufficient financial resources to insure the effective administration of this office, either by specific appropriation or by authorizing the State department to make adequate appropriation for this purpose out of the general school funds.

3. Provision for the continuous physical education of all children and youth of school age (6-18) in the State.

(a) All children in all grades and departments of the public schools.

(b) All children in institutional and private schools. (N. Y., R. I.)

(c) All students in normal schools and other schools in which teachers are trained. (N. J., Cal.)

(d) All boys and girls of school age in industry. This may be secured by extending the continuation school program so as to make physical education obligatory up to 18; or it may be secured by recognizing and crediting such agencies as municipal playgrounds, boy scouts, Young Men's Christian Association. Attempts at precise definition in the law should be avoided. It should be left as an administrative problem under general authorization. (N. Y.)

4. A minimum time requirement for physical education of one hour each day. It should be explicit that this is the minimum and that school authorities are encouraged to increase the time devoted to play, recreation, and athletics outside the regular school hours. For

children in the higher grades and in industry, activities that are approved by the State director of physical education as equivalent to prescribed courses in physical education should be accepted as fulfilling, in whole or in part, the time and quality requirements in physical education.

5. There should be a carefully drawn provision authorizing and requiring the employment of supervisors and special teachers under specified conditions and in harmony with the administrative organization of the State. A State with a county unit organization would require county supervisors; one with supervisory districts would require district supervision. City systems would require both supervisors and special teachers—the latter for intermediate and high schools at least. By specified conditions is meant that a supervisor should be required for a given unit of school population, the size of the unit to depend upon density of population.

6. Provision for State aid to county and local authorities in part payment of the salaries of supervisors and special teachers. (N. Y., Nev.).

7. Provision requiring the State department of education to fix qualifications of supervisors and special teachers and to issue special licenses for the same.

8. Provision for adequate physical education in the preparation of all teachers both for the secondary and the elementary school. The essential requirements of this part of the teachers' education should be prescribed by the State authorities.

9. Special provision for training regular class teachers already in the service in order that they may do their essential part in the program of physical education (N. Y., N. J.).

10. Provision requiring that pupils be graded in physical education as in other school subjects and exercises and that satisfactory progress in physical education be a condition to promotion and graduation. (N. J., Cal.).

11. Effective provision for coordinating medical and sanitary supervision of schools with the physical education. Otherwise such essential factors in a complete program of physical education as detection and correction of defects and sanitary conditions of grounds, buildings, and equipment will be neglected. Most States having medical inspection laws will need to revise and extend them. In States having no such laws the enactment of medical inspection and physical education laws should be worked out so as to insure effective coordination.

12. If, as in some of the laws already enacted, reference is made to military training, the interrelations should be clearly recognized. A system of physical education worthy the name must include all the

essentials of premilitary training: development of sound physical condition, training in care of one's physical self, training in cooperation, respect for discipline. Drill in tactics and the manual of arms can not be accepted as a substitute or equivalent for the course in physical education. If military training is authorized in the law, then the State director of physical education should be authorized and required to pass upon the value of any proposed plan of military training and to accept it as substitute for physical education only in so far as it includes the health, vigor, and endurance producing features of the physical education program.

PART IV.

COPIES OF STATE LAWS FOR PHYSICAL EDUCATION.

THE STATE OF ILLINOIS.

SECTION 1. *Be it enacted by the people of the State of Illinois, represented in the General Assembly:* That it shall be the duty of boards of education and of all boards in charge of educational institutions supported wholly or partially by the State to provide for the physical education and training of pupils of such public schools and educational institutions in all grades, and to include such physical education and training in the courses of instruction regularly taught therein.

SECTION 2. All boards of education and managing boards of such educational institutions shall make proper and suitable provisions in the schools and institutions under their jurisdiction for such physical education and training for not less than one (1) hour of each week during the whole of the school year.

SECTION 3. The curriculum in all normal schools of the State shall contain a regular course of physical education and training for teachers; the said course to be taught not less than one (1) hour of each week during the whole of each term of school.

Approved June 26, 1915.

THE STATE OF NEW YORK.

Law of 1910, as amended in 1918.

SECTION 695. *Instruction in physical training and kindred subjects.*—All male and female pupils above the age of 8 years in all elementary and secondary schools shall receive as part of the prescribed courses of instruction therein such physical training under the direction of the commissioner of education as the regents after conference with the military training commission may determine, during periods which shall average at least 20 minutes in each school day. Pupils above such age attending the public schools shall be required to attend upon such prescribed courses of instruction.

The board of education or trustees of every school district in a city and every union free school district regularly employing 10 or more teachers shall employ a teacher or teachers qualified and duly licensed under the regulations of the regents to give such instruction. In every other district of the State they shall require such instruction to be given by the teacher or teachers regularly employed to give instruction in other subjects or by a teacher or teachers qualified and duly licensed under the regulations of the regents. The boards of education or trustees of two or more contiguous districts in the same supervisory district, however, may join in the employment of a teacher qualified and duly licensed under the regulations of the regents to give such instruction, and the salary of such teacher and the expenses incurred on account of such instruction shall be apportioned by the district superintendent among such districts according to the assessed valuation thereof, and as so apportioned shall be a charge upon each of such districts. Similar courses of instruction shall be prescribed and maintained in private schools in the State, and all pupils in

such schools over 8 years of age shall attend upon such courses; and if such courses are not so established and maintained in any private school, attendance upon instruction in such school shall not be deemed substantially equivalent to instruction given to children of like ages in the public school or schools of the city or district in which the child resides.

Whenever the regents shall adopt recommendations of the military training commission in relation to the establishment in elementary and secondary schools of habits, customs and methods adapted to the development of correct physical posture and bearing, mental and physical alertness, self-control, disciplined initiative, sense of duty and spirit of cooperation under leadership, as provided in the military law, the regents shall prescribe and enforce such rules as may be necessary to carry into effect the recommendations so adopted.

SECTION 696. Rules of regents.—It shall be the duty of the regents to adopt rules determining the subjects to be included in courses of physical training provided for in this article, the period of instruction in each of such courses, the qualifications of teachers, the attendance upon such courses of instruction, and relating to carrying out the recommendations of the military training commission when adopted by the regents as provided for in this article.

SECTION 697. State aid for teachers employed.—The commissioner of education, in the annual apportionment of State school moneys, shall apportion therefrom to each city and school district on account of courses of instruction as provided in this article, established and maintained in the schools of such city or district during the school year or any part thereof, a sum equal to one-half of the salary paid to each teacher qualified and duly licensed under the regulations of the regents to give instruction in such courses, but the entire amount apportioned on account of a single teacher during a school year shall not exceed \$600. Such apportionments shall be made out of moneys to be appropriated therefor, subject to the provisions of law relative to apportionments of public money to the public schools of the State. Such apportionments shall not be made unless such courses of instruction shall be approved by the commissioners of education and the instruction therein shall meet the standards prescribed and conform to the provisions of this article and the rules of the regents of the university in respect thereto. If two or more districts shall jointly employ a teacher thus qualified to give such courses of instruction, the commissioner of education shall apportion a like amount on account of the salary paid to the teacher, which shall be apportioned to the school districts in accordance with the amount required to be paid by each district for the maintenance of such courses of instruction.

Law of 1918, ch. 442, Section 2, provides as follows:

The education department may provide for the supervision and special instruction in physical training of teachers regularly employed to give instruction in other subjects, who are assigned or designated as required by this act by boards of education or trustees to give instruction in physical training to the children attending the schools under the management of such boards of education or trustees in which such teachers are employed. The sum of \$60,000, or so much thereof as may be necessary, is hereby appropriated for the purpose of making effective the provisions of this section.

MILITARY TRAINING LAW, STATE OF NEW YORK.

Law of 1916, as amended in 1917 and 1918.

SECTION 26. Military training commission, its assistants, employees and expenses.—A military training commission for the State is hereby established composed of the major general commanding the National Guard *ex officio*, who

shall be chairman of the commission, a member to be appointed by the board of regents of the University of the State and a member to be appointed by the governor. The appointed members shall hold office for terms of four years.

The commission shall meet at such places within the State at such stated times as it determines and other meetings shall be held at the call of the chairman or of a majority of the members of the commission at a time and place stated in the call.

The commissioners shall not receive any compensation for their services as such, but they shall be paid their traveling expenses actually and necessarily incurred in the performance of their duties as commissioners.

The commission may appoint and at pleasure remove an inspector of physical training at a salary not exceeding \$5,000 a year and other assistants and clerks and employees at salaries to be fixed by the commission.

The commission shall make an annual report to the governor containing a summary of the business transacted with a statement in detail of its expenditures.

SECTION 27. *Physical and disciplinary training in schools; military training.*—

(1) The military training commission shall advise and confer with the board of regents of the University of the State of New York as to the courses of instruction in physical training to be prescribed for elementary and secondary schools as provided in the education law.

In order to more thoroughly and comprehensively prepare the boys of the elementary and secondary schools for the duties and obligations of citizenship, it shall also be the duty of the military training commission to recommend from time to time to the board of regents the establishment in such schools, of habits, customs, and methods best adapted to develop correct physical posture and bearing, mental and physical alertness, self-control, disciplined initiative, sense of duty, and the spirit of cooperation under leadership.

(2) After the first day of September, 1916, all boys above the age of 13 years and not over the age of 19 years, except boys exempted by the commission, shall be given such military training as the commission may prescribe for periods aggregating not more than three hours in each week during the school or college year, in the case of boys who are pupils in public or private schools or colleges, and for periods not exceeding those above stated for 41 weeks in each year in the case of boys who are not such pupils. Such training periods, in the case of pupils in schools and colleges, shall be in addition to prescribed periods of other instruction therein and outside the time assigned therefor. Such training shall be conducted under the supervision of the military training commission by such male teachers and physical instructors of schools and colleges as may be assigned by the boards of education or trustees of such schools or governing bodies of such colleges and accepted by the commission, and by officers and enlisted men of the National Guard and Naval Militia selected by the commission and detailed for that purpose or such officers and enlisted men of the United States Army as may be available. The officers and enlisted men of the National Guard and Naval Militia so detailed shall, while in the actual performance of the duties of the detail, receive such percentage of the pay authorized by this chapter for officers and enlisted men of the National Guard and Naval Militia of their respective grades and length of service as may from time to time be fixed by the commission. Teachers and instructors assigned from schools and colleges shall be paid such compensation as the commission may determine out of moneys appropriated for carrying out the provisions of this article.

Such requirement as to military training, herein prescribed, may in the discretion of the commission be met in part by such vocational training or voca-

tional experience as will, in the opinion of the commission, specifically prepare boys of the ages named for service useful to the State, in the maintenance of defense, in the promotion of public safety, in the conservation and development of the State's resources, or in the construction and maintenance of public improvements.

(3) The military training commission shall cause to be issued to each boy above the age of 16 years and not over the age of 19 years, who complies with the requirements of this article, a certificate in such form and in such manner as the commission shall prescribe, stating that such boy is enrolled for military training and is meeting the requirements of the law as to such military training.

(4) No boy above the age of 16 years and not over the age of 19 years shall be permitted to continue in attendance upon instruction in any public or private school or college within the State, unless such boy is in possession of a certificate issued as hereinbefore provided, or unless such boy has been exempted by the commission from military training as provided by law and the rules and regulations of the commission. It shall be the duty of the principal or other officer or person having and exercising supervision and control over any such school or college to exclude such boys from attendance upon instruction thereat unless they possess such certificate or are exempted by the commission as herein provided. If the principal or officer in charge of a private school shall fail to comply with the provisions of this subdivision, such school shall not receive any apportionment from public-school moneys or academic funds appropriated by the State legislature for the aid of such schools; and if the officer or person in charge of a college shall fail to comply with the provisions of this subdivision, such college shall not be recognized as one of the colleges which may be attended by the holder of a State scholarship issued under the provisions of chapter 202 of the laws of 1913 and the acts amendatory thereof.

(5) A boy above the age of 16 years and not over the age of 19 years who does not possess a certificate issued as herein provided, showing that he is enrolled for military training and is meeting the requirements of the military training commission as to such military training, shall not be employed or continued in employment by any person, firm, or corporation within this State, or by any officer, manager, superintendent, or other employee acting in behalf thereof, unless such boy has been exempted by the commission under its rules and regulations. (As amended by L. 1917, ch. 49, and L. 1918, ch. 470.)

SECTION 28. *Field training for boys.*—Within the limit of appropriations therefor, the commission shall establish and maintain State military camps of instruction for field training of boys who are physically fit and above the age of 16 years and not over the age of 19 years and who are accepted therefor by the commission. In determining the persons to receive such field training, where moneys available are not sufficient to provide for all, preference shall be given in the following order unless otherwise provided by law: (1) To male pupils in attendance during the preceding school year in secondary schools; (2) pupils in attendance at State agricultural schools and State agricultural colleges during that period; (3) the other boys above specified. The camps shall be located in such places throughout the State as the commission may determine. Any society, organization, or association having a fair ground and entitled to an apportionment of State moneys under sections 310 and 311 of the agricultural law, shall, upon the request of the commission, allow the use of its grounds, or part thereof, for any such camp, when the grounds are not needed for its own purposes, unless previously leased to other parties; and if any such society, association, or organization shall refuse to allow the use of its grounds as above provided, the moneys otherwise due to it under such law

shall be withheld each year in which such refusal occurs. Such field training shall be given annually, during the summer months, and shall for each detachment of boys cover a period of not less than two or more than four weeks, as the commission may determine. Such camps and the training and discipline thereat shall be under the direction and charge of the commission. The major general commanding the National Guard shall detail for service at such camps such number of officers and enlisted men of the National Guard and Naval Militia as may be required by the commission. Such officers and enlisted men during such detail shall receive pay, subsistence, and transportation as authorized in this chapter and the regulations issued thereunder for officers and enlisted men of their grades and length of service on duty under orders of the major general commanding the National Guard. (As amended by L. 1918, ch. 470.)

SECTION 29. *General powers and duties of the commission.*—The commission, in addition to the powers elsewhere in this article conferred on it, shall have power to—

1. Provide for the observation and inspection of the work and methods prescribed under the provisions of this article, or under the provisions of the education law relating to instruction in physical training prescribed after conference with the commission.
2. Prescribe the powers and duties of the inspector of physical training.
3. Regulate the duties of clerical and other assistants and employees of the commission.
4. Prescribe rules and regulations for compulsory attendance during the periods of military training provided in this article.
5. Regulate individual exemptions from prescribed military training.
6. Maintain and cooperate with the colleges in the State or the Federal authorities in maintaining courses of instruction for male teachers and physical instructors and others who volunteer and are accepted by the commission.
7. Make regulations and rules for fully carrying into effect the provisions of this article.

SECTION 29-a. *State military property, including armories, may be used.*—The authorities in charge of armories shall, upon the application of the military training commission, allow the use of any armory of the National Guard and Naval Militia for the conduct of military drills provided for by this article, when such armory is not then required for the use of the National Guard or Naval Militia, and shall authorize the temporary use by boys for whom military instruction is provided as prescribed in this article, for the purpose of such drills, of arms, and other equipment of the National Guard and Naval Militia, belonging to the State, not then required for the use of the National Guard or Naval Militia, and of arms and other equipment which may have been rendered obsolete and unserviceable and which may be retained and issued for such purpose, under such rules and regulations as the proper military authorities may prescribe. The military authorities of the State are authorized and empowered to loan to the military training commission such military property as may be necessary in the organization and maintenance of field training camps, and to carry out the provisions of this article.

SECTION 29-b. *Use of school buildings.*—The school authorities throughout the State are authorized to permit the use of school buildings and school grounds for the purpose of carrying out the provisions of this article.

SECTION 29-c. *Expenses of detailed officers and men.*—The expenditures authorized to be made by this article to officers and enlisted men of the National Guard detailed as therein authorized shall be paid from funds appropriated to carry out the provisions of this article.

SECTION 29-d. *Definitions; article not applicable to certain schools.*—The expression "school authorities" as used in this article shall be construed to have the same meaning and effect as is given to such expression in the education law. "Secondary schools" mean schools for "secondary education," as defined in such law, to the extent that they provide such education. None of the provisions of this article shall apply to any agricultural college in any institution in this State which receives the benefits of the act of Congress of July 2, 1862, providing for instruction in agriculture, the mechanic arts, and military training, and in which instruction in military tactics is now required of pupils, nor shall it apply to pupils therein.

THE STATE OF RHODE ISLAND.

SECTION 1. All children above the age of 8 years, attending public schools or such other schools as are managed and controlled by the State shall receive therein instruction and practice in physical training under such regulations as the State board of education may prescribe or approve during periods which shall average at least 20 minutes in each school day. No private school or private instruction shall be approved by any school committee for the purposes of chapter 72 of the General Laws as substantially equivalent to that required by law of a child attending a public school in the same city and town unless instruction and practice in physical training similar to that required in public schools shall be given.

SECTION 2. For the purpose of preparing and introducing such course of instruction, the sum of \$500, or so much thereof as may be necessary, is hereby appropriated out of any money in the treasury not otherwise appropriated for expenditure by the State board of education during the fiscal year ending on December 31, 1917; and the State auditor is hereby directed to draw his orders on the general treasurer for the payment of said sum or so much thereof as may be required, on vouchers approved by said State board of education.

SECTION 3. This act shall take effect on and after July 1, 1917.

THE STATE OF NEW JERSEY.

Law introduced February 13, 1917.

1. There shall be established and made a part of the courses of instruction in the public schools of this State what shall be known as "A Course in Physical Training." Such course shall be adapted to the ages and capabilities of the pupils in the several grades and departments, and shall include exercises, callisthenics, formation drills, instruction in personal and community health and safety and in correcting and preventing bodily deficiency, and such other features and details as may aid in carrying out these purposes, together with instruction as to the privileges and responsibilities of citizenship, as they relate to community and national welfare, with special reference to developing bodily strength and vigor, and producing the highest type of patriotic citizenship; and in addition, for female pupils, instruction in domestic hygiene, first aid and nursing. To further promote the aims of this course any additional requirements or regulations, as to medical inspection of school children may be imposed.

2. The course herein prescribed shall be prepared by the State commissioner of education, and, when approved by the State board of education, shall constitute the prescribed course in physical training. By and with the approval of the State board of education, the State commissioner of education may employ experts to assist him in preparing such courses of instruction, and to assist in putting into operation the courses and work as prescribed in the public schools of the State.

3. Every pupil, excepting kindergarten pupils, attending the public schools of this State, in so far as he or she is physically fit and capable of doing so, which fitness shall be determined by the medical inspector, shall take the course in physical training as herein provided, and such course shall be a part of the curriculum prescribed for the several grades, and the conduct and attainment of the pupils shall be marked as in other courses or subjects, and the standing of the pupil in connection therewith shall form a part of the requirements for promotion or graduation.

4. The time devoted to such courses shall aggregate at least two and one-half hours in each school week, or proportionately when holidays fall within the week.

5. If the State board of education or any school district or municipality, as hereinafter provided, shall determine that the course in physical training as prescribed for male pupils in the high school shall include military training, such a course shall be prepared by the commissioner of education and the adjutant general and be a part of the course of physical training for male pupils. All male pupils in the high school shall be required to take this course, excepting in the case of boys physically unfit, as determined by the medical inspector, or whose parents may have conscientious scruples against military training; provided, however, in event the State board of education shall not include military training in the requirements for such course, the board of education of any school district, which elects the members of such board by vote of the people, may submit the question of whether the same shall be included in the course of physical training as herein prescribed for such district, or upon petition to the board of education by at least 10 per centum of the legal voters of such district such board shall submit the question to referendum vote, of those qualified to vote in such district for members of the board of education; at the ensuing annual or a special election in such school district and in districts which do not elect members of the board of education by vote of the people, when the said board, by resolution passed by it and delivered to the clerk of the municipality within which such district is constituted, shall so determine, or upon petition of at least 10 per centum of the legal voters of such municipality delivered to the clerk of the municipality, said clerk shall cause the question as to whether the course of physical training shall include military training to be submitted to a referendum vote of the legal voters of such municipality and such question shall be placed on the ballot of the next ensuing general election in said municipality.

Before a vote shall be taken, as herein provided, the clerk of the school district or municipality, as the case may be, shall cause 15 days' notice to be published at least twice, in a newspaper or newspapers published or circulating in said school district or municipality. The first insertion of such notice shall be at least 15 days prior to the date of such election. The ballot shall be in the following form:

	Yes.	Shall the course in physical training for male pupils in the high school include military training?
	No.	

To vote in favor of the question, place an X mark in the square to the left of the word "Yes;" to vote against it, place an X mark in the square to the left of the word "No."

The ballots shall be canvassed in the same manner as those for members of the board of education in a school district and for candidates for office in a municipality. If a majority of the votes cast on such question shall be in the affirmative, military training shall be included in the course of physical training for male pupils in the high school of such district or municipality, as the case may be.

The cost of all matters pertaining to such referendum vote shall be borne by the school district or municipality, as the case may be.

6. Where the course of physical training is amended to include military training, as provided in section 5, such necessary equipment, and expenses incidental thereto, shall be provided in the same manner as other expenses for the maintenance of the schools are provided.

7. Where a course of military training is included in the course of physical training, as herein provided, the instructor shall at all times hold a certificate as to qualification as an instructor in military training from the adjutant general, and the salary of the instructor shall be met by the district obtaining these services.

8. The State board of education shall adopt regulations fixing the necessary qualifications of teachers in physical training, and shall require all students at the State normal schools to receive thorough instruction in such courses, and shall provide such instruction for such students in attendance at the State summer schools as shall elect to take such instruction.

9. The instruction and courses in physical training shall be subject to the general supervision and direction of the commissioner of education. The commissioner of education shall appoint such expert assistants as in the opinion of the State board of education shall from time to time be necessary to carry out the purposes of this act.

10. The courses herein required shall be made a part of the instruction beginning with the next fall term of the school year; provided, that where the course of military training is adopted by a referendum vote, such course shall be instituted within 60 days of the date of such election. The board of education of any school district is hereby authorized to borrow on temporary loan such money as may be necessary for carrying out the provisions of this act in its respective district. Money so borrowed shall be placed in the appropriation, which shall be operative beginning July 1, 1918, and shall be paid by the 31st day of December, 1918. In the budget for the school year, beginning July 1, 1918, and each year thereafter, appropriation shall be made for carrying out the provisions of this act.

11. For the purpose of enabling the State commissioner of education and the State board of education to carry out the provisions of this act, the sum of \$10,000 shall be appropriated in the supplemental appropriation bill and \$12,000 in the annual appropriation bill.

12. This act shall take effect immediately.

THE STATE OF NEVADA.

Section 1. It is hereby made the duty of all school officers in control of public high schools in the State of Nevada to provide for courses of instruction designed to prepare the pupils for the duties of citizenship, both in time of peace and in time of war. Such instruction shall include (1) physical training designed to secure the health, vigor, and physical soundness of the pupil; (2) instruction relative to the duties of citizens in the service of their country. It shall be the aim of such instruction to inculcate a love of country and a disposition to serve the country effectively and loyally.

Special Teacher, When.

SECTION 2. All boards of education or boards of school trustees of county or district high schools offering a four-year high-school course are hereby empowered to employ teachers of physical training who shall devote all or part of their time to physical instruction for both boys and girls.

State Tax Authorized.

SECTION 3. In order to assist in the payment of salaries of said physical training instructors, there shall be levied on the passage of this act an ad valorem tax of 5 mills on the \$100 of assessed valuation of all the taxable property of the State.

Superintendent of Public Instruction to Apportion Money.

SECTION 4. The State superintendent of public instruction at the time of the apportionment of other State school funds shall apportion the funds derived from the levy as provided in section 3 of this act on the basis of the high-school enrollment of the preceding school year, as follows: Three hundred dollars for each 100 pupils, or fraction thereof, enrolled in any high school partaking of the benefits of this act; but no high school shall receive such apportionment unless a legally licensed teacher of physical training is employed therein.

In Effect.

SECTION 5. This act shall take effect and be in force from and after its passage and approval.

Approved March 21, 1917.

THE STATE OF CALIFORNIA.

SECTION 1. The board of education of each county, city and county, and city, whose duty it is to prescribe the course of study for elementary schools of such county, city and county, or city, shall prescribe suitable courses of physical education in accordance with the provisions of this act for all pupils enrolled in the day elementary schools, except pupils who may be excused from such training on account of physical disability; and the high-school board of each high-school district shall prescribe suitable courses of physical education in accordance with the provisions of this act for all pupils enrolled in the day high schools of such district, except pupils regularly enrolled in high-school cadet companies and pupils who may be excused from such courses on account of physical disability.

SECTION 2. The aims and purposes of the courses of physical education established under the provisions of this act shall be as follows: (1) To develop organic vigor, provide neuromuscular training, promote bodily and mental poise, correct postural defects, secure the more advanced forms of coordination, strength, and endurance, and to promote such desirable moral and social qualities as appreciation of the value of cooperation, self-subordination, and obedience to authority, and higher ideals, courage, and wholesome interest in truly recreational activities; (2) to promote a hygienic school and home life, secure scientific supervision of the sanitation of school buildings, playgrounds, and athletic fields, and the equipment thereof.

SECTION 3. It shall be the duty of the superintendent of schools of every county, city and county, or city, and of every board of education, board of school trustees, or high-school board, to enforce the courses of physical education prescribed by the proper authority, and to require that such physical education be given in the schools under their jurisdiction or control. All pupils enrolled in the elementary schools, except pupils excused therefrom in

accordance with the provisions of this act, shall be required to attend upon such courses of physical education during periods which shall average 20 minutes in each school day, and all pupils enrolled in the secondary schools, except pupils excused therefrom in accordance with the provisions of this act, shall be required to attend upon such courses of physical education for at least two hours each week that school is in session.

SECTION 4. When the number of pupils in any city or city and county, or school district is sufficient, such city, or city and county, or school district shall employ a competent supervisor, and such special teachers of physical education as may be necessary. The trustees of two or more contiguous elementary school districts, or the trustees of one or more elementary school districts and the high-school board of the high-school district in which such elementary school district or districts are situated, may by written agreement join in the employment of a competent teacher of physical education for such districts, and the salary of such teacher and the expenses incurred on account of such instruction shall be apportioned as the school board concerned may agree.

SECTION 5. The State board of education, in standardizing the courses of instruction offered in the several normal schools of the State, shall prescribe a course in physical education, and shall make the completion of such course a requirement for graduation.

SECTION 6. It shall be the duty of the State board of education: (1) To adopt such rules and regulations as it may deem necessary and proper to secure the establishment of courses in physical education in the elementary and secondary schools in accordance with the provisions of this act; (2) to appoint a State supervisor of physical education whose duties are hereinafter defined; (3) to compile, or cause to be compiled and printed, a manual in physical education for distribution to teachers in the public schools of the State.

SECTION 7. The supervisor of physical education appointed under the provisions of this act shall be experienced in the supervision of physical education in public schools. He shall not be subject to the provisions of any civil-service law of the State. He shall exercise general supervision over the courses of physical education in elementary and secondary schools of the State; shall exercise general control over all athletic activities of the public schools; shall advise school officials, school boards, and teachers in matters of physical education; shall visit and investigate the work in physical education in the public schools, and shall perform such other duties as may be assigned to him by the State board of education. He shall receive a salary not exceeding \$3,000 per annum, as fixed by the State board of education, payable at the same time and in the same manner as the salaries of other State officers are payable. He shall also receive his actual and necessary traveling expenses while on official business. The State board of education may, within the limits of the appropriation hereinafter provided, employ such expert and clerical assistance as may be necessary to carry out the provisions of this act.

SECTION 8. The sum of \$10,000 is hereby appropriated out of any moneys belonging to the State not otherwise appropriated to defray the expenses of the State board of education in carrying out the provisions of this act during the sixty-ninth and seventieth fiscal years.

Approved May 28, 1917.

THE STATE OF DELAWARE.

SECTION 1. That from and after the passage of this act, the school children of this State shall receive physical training, the character and method of which shall be as prescribed from time to time by the State board of education, and

a commission is hereby created to be known as "The Physical Training Commission," whose duty shall be to devise a system of physical training and inaugurate the same in the schools of this State, subject to the direction of the State board of education.

SECTION 2. The said commission shall consist of the governor and four suitable persons, to be appointed by the governor, who shall serve without pay.

The functions of the said commission shall cease when a system of physical training shall have been inaugurated, as provided in section 1 of this act.

Approved April 10, 1918.

THE STATE OF MARYLAND.

Introduced March 22, 1918.

SECTION 1. Be it enacted by the General Assembly of Maryland, that there shall be established and provided in all the public schools, of this State and in all schools maintained or aided by this State physical education and training for pupils of both sexes during the following minimum periods: A. In the elementary public schools at least 15 minutes in each school day and also at least one hour of directed play outside of regular classroom work in each school week. B. In public high schools at least one hour in each school week and also at least two hours of directed play or athletics for all pupils outside of regular classroom work in each school week.

SECTION 2. And be it enacted, that the State board of education upon recommendation of the State superintendent of schools shall appoint a supervisor of physical education, whose duty it shall be to direct and carry out the provisions of this act under the direction of the State superintendent of schools. The salary of such supervisor shall be fixed and paid by the State board of education out of any funds in its possession available for this purpose.

The State board of education upon recommendation of the State superintendent of schools is hereby authorized and directed to appoint such other assistants, both clerical and professional, as shall be necessary in the administration and supervision of physical education; and shall make such by-laws and other regulations as shall be necessary to carry into effect the provisions of this act.

SECTION 3. And be it further enacted, that immediately after his appointment the supervisor of physical education, under the direction of the State superintendent of schools, shall organize his work and shall formulate the necessary and proper plans, courses, and regulations for carrying out the provisions of this act which when approved by the State board of education shall be followed in providing physical education and training as required under section 1 of this act.