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The Small College and Student Health

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"I am moved to write unto you, that ye do true justice to every man; see that none be oppressed nor wronged, nor any oaths imposed; for the land mourneth because of . . . profaneness . . . Ye that are in authority be moderate, and in lowliness consider these things. Shew mercy to the fatherless, to the widows, and to the poor. Take heed of regards or gifts, for they blind the eyes of the wise; the Lord doth loath all such. Love mercy and true judgment, justice and righteousness; for the Lord delighteth in such. Consider these things in time, and take heed how ye spend your time. Now ye have time, prize it."

Journal, George Fox, 1651

The Small College and Student Health

*Implication of the Physical Fitness
Program to General Education*

What is the responsibility of the American college to the physical improvement of its students? Synonymous with the concept of the American college is the image of well-kept academic buildings and libraries. These have become symbolic of mental training, the purpose for which institutions of higher learning were founded.

The contemporary concern of America for the health of its youth has become of concern to all true Americans. Such

philanthropic organizations as have been founded for the correction of heart disease, tuberculosis, and polio all point to the new concern of America for the health of its citizens. The public school health program on the elementary and secondary levels has been carried on very successfully for many years. All agencies thus working together strive for a physically strong America.

Statistics on the physical condition of American youth, as compiled by such organizations as the Selective Service, point to the need for a more thorough physical fitness program, especially on the college level. What is the responsibility of the American college to the training of its students in fitness? The small college, like the large one, has three categories of students: (1) the physically superior (2) those unable to participate in competitive athletic programs, and (3) those with physical disabilities which are capable of correction.

Beyond these immediate aims it would be well to point to the broader implications of the physical fitness program to general education. Certainly it is one of the most important services to students which any small college can provide. In addition to preserving the general health, it is a definite corollary to the educational objectives of the school. The physical fitness program provides opportunities for instruction in character building, sharing, and for teaching competition and sportsmanship. Opportunity is also provided for improvement of personality and for instruction in democratic ways of living. What happens to the physical capabilities is of vital importance to the small college which seeks to meet the total needs of its students. Just as general education looks upon the trivium and quadrivium as incomplete expressions of the liberal arts, so contemporary education must be cognizant of extending its services to include physical training.

ucation department attempts to assist these students in a remedy of their defects, and when this is accomplished there results also a certain personality development which helps to give social poise and confidence to these who hitherto have been prevented from such attainment. Undoubtedly the care of this group of students under proper medical supervision is a most unique aspect of the college.

Facilities for Achieving These Aims

The college has an adequate gymnasium to house the indoor physical education program. Within the gymnasium there is a very well-equipped conditioning room to carry on the corrective program. In addition to the gymnasium itself, the school has a large campus with varied terrain for carrying on an outdoor physical education and recreational activity. The small size of George Fox College is an advantage. Because of the small enrollment the department is able to take a personal interest in the physical problems of all students. It is able to give special time and attention to those students who seek and need help. Also, the limited number of students enables a larger percentage to participate in intercollegiate and competitive programs, so that a student in George Fox College receives a more varied experience in overall athletics than those in a larger school, plus having the advantage of physical correction if in need of such a program.

Conclusion

With the emphasis in the department upon character as much as upon winning, the college is able to keep its moral equilibrium because there is not the over-all pressure to win at all costs. These factors, coupled with the academic program, should give the students a sound background in solving future problems involving their health. It is believed,

pression tend to become established attitudes. There are many occasions in the physical education program in which satisfaction and emotional expression can be associated with desirable and good ways of living. The Christian college should afford the student these opportunities for development.

Situations arise in sports events in which students must make ethical choices and carry on activities which are based on those choices. These have a definite carry-over in one's development in later life by affording new enriching experiences which increase the capacity to enjoy life.

B. *Those Unable to Participate in Competitive Sports*

Perhaps the physically superior have been more cared for than any other group on the average American college campus. Yet, those who are unable to take part in this competitive program also need attention. The unique program at George Fox College gives attention to this group of students and provides opportunities for teaching development of skills. The department gives opportunities to develop in physical fitness, and accompanying these two primary aims, it is noticeable that students manifest a definite personality improvement and become better adjusted socially. However, in addition to providing for those who are unable to compete in the competitive program, a third group of students are also present on the campus.

C. *Remedial Program*

Some students have physical defects which can be aided by a corrective program. The physical ed-

Provision For:

A. *The Competitive Program*

American education today has allocated huge sums to utilize the services of the physically superior. The motivating spirit of this program originated in physical training and it is swept along today by the enthusiasm for competitive athletics and the desire to win. The intense concentration upon the science of winning led to its exploitation by ruthless men throughout the nation. This led to an attack upon all intercollegiate athletics and many institutions re-examined their objectives in this regard.

George Fox College participates in intercollegiate sports. Its activities include football, basketball, and baseball. It does so in the belief (1) that these activities are physically beneficial to the physically superior and (2) this training provides opportunities to extend the college-wide influence in character development.

Usually in pointing to the intercollegiate athletics, the main concern is the desire to win. Certainly, this is in the mind of any student or faculty member who sits upon the bleachers to watch the progress of a game. It is the philosophy of this institution, however, that great good can be experienced in such a program in addition to the winning values. Advocates of physical education state that one's character is the sum total of his habits and attitudes as expressed in behavior. They further state that habit formation is largely dependent upon satisfactions which are associated with reactions, and that responses which are tied up with emotional ex-

then, that the physical education department plays an important part in the school's program of educating the "whole man." The department is given opportunity to assume its proper place; it is not grudgingly tolerated, and it is hoped that it will never be a giant that threatens to control the institution. In such a program as this it is believed that the original objectives of physical education are being preserved in that the health concern of its students is its primary objective, and that intercollegiate competition, important as it is, is used as a corollary to this total program and emphasis.

CALENDAR

March 16-20—Spring Christian Emphasis Week, Dr. J. C. McPheeters, Asbury Seminary, Speaker.

March 27, 4:00 p. m.—Spring Vacation Begins.

April 7, 8:00 a. m.—Classes Resume.

March 27 - April 8—A Cappella Choir Tour to Southern California.

May 1-2—"The Magic Flute" by Mozart, Operetta, Sponsored by The Associated Students.

2—May Day.

8—A Cappella Choir Banquet.

9—Foreign Missions Fellowship "Missionary Conference".

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