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## On the Field of Health Care and Physical Education

*By Hirokichi Tatsunuma\**

The so-called health care and physical Education must not be a mere collection of different knowledges, and a trial of the unification of the object of health care and that of physical education has been devised.

Health, the main object of health care, and physical activities, that of physical education, were expanded from the point of heredity and that of environments, and supposed as one object in the common situation.

Usual hygiene and public health are interposed between the point of heredity (Eugenics) and adaptation, and mainly the contents of physical education are between acclimation and the point of environments (Ecology). Accordingly there is a common field between health care and physical education.

Therefore these contents must be studied from two bases of the human science.

The one is a science on the external environments—the interpersonal communications of a group based on the natural processes including sociology, history, politics and philosophy.

The other is a science on the internal environments—the intrapersonal communications of individuals—based on the physical processes including physiology and psychology.

The construction table is as follows:

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\* Professor of the Institute of Physical Education, Keio University.

|   | Health care   | Physical Education  |
|---|---|---|
| Object  | <p>Point of heredity → Adaptation → Acclimation → Point of environment</p> <p>↓</p> <p>Health → Maintenance (recreation) → Construction (sports) → Fitness</p> <p>Physical activities</p> |   |
| Standpoint  | Eugenics  | Ecology   |
| Methods<br>1) Natural processes-group (interpersonal communication)<br>Sociology<br>History<br>Politics<br>Philosophy | Public Health (population, society, economy)<br>History of Public health<br>Administration of Public Health (laws)<br>Philosophy of Public Health   | Social physical Education (Various groups, National Athletic Meeting, Olympiad)<br>History of physical Education (Each country)<br>Administration of physical Education (professional and amateur groups)<br>Philosophy of physical training (Sports, recreation, physical Education) |
| 2) Physical processes-individual (intrapersonal communication)<br>Physiology<br>Psychology                            | Health (Basal physical Fitness)<br>Environment<br>{ physics-chemical<br>biological<br>psychological } Adaptation<br>Occupational health (Community Health)                                | Physical Fitness (Development)<br>Environment<br>{ agility<br>endurance<br>—Motor } Acclimation<br>Training (event of sports)   |
|   | Control and Education of health   | Control and Education of physical training  |