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Author	湯浅, 徹平(Yuasa, Teppei)
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## On Health and Physical Education at University

*By Teppei Yuasa\**

As to the object of health and physical education, (1) I develop bodily activities, which form the object, in the process of adaptation and acclimatization ranging from the heredity point to the environment point; (2) my standpoint is based on Eugenics and Ecology; (3) as the method, I fix two grounds; —natural process (interpersonal communication) and physical process (intrapersonal communication). These fundamental principles of health and physical education are a guidepost to activities for the preservation of health as well as to practical exercise in physical education, and are destined to keep on proceeding with these realities as materials.

Now I consider the principle and method of education concerning health and physical education.

Common methods to fix the principle of education are, firstly, to find in an individual healthy spontaneous physical activities in the process of adaptation and acclimatization, make them grow naturally in his life and make the individual realize their value.

Secondly, when I think of what are demanded in the field of physical education in the present social life, I am aware that they are leaders in this field, who are required because of highly developed recreations and sports, and leaders of labor management, who are needed owing to changes in social structure.

The above-mentioned two points are essentially common to each other and will point out the direction of health and physical education at universities, since they will lead to that fundamental guiding principle which will probably prevail in social life in the future.

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