

Title	Fundamental physical training today in Keio University
Sub Title	
Author	湯浅, 徹平(Yuasa, Teppei) 森下, 孝(Morishita, Takashi)
Publisher	慶應義塾大学体育研究所
Publication year	1968
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.8, No.1 (1968. 12) ,p.97- 97
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00080001-0097

慶應義塾大学学術情報リポジトリ(KOARA)に掲載されているコンテンツの著作権は、それぞれの著作者、学会または出版社/発行者に帰属し、その権利は著作権法によって保護されています。引用にあたっては、著作権法を遵守してご利用ください。

The copyrights of content available on the KeiO Associated Repository of Academic resources (KOARA) belong to the respective authors, academic societies, or publishers/issuers, and these rights are protected by the Japanese Copyright Act. When quoting the content, please follow the Japanese copyright act.

Fundamental Physical Training Today in Keio University

*By Teppei Yuasa**

*Takashi Morishita***

The functions of physical training are considered as the maintenance and improvement of natural health and general improvement of physical strength. In the field training, these functions can be extended to the formation of the power of actions extremely desired for the development of qualities, both individual and social, through concrete movements. The significance of the training in the contribution to the formation of the whole personality is explained in the terms of "sound body", and such body must be sound, both spiritually and socially. That is where the meaning of the physical training set forth in the university standards lies.

Here, the course of the physical training to date from 1949 when it started in Keio University will be explained, with reference to the present state of fundamental physical training as a motive for sports and curriculums on ball games (basket-ball, volleyball, etc.), Judo and Kendo (Japanese fencing), calisthenics and field sports as fundamental physical activities and swimming, where relative problems and future outlook for fundamental training will be discussed.

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

** Full-time Lecturer of the Institute of Physical Education, Keio University.