慶應義塾大学学術情報リポジトリ

Keio Associated Repository of Academic resouces

Title	True nature of physical education in the light of pedagogy
Sub Title	
Author	綿田, 博人(Watada, Hirohito)
Publisher	慶應義塾大学体育研究所
Publication year	1984
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio
	university). Vol.24, No.1 (1984. 12) ,p.85- 85
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00240001-0085

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.

True Nature of Physical Education in the Light of Pedagogy

By Hirohito Watada*

Education is essential to human beings. Education is to pursue "goodness", and its practice is to keep the will to make better. Since education relates to human beings, physical education (training) cannot be neglected. Health of spirit and health of body in human beings should not be separated. Physical education is a part of education, and both physical education and education should pursue "to make better" or "to be good" which is an eternal theme of human beings. An attempt has been made to analyze the true nature of "goodness" and "energy" which is a driving force toward "goodness".

As a result, it has been known that flesh and soul are always united as one entity. Activities of "soul" and activities of "flesh" are not independent one from the other. Action to be good is hindered completely when "energy" is not sufficient, and there is neither progress nor development. Man's action to be good is the very "energy". Will to be good is nurtured by "energy". As far as education pursuing "goodness" is aimed at, the importance of physical education should be recognized once again. In conclusion, physical education is education of human beings, and it totally depends on the development of man's "energy" to be good.

^{*} Assistant of the Institute of Physical Education, Keio University.