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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.

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