Some recent developments in physical education, and their possible implications in sports medicine and rehabilitation.

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Physical education has emerged from the era of the ex-service drill sergeant and the public schools gentlemanly games to the approach to education through the ability to use the body and mind for activity as well as for intellectual processes alone. These developments, including the addition of outdoor pursuits to gymnastics, games and swimming, have tended to produce a different outlook on training. The increased specialisation of medical electronics, and the administrative difficulties of employing any person in both the Health Service and in Education, has led to a divergence of training and interests between the physical educationists and the physiotherapists. Other evolutionary changes have occurred in the training of athletes, in educational gymnastics and dance, tending to swing interests towards the Educational but unfortunately away from the physical.

Recently, this swing has been halted, and the place of the biological sciences in physical education is becoming apparent, but different from the older approach through a simplified anatomy and physiology lecture course based on a watered down version of that given to the medical student. Several factors account for this.

1. High educational standard of applicants entering P.E.
2. A small but increasing number of physical educationists who have post-diploma or post-graduate training, usually in the U.S.A.
3. Employment of whole time lecturers in P.E. colleges, or in colleges with a P.E. wing, who have qualifications in physiology, medicine and psychology.
4. The acceptance of Physical Education in a few universities as an academic discipline.
5. The need for a scientific understanding of coaching and fitness training, helped by the employment of knowledgeable national coaches.
6. The entrance of some physical educationists to certain learned societies, their contributions to the proceedings, and the siting of meetings in colleges of education.
7. The inclusion of physical education in the Bachelor of Education degree course in several colleges and Institutes of Education.

8. Government support through the Sports Council and its Research Committee.

9. Interest of M.R.C. and other research laboratories into environment physiology.

10. The application of this knowledge gained in Physical Education to rehabilitation, the involvement of doctors, coaches and therapists as members of a rehabilitation team.