

UNIVERSITY OF KANSAS
LAWRENCE

DIVISION OF PHYSICAL EDUCATION AND
INTERCOLLEGIATE ATHLETICS

April 15, 1938.

Dr. F. C. Allen,
Department of Physical Education,
University of Kansas.

Dear Dr. Allen:

The Women's Physical Education department has this suggestion for three hours activity classes in Physical Education:

A student would select any activity which she desired for two days a week meeting those classes on Monday and Wednesday, or Tuesday and Thursday. The third hour would meet on Friday and be the same for each group, whether the Monday-Wednesday group, or the Tuesday-Thursday group.

The general outline of the work for the Friday classes is as follows -

1. Health conferences (discussing the medical examination)
2. Posture picture
3. Discussion and exercises on relaxation
4. Discussion and exercise for correct posture
5. Discussion and exercise for good feet
6. Discussion of points to consider in shoes
7. Diet
8. Dysmenorrhea
9. Constipation
10. Personal cleanliness and Personal charm
11. Sex hygiene - marriage
12. Mental hygiene
13. Discussion of questions turned in by students

A progression would be worked out for a two-year series meeting once a week.

Sincerely yours,

Ruth Hoover.