

NEW YORK UNIVERSITY

180.6	Methods of Teaching P.E. in Jr. & Sr. High Schools	2
180.9	Methods of Teaching Dancing	2
180.3	Methods of Teaching Rhythms	2
180.50	Coaching Athletic Activities	2
180.82	Organization and Teaching of Group Games	4
180.31	Use of Music in Phys. Education	2
180.49	Principles of Methodology in Phys. Ed.	4
180.52	Observation, Conference and Practice Teaching in High Schools	4
180.63	Administration and Supervision of P.E. and Health in Jr. & Sr. High Schools	2
180.74	Adaptation Activities to meet Special Needs	2
180.78	Analysis & Procedure in the Control of Postural Defects	2
180.86	Leadership in Community Recreation	2
180.118	Education for Health in the Elementary School	
180.37	Safety Procedure in P.E. Activities	2
180.30	Mechanics of the Human Organism	4
180.40	Functions of The Human Organism	4
180.67	Introduction to Tests in Phys. Edu.	2
180.68 or 280.68	Advanced Materials on Tests in P.E.	3
180.70	General Kinesiology	2
180.95,96 (or 280.95,96)	Organic Examination and Efficiency Tests	4 or 6



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New York University Cont'd.

180.7	History of Phys. Edu.	2
180.55	Character Education thru Play	2
180.57	Principles of Physical Education	4
280.7,8	Problems of Physical Education	6
280.46	Administration and Supervision P.E.	2
380.9	Seminar in Administration	2
180.84	Administration of P.E. in Schools	2
380.7,8	Research Seminar in P.E.	6
* 180.101,102	Physical Therapy Theory I & II	20
* 180.103,104	" " Practice	12

\* - Courses on the Care of Athletic Injuries



MINNESOTA

111	<u>Women</u> Advanced Course in Methods of Teaching Physical Education	3
112	Supervision of Phys. Education	3
113	Physical Education - Elementary Schools	3
114	Administration of Health Education Program	3
115	Recent Literature and Research in Mechanics of Movement	3
101	<u>Men</u> Principles of Physical Education	3
103	Physiological Hygiene	3
133	Special Administrative Problems in Physical Education	3
134	The Curriculum in Physical Education	3
135	Tests & Measurements Physical Education	3
136	Leadership in Recreation	3
137	Recent Literature & Research in Phys. Edu.	3



OHIO STATE

Courses for Advanced Undergraduates & Graduates

601	Principles of Football Coaching and Athletic Management	3
615	Problems in Intramural Sports	2
621	Principles of Physical Education	5
625	Tests & Measurements in Phys. Education	3
630	Individual Physical Education	3
631	Dance Composition	3 to 5
632	Rhythmic Analysis	3
635	Problems in Sports for Girls & Women - (Course for Men & Women)	3
641	Personal Health Problems	3
646	Professional Preparation of Teachers in Health & Physical Education	3
647	Teaching of Physical Education (Men)	3
648	Teaching of Physical Education (Men)	3
649	Camping: Its Organization and Administration	3
651	Minor Problems in Phys. Education	1 to 5
652	Survey & Clinical Practice in the Care of the Physically Handicapped	3
682	Organization and Administration Phys. Edu.	5
* 685	Prevention and Care of Injuries (Prerequisite Physiol. 510 or 511) p.539 Cat.	3
691	Kinesiology	3
692	The School Health Service	3
642	History of Physical Education (Given in Dept. of Edu.)	3

\*- Courses on Care of Athletic Injuries



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Ohio State Cont'd.

Courses for Graduates

801	Seminar in Health Education	2
802	Seminar in Physical Education	2
803	Seminar in Athletics	2
805	Physical Education in Schools & Colleges	3
810	Scientific Studies in Physical Education	3
816	Problems in Interscholastic & Intercollegiate Athletics	3
820	Problems in Health Education	3
826	Supervision of Physical & Health Education	4
950	Research in Physical and Health Education	



## MISSOURI

106	Major Sports	3
115	Junior Major Gymnastics & Athletics (Women)	2
116	Junior Major Gymnastics & Athletics (Women)	2
117	Senior Major Gymnastics & Athletics (Women)	2
118	Senior Major Gymnastics & Athletics (Women)	2
119	Teaching of Physical Education	2
125	Elementary Folk Dance	2
128	Theory of The Modern Dance	2
129	Technique of Field Hockey & Basketball (Women)	2
134	Techniques of Swimming	2
140	Camp Counselors & Craft	2
149	Techniques of Baseball & Tennis (Women)	2
151	Community Recreation	3
160	Health Education	3
162	(Women) Advanced Folk Dancing	2
152	History & Principles of Physical Edu.	3
160	Health Education	3
165	High School Curriculum in Phys. Edu.	2
166	Intramural Sports	2
170	Tests & Measurements in Phys. Edu.	3
175	Applied Anatomy	3



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Missouri Cont'd.

180	Body Mechanics	5
190	Administration of Phys. Edu.	3
200	Seminar	1 to 2
210	Kinesiological Analysis	2
215	Remedial Gymnastics	2
220	Administration of Interschool Athletics	3
235	Philosophy of The Dance	2
240	Scientific Studies in Phys. Edu.	3
250	Special Investigations in Phys. Edu.	2 to 6



UNIVERSITY OF SOUTHERN CALIFORNIA

111	Physiology of Exercise	3
112	Applied Anatomy and Kinesiology	3
115	Tests and Measurements in Phys. Edu.	3
120	Normal Health Diagnosis	3
135	Individual Gymnastics	2
160	Principles of Health Gymnastics	3
180	Administration of Recreation	3
195	Administrative Problems in Phys. Edu. and Recreation	3
230	Organization and Administration of Health Education	2
261	Theses Work	
276	Advanced Corrective Work	2
* 277	Clinic in Physiotherapy	3
290	Research	2 to 4

\* - Courses on the care of Athletic Injuries



STANFORD

Men

222	Principles of Leadership	2
* 224	Prevention and Emergency Care of Injuries	3
225	Character Education Thru Physical Edu.	3
228	Supervision of Teachers in Phys. Edu.	2
237	Administration of Community Recreation	3
239	Administration and Supervision of School Hygiene Programs	3
255	Professional Edu. in Phys. Education	3
261	Hygiene problems	4
265	Individual Research and Study	3

Thesis.

Women

205	Directed Reading in Phys. Education	2
226	Methods in Activities of Little Children	2
227	Meth. in Act of Pre-Adolescent Child	2
229	Methods in Remedial Activities	3
230	Laboratory Work in Remedial Activities	3

\* - Courses on the care of Athletic Injuries



WISCONSIN

Group I - Men

(May be elected both for Candidates for Master's Degree  
in Physical Education and by those electing join major  
in Education & Physical Education)

107	Psychology of Motor Learning	3
121	Physical Development	2
130	Tests & Measurements in Phys. Edu.	2
159	Play Recreation & Leisure Time Problems	2
245	Seminar, Motor Learning	2 to 4
263	Advanced Therapeutic Gymnastics	2
291	Problems in Org. Teaching and Adaptation	2
293	Seminar in Physical Education	2 to 4

Group II

(May be elected for graduate credit by students taking  
their second degree in Education or in subjects other  
than Physical Education)

107	Effects of Phys. Edu. on The Body	2
114	Physiological Chemistry	3
118	Physical Exam. & Therapeutics	3
164	School Health & Hygiene	4
168	Organization & Administration of Physical Education	2



WISCONSIN (Women)

(Different from those offered for Men)

117	Problems in Applied Physiology	2
120	Psychology of Adolescence	3
118	Physical Examinations	2
123	Psychology & Training of Pre-School Child	3
133	Dance Accompaniment	2
160	Advanced Rhythmic Form & Analysis	2
160	Dance Composition	2
180	Topical Work -	Credit arranged
262	Research in Tests & Measurements	2
265	Seminar in Dance Drama	2
292	Seminar in Administration Phys. Edu.	2



IOWA

103 S.	Crafts in the Recreation Program	3
104 S.	Programs in Co-Recreation	2
105 S.	Physical Education in the Small School-	credit arranged.
106 S.	Administration of Women's Athletics	2
107 S.	Remedial Work for Individual Abnormalities	3
108	Advanced Coaching and Officiating (Women)	2
111 S.	Advanced Theory of Athletics	2 or 3
115	Modern Dance	3
117	Rhythmic Activities for Boys & Girls	1 or 2
118 S.	Dance Composition	2
119	Methods & Principles of Phys. Edu.	3
121 S.	Advanced Theory & Techniques in Swimming & Diving	2
123 S.	History & Principles of Phys. Edu.	2
133 S.	Organization & Administration of Phys. Edu.	3
135 S.	Organization & Content of the Natural Program Phys. Edu.	2
137 S.	Public School Curriculum in Phys. Edu.	3
139 S.	Organization and Administration of Community Recreation	3
141 S.	Systematic Readings in Phys. Edu.	2
149	Growth of the Child	3
157 S.	Mechanical Analysis of Motor Skills	2
165	Psychology of Phys. Education	3
167	Tests & Measurements in Phys. Edu.	3

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Graduates Only

201 S.	Problems in Phys. Edu.	Credit arranged
205 S.	Techniques in Research in Physical Education	3
207 S.	Advanced Administration Phys. Edu.	2
219 S.	Supervision Phys. Education	3
231	Trends in Recreation & Phys. Edu.	3
233	Applied Anthropometry	3
307	Advanced Problems Phys. Edu.	3
401 S.	Thesis	Credit arranged

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## ADMISSION

Admission to the Graduate School ordinarily is granted to graduates of institutions whose requirements for the bachelor's degree are substantially equivalent to those of the University of Kansas. Graduates of other institutions may be admitted to the Graduate School with conditions which must be removed before full graduate standing is attained. Any student may be refused admission to the Graduate School if his previous college record is of such inferior quality as to indicate inability to pursue advanced work satisfactorily.

Admission to the Graduate School does not imply admission to candidacy for a higher degree. A student can acquire the right to such candidacy only by demonstrating by residence work at the University that he has the preparation and ability to do work of graduate character. The requirements hereinafter specified for an advanced degree must therefore be regarded as minimum requirements. The additional requirements depend upon such factors as the student's undergraduate preparation, the character of his graduate work, and the nature of the course which he elects to pursue.

Application for admission to the Graduate School should be filed with the dean at least six weeks before the first enrollment. The application should be accompanied by complete official transcripts of all college work not already entered upon the registrar's books at this University. Application blanks may be obtained from the graduate office. Attention to this requirement will save difficulties at the time of enrollment.

## GENERAL INFORMATION

**CHARACTER OF GRADUATE WORK.** Graduate study aims to develop in the student the ability to do independent thinking and the spirit to carry on research. The graduate student is, of course, expected to gain an intimate knowledge of his major field of study and of the methods employed in this field. For this reason, candidates for advanced degrees are required to present theses representing independent and intensive investigations.

The graduate student should not, however, confine his energies solely to courses in which he may be enrolled; he should do a wide range of private reading and study in the libraries and laboratories of the University.

**TYPES OF GRADUATE COURSES.** Courses numbered 300 or above are open to fully qualified graduate students. Courses numbered between 100 and 300 are open to both undergraduate and graduate students. Graduate students in such courses should expect to do work of a higher quality than that required of the undergraduates for the same amount of credit.

**PROGRAM OF STUDY.** No student is permitted to enroll for a program of study consisting of more than 16 hours per semester, or more than eight hours during the summer session.

**GRADES.** Only courses graded A, B, or C give credit in the Graduate School. The grade S may be substituted for the grade A or B.

**COURSES COMPLETED MORE THAN SIX YEARS.** A graduate course upon which work has been completed for more than six years at the time of the final examination for the master's degree may be offered in partial fulfillment of the requirements of such degree only in case the student passes satisfactorily an examination upon that course. Such examination shall be in addition to the required general examination for the master's degree.

**SENIORS AND GRADUATE STUDY.** A senior who is enrolled in sufficient work to satisfy the requirements of his bachelor's degree may enroll in the Graduate School for the remainder of his program, provided that the total enrollment does not exceed 16 hours for the semester or 8 hours for the summer session.

**STUDENTS ON STAFF.** Assistant instructors and other members of the teaching staff of the University are permitted to carry graduate work to an amount determined by the conditions of their employment. Full-time instructors may receive not more than five hours of credit per semester to count toward the master's degree, and half-time instructors may receive not more than 10 hours credit per semester. Full-time instructors who have the equivalent of a master's degree may carry as much as half the regular schedule of work.

Members of the staff of instruction of the University of Kansas of the rank of assistant professor or higher will not be granted advanced degrees from this University.

**GRADUATE WORK IN SUMMER SCHOOL.** Graduate students in the summer session are subject to the same scholastic requirements as are graduate students in the regular academic year. *Students desiring graduate credit for summer work must enroll with the dean of the Graduate School.* Attendance at four summer sessions, each one half a semester in length, is considered the equivalent of one year in residence. It is possible to satisfy the minimum residence requirements for the master's degree in this way. Full information concerning graduate courses in the summer session may be found in the announcements of the summer session or may be obtained from the heads of the departments.

**EXTENSION CLASS WORK.** A student who has satisfied the requirements for entrance into the Graduate School may receive credit toward an advanced degree for work taken in extension classes taught by members of the University faculty up to a maximum of six semester hours. Graduate credit for extension classwork is given only for work done in courses approved for graduate credit, and only after enrollment is approved by the dean of the Graduate School. No graduate credit is given for work done by correspondence.

**FIELD WORK.** A candidate for an advanced degree who is not a resident in Lawrence may enroll by means of field work for a portion of the credit for the thesis. An enrollment for field work must have the approval of the major department and of the dean of the Graduate School and is permitted only to a student who has shown by graduate work in residence that he is prepared for such independent study.



**INSTRUCTIONS  
TO STUDENTS**

*desiring to  
major in*

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**PHYSICAL  
EDUCATION**



**UNIVERSITY of KANSAS**

Department of  
**PHYSICAL EDUCATION**



INSTRUCTIONS  
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# Instructions to Students Desiring to Major in the Department of Physical Education

RAYMOND A. SCHWEGLER, Dean, School of Education

Chairman of Department: FORREST C. ALLEN, Room 105, Robinson Gymnasium.

Professors: ALLEN, NAISMITH,\* HARGISS

Assistant Professors: ELBEL, HOOVER, DUNKEL, LAPP

Instructors: ALLPHIN, CONGER, RAPORT

Assistant Instructor: BYRN

The Department of Physical Education offers a four-year curriculum for both men and women students desiring to specialize in physical education, leading to the degree of Bachelor of Science in Education.

Students desiring to become teachers of physical education, or coaches of athletics with a major in physical education, will register and enroll in the School of Education. Majors in physical education must present an academic minor of at least 20 hours in some teaching subject. Graduates who have completed this curriculum will, on application to the State Board of Education, receive the three-year renewable teacher's certificate without further examination.

In addition to the general admission requirements, students seeking admission to the four-year curriculum in physical education will be required to present a certificate of physical fitness as a result of the physical examination at the University of Kansas Student Hospital. Each student will be required to take an annual physical examination at the student hospital and to maintain satisfactory physical fitness.

## FOUR-YEAR CURRICULUM IN PHYSICAL EDUCATION

*High School and General School of Education Requirements (for men and women):*

- 3 years English
- 2 years Physical Science or 2 years Mathematics
- 2 years Biological Science
- 2 years Social Science

Any item not taken in high school must be included in general electives. Five hours of college work counts as one year's work in high school.

*Enrollment:*

Enrollment is in the Department of Physical Education in the School of Education, starting at the beginning of the Freshman year.

*Required Hours for Graduation, 124:*

- 19 or more hours of Education.
- 30-40 hours in Physical Education.

*Grade-Point Requirement:*

- Cumulative grade points, 140.
- Average in major, 1.5.

*Prerequisites for Practice Teaching:*

- 80 hours and 90 grade points.
- 1.5 grade-point index in the major.

*Academic Minor:*

All candidates for a degree will be required to present an academic minor of at least 20 hours.

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\* Retired



*Failures:*

Students failing in more than forty percent of their work will be placed on probation for a semester. This probation will involve reporting to the dean at specified times. If no improvement is shown at the close of the second semester, the student will be withdrawn. A standing committee on reinstatement will have power to act on petitions from students who have been withdrawn under this rule.

*Maximum Load:*

The normal enrollment is 15 credit hours per semester. Any deviation from this standard will be made on the basis of scholastic achievement during the preceding semester, but in no case will a student be permitted to enroll for more than 18 credit hours.

**The Curriculum for Men**

FRESHMAN YEAR

FIRST SEMESTER	Hrs.	SECOND SEMESTER	Hrs.
Engl. 1, Rhetoric I .....	3	Engl. 2, Rhetoric II .....	2
Soc. Sc. 15, Soc. Sci. Survey .....	5	Zool. 1, Elem. Animal Biol. ....	5
Phys. Ed. 39, Personal Health .....	3	Phys. Ed. 37, First Aid .....	2
Phys. Ed. 31M, Phys. Ed. ....	2	Phys. Ed. 32M, Phys. Ed. ....	2
Academic Electives .....	3-4	Academic Electives .....	5-6

SOPHOMORE YEAR

Engl. 10, Engl. Lit. ....	2	History or Economics .....	5
Physiol. 1, Elem. Physiol. ....	5	Psych. 1, Gen. Psych. ....	5
Speech 1, Prin. of Speech .....	2	Phys. Ed. 36, Hist. & Prin. of P. E....	3
Phys. Ed. 35, Football .....	2	Phys. Ed. 34M, Phys. Ed. ....	2
Phys. Ed. 33M Phys. Ed. ....	2	Academic minor .....	2-3
Academic minor .....	3-4		

JUNIOR YEAR

P50, Educ. Psych. ....	3	M94, Content & Meth. of P. E. ....	3
A50, Intro. to Sch. Adm. ....	2	Anat. 50, Human Anatomy. ....	5
H64, Survey of Am. Educ. ....	2	Phys. Ed. 75, Track and Field. ....	2
S52, Educ. Soc. ....	2	Phys. Ed. 57, Community Recreation. ....	3
E50, Intro. to Ed. Meas. ....	2	Academic minor or electives. ....	3-4
Phys. Ed. 65, Basketball. ....	2		
Academic minor .....	5-6		

SENIOR YEAR

M94a, Superv. Tch. in Phys. Ed. ....	2	M94a, Superv. Tch. in Phys. Ed. ....	2
Phys. Ed. 85, Kinesiology. ....	2	Phys. Ed. 90, Remedial & Phys. Exam. ...	2
Phys. Ed. 80, Treat. Ath. Inj. ....	3	Phys. Ed. 81, Org. & Admin. of P. E. ....	3
A254, School Hygiene .....	2	Electives .....	8-9
Electives .....	6-7		

**The Curriculum for Women**

FRESHMAN YEAR

FIRST SEMESTER	Hrs.	SECOND SEMESTER	Hrs.
Engl. 1, Rhetoric I. ....	3	Engl. 2, Rhetoric II. ....	2
Soc. Sc. 15, Soc. Sci. Survey. ....	5	Zool. 1, Elem. Animal Biol. ....	5
Phys. Ed. 31W, Phys. Ed. ....	2	Phys. Ed. 37, First Aid. ....	2
Academic electives .....	5-6	Phys. Ed. 32W, Phys. Ed. ....	2
		Academic electives .....	4-5

SOPHOMORE YEAR

Engl. 10, Engl. Lit. ....	2	History or Economics .....	5
Physiol. 1, Elem. Physiol. ....	5	Psych. 1, Gen. Psych. ....	5
Speech 1, Prin. of Speech. ....	2	Phys. Ed. 36, Hist. & Prin. of P. E. ....	3
Phys. Ed. 33W, Phys. Ed. ....	2	Phys. Ed. 34W, Phys. Ed. ....	2
Academic minor .....	4-5	Academic minor .....	1-2



JUNIOR YEAR

<i>Hrs.</i>		<i>Hrs.</i>	
P50, Educ. Psych .....	3	S52, Educ. Soc., or	
A50, Introd. to Sch. Adm.....	2	E50, Introd. to Educ. Meas.....	2
M94, Content & Meth. of P. E.....	3	Anat. 50, Human Anat.....	5
Phys. Ed. 62, Th. of Ath. I.....	2	Phys. Ed. 70, Meth. of Tch. Swimming...	1
Phys. Ed. 67, Phys Ed.....	1	Phys. Ed. 63, Th. of Ath. II.....	2
H64, Survey of Am. Educ.....	2	Phys. Ed. 84, Phys. Ex. & Prescr.....	3
Electives .....	2-3	Phys. Ed. 68, Phys. Ed.....	2
		Electives .....	2-3

SENIOR YEAR

M94a, Superv. Tch. in P. E.....	2	M94a, Superv. Tch. in P. E.....	2
Phys. Ed. 85, Kinesiology.....	2	Phys. Ed. 81, Org. & Adm. P. E.....	3
A254, School Hygiene .....	2	Phys. Ed. 64, Personal Hygiene.....	2
Elective Education .....	2	Electives .....	9-10
Electives .....	8-9		

Required Physical Education Courses

MEN AND WOMEN

		<i>Hrs.</i>
36. History and Prin. of Phys. Educ.....		3
85. Kinesiology .....		2
202. <del>81.</del> Administration of Phys. Educ.....		3

MEN ONLY

30. Personal Health .....		3
31M. } Practice or Skill Courses.....		8
32M. }		
33M. }		
34M. }		
35. Football .....		2
100. <del>57.</del> Prin. of Community Recreation .....		3
65. Basketball .....		2
75. Track and Field .....		2
200. <del>80.</del> Treatment of Athletic Injuries.....		3
90. Remedial and Physical Examin.....		2

WOMEN ONLY

31W. } Skill Courses .....		10
32W. }		
33W. }		
34W. }		
67. } Theory of Athletics I.....		2
68. }		
62. Theory of Athletics I.....		2
63. Theory of Athletics II.....		2
64. Personal Hygiene .....		2
84. Physical Examination and Prescription of Exercise.....		3

Elective Physical Education Courses

MEN AND WOMEN

		<i>Hrs.</i>
37. First Aid .....		2
73. Problems in Intramural Sports .....		2
176. <del>74.</del> Tests and Measurements in Phys. Ed.....		2

MEN ONLY

82. Advanced Football .....		2
86. Advanced Track and Field .....		1
87. Advanced Swimming .....		1
88. Advanced Gymnastics .....		1
89. Baseball .....		2
201. <del>91.</del> Advanced Basketball .....		2

WOMEN ONLY

57. Principles of Community Recreation.....		3
55. Theory of the Dance .....		3
71. Officiating I .....		1
72. Officiating II .....		1
80. Treatment of Athletic Injuries.....		3



## Required Courses in Other Departments

MEN AND WOMEN		Hrs.
<i>Biological Science:</i>		
Physiology I .....		5
Elementary Animal Biology I (Zool.).....		5
Human Anatomy 50 .....		5
<i>English:</i>		
Rhetoric I .....		3
Rhetoric II .....		2
English Literature .....		2
<i>Education:</i>		
Educational Psychology .....		3
Introduction to School Administration.....		2
Survey of American Education;		
Educational Sociology or Educational Measurements.....		4
<i>m 194</i> —Content and Method of Physical Education.....		3
Practice Teaching Physical Education.....		4
School Hygiene .....		2
<i>Other Departments:</i>		
Social Science Survey .....		4
Principles of Speech .....		2
History or Economics .....		5
General Psychology .....		5

### Courses in Physical Activity

The courses listed as physical activity are designed primarily to secure health, recreation and physical skills. Each course is one-half semester in length. The student selects an activity in the fall semester, which continues for the first half-semester and then changes to another activity for the remainder of the semester. During the spring semester the same practice is followed. The average of the grades for the two half-semester's work determines the semester grade—one hour credit for the semester. In general, activities are divided into indoor and outdoor activities.

### Courses for Freshman and Sophomore Men

1a. **ELEMENTARY BASKETBALL.** Methods of passing, catching, dribbling, the pivot, and floor bounce. The fundamental shots, such as the free throw, the push-chest, the one-hand English, and the lay-up.

1b. **INTERMEDIATE BASKETBALL.** Theories of the individual defense, individual offense, the team defense and the team offense are thoroughly stressed and discussed. Prerequisite, 1a.

1c. **ADVANCE BASKETBALL.** The various phases of advance team play together with the screen or pick-off, is shown. A thorough knowledge of the basketball rules is required, which enables the player to coach or officiate a game properly. Prerequisites, 1a and 1b.

2a. **BEGINNING TENNIS.** The fundamental skills of tennis. Emphasis on proper execution of various strokes and serves.

2c. **ADVANCED TENNIS.** A more thorough mastery of fundamental skills is required, along with a definite knowledge of correct methods of play in both single and doubles. Also, a thorough study of tennis rules is required. Prerequisite, course 2a or equivalent.

3a. **ELEMENTARY SWIMMING.** A practical course designed to teach the student to use properly the basic swimming strokes primarily for safety purposes. It also embodies instructions in elementary diving and includes a list of specific water stunts designed to develop the student's skill in the water.

3b. **INTERMEDIATE SWIMMING.** Emphasis upon the development of the crawl, side, back, and breast strokes. Includes the fundamental dives. Prerequisite, course 3a or equivalent.



3c. **ADVANCED SWIMMING.** Specific instruction in diving, Red Cross life-saving test, racing turns, and starts, as well as other phases of competitive swimming. Prerequisite, course 3b or equivalent.

4. **VOLLEYBALL.** Practice in service and development of skill in handling the ball at various positions. Thorough knowledge of rules is required.

5a. **HANDBALL (FOUR-WALL COURT).** Development of skills, including the service, right-and left-hand shots, method of recovery from wall, and thorough study of rules.

5b. **HANDBALL (ONE-WALL COURT).** Study and practice of fundamentals of one-wall court game, including service, right and left, and cross-court shots; a thorough study of the rules.

6a, b, c, d. **INDIVIDUAL GYMNASTICS.** Designed to meet the needs of individual students, primarily those who have been advised by the student health director to participate in only restricted physical activities. The aim of the course is to aid in the correction of remedial physical defects.

7a. **ELEMENTARY TUMBLING.** Practice in fundamental tumbling exercises, as the front and back rolls, head and hand balance, neck, head, and hand springs, and cartwheels, and beginning pyramids.

7c. **ADVANCED TUMBLING.** Emphasis upon individual performances in front and back somersaults starting with spring board, as well as work in doubles and advance pyramids. Prerequisite, course 7a, or equivalent.

8a, b. **GENERAL PHYSICAL EDUCATION.** Designed primarily for the student who wishes to improve his physical skills and general physical condition, but does not have a choice as to activity. Includes tumbling, apparatus exercise, handball, basketball. The time allotted to each activity will depend upon the instructor. Two periods each week. May be taken for one semester in either freshman or sophomore year.

15a. **ELEMENTARY BOXING.** Instruction in the fundamental stance, defense, feinting, footwork; work on straight left-hand punches and defense, left hook and defense, left uppercut and offense.

15c. **ADVANCED BOXING.** Continuation of practice of fundamental principles with the addition of work in the combined punches and defense for each; methods of clinching, a thorough study of boxing rules. Prerequisite, course 15a or equivalent.

16. **TOUCH FOOTBALL.** Instruction in drop kicking, place kicking, punting, passing, pass-receiving, center pass, as well as a study of rules and play situations.

17. **WRESTLING.** The study and practice of the fundamental positions; direct methods of taking an opponent to the mat; various holds for pinning an opponent and defense for each. A thorough knowledge of the I. C. A. A. rules is required.

18 and 38. **VARSITY ATHLETICS.** For men desiring to compete on freshman and varsity teams. Attendance is required in accordance with the desire of the coach of the sport, usually not less than five periods per week. Irregular attendance will not be tolerated. Upon the close of the season for the sport selected the student must report immediately for another varsity or freshman sport, or select a physical education class in order to receive credit, it being understood that each varsity athlete be required to offer at least one team and an individual sport in each semester.

19. **PLAYGROUND BALL.** Instruction in fundamentals, strategy, technic, playing position; study of the rules.



## Courses for Freshman and Sophomore Women

1a. ELEMENTARY BASKETBALL. The practice of the technic for passing, catching, basket shooting, foul shooting, the feint, pivot and dribble; elementary team play and rules of the game.

1c. ADVANCED BASKETBALL. Advanced technic and strategy; team offense and defense; zone and man-to-man defense; team plays; practice in officiating. An opportunity for taking the examination for national referee rating. Prerequisite, course 1a or equivalent.

2a. ELEMENTARY TENNIS. The fundamentals of tennis; the forehand and backhand drives; the service; general court position for singles and doubles; scoring; general knowledge of the rules and elementary tactics.

2b. INTERMEDIATE TENNIS. Fundamentals of tennis with the addition of the volley and the lob; strategy and tactics of the game; detailed study of rules and tennis etiquette. Prerequisite, course 2a or equivalent.

2c. ADVANCED TENNIS. Advanced technic of tennis; the overhead smash; the chop; and half volley; advanced strategy and tactics; practice in officiating. Prerequisite, course 2b or equivalent.

3a. ELEMENTARY SWIMMING. Open to all students who cannot swim fifty feet. Practice of the face and back float, treading water, breathing, the elementary back, sculling side and crawl strokes, the elementary standing dive, deep-water emergency tests.

3b. INTERMEDIATE SWIMMING. A practice and knowledge of the back side, single over-arm, and crawl strokes; practice on distance swimming; elementary springboard diving. Prerequisite, course 3a or equivalent.

3c. ADVANCED SWIMMING. Speed swimming, with the starts and turns, the crawl, trudgeon, back crawl and breast strokes; springboard diving. Prerequisite, course 3b or equivalent.

3d. DIVING. Working the springboard. Required dives; front or swan, back, front jackknife, and the back jackknife. Advanced fancy dives. Prerequisite, course 3c or equivalent.

3e. LIFE SAVING. Practice of the American Red Cross life-saving test. Prerequisite, course 3c or equivalent.

4. VOLLEYBALL. The technic of passing and serving; the method of rotation; technic of the passer; set up, and attack of players; advanced team strategy and team tactics; detailed study of rules; practice of officiating.

5. HANDBALL. The basic principles of handball; the underhand strokes and the service; knowledge of angles and the rules of the game.

6a, b, c, d. INDIVIDUAL GYMNASTICS. An understanding and practice of a prescription of exercises, which are formulated by the instructor after a study of the student's physical examination, for the correction of the physical defects; also, to prevent such further developments. Recommendation of doctor is required. May be taken for four semesters.

7a. ELEMENTARY TUMBLING. Elementary mat work, rolls, head stand, cart-wheel, pyramids, single and double stunts.

7b. ADVANCED TUMBLING. Advanced mat work, neckspring, headspring, handspring, roundoff, chestroll, advanced pyramids, single and double stunts; method of preventing injuries. Prerequisite, course 7a or equivalent.

8a, b. GENERAL PHYSICAL EDUCATION. For the student who does not desire to choose just one sport but wishes to improve his individual physical skill.



Includes the elementary technic and skills necessary for tumbling, apparatus, track events, basketball, etc. May be taken for one semester in either the freshman or sophomore year.

9a. **ELEMENTARY HOCKEY.** Practice for the development of skill and knowledge of the fundamental technic, strokes, fielding, tackling, dodging; elementary strategy and tactics; position of the players, general rules of the game and team play.

9c. **ADVANCED HOCKEY.** Practice of advanced technic and strategy; umpiring practice and an opportunity to take examination for national umpiring rating. Prerequisite, course 9a or equivalent.

10. **SOCCER.** The fundamental technic of kicking, tackling, fielding, heading; strategy and tactics; position of the players; rules of the game and team play.

11a. **ELEMENTARY BASEBALL.** The fundamental theory of catching, throwing, batting, and base running; position of each player; elementary rules and team tactics.

11c. **ADVANCED BASEBALL.** Practice of advanced technic and strategy; detailed duties of each player; coacher; team organization, plays, signals; practice in officiating. Prerequisite, course 11a or equivalent.

12a. **ELEMENTARY MODERN DANCING.** An introduction to dancing based on natural technics involving exercise and control of the big body muscles, and balance dances taught with the aim of developing music appreciation and emotional expression; running, walking, leaping, elementary turns, torso exercises, and relaxation.

12c. **ADVANCED MODERN DANCING.** A continuation of the natural technic given in 12a; special attention to arm work, turns and more advanced phases of technic; opportunity for individual creative work; some German technic. Prerequisite, course 12a or equivalent.

13a. **FOLK DANCING.** Elementary; simple folk dances of all nations; American and English country dances emphasized; the folk element as it relates to peoples, customs and geography; polka, schottische, waltz, and simple folk steps.

13b. **INTERMEDIATE FOLK DANCE.** Folk and character dances calling for knowledge of more advanced technic; Russian, Hungarian, Swedish, etc.; the Mazurka, Polish step, advanced technics necessary for national dances. Prerequisite, course 13a or equivalent.

14a. **ELEMENTARY TRACK.** A study and practice of the different track and field events; an individual record of the performance of each individual; general knowledge of the rules for each event.

14c. **ADVANCED TRACK.** Continuation of the practice in elementary track; general knowledge of technique of the different events, with specialization of a few chosen events; individual record of performance. Prerequisite, course 14a or equivalent.

### **Co-recreative Courses for Freshmen and Sophomores**

41a. **ELEMENTARY GOLF.** For those who have never played. Fundamentals of stance, body position, grip, and swing. The work is confined primarily to practice.

41c. **ADVANCED GOLF.** A continuation of course 41a, designed to help those who have played the game. Theory and explanation of the form used by some of the outstanding players; tournament play; match and medal will furnish opportunity for actual play and experience in competition. Prerequisite, course 41a or equivalent.



42a. ELEMENTARY FENCING. Embodies practice in the fundamental positions; the lunge and simple attacks.

42b. INTERMEDIATE FENCING. A continuation of course 42a; practice in fundamentals and complex attacks; the one, two, double disengage, the reverse beat, simple parries and riposts. Prerequisite, course 42a.

42c. ADVANCED FENCING. Continuation of courses 42a and 42b with additional work in elementary epee. Prerequisite, 42a and 42b.

42d. SABRE. A study of the sabre, including work on the basic attacks, parries and guards, with emphasis upon the techniques of individual competition.

43a. ELEMENTARY TAP DANCING. The rudiments of tap work, starting with relaxation of ankles, triples, sevens, rolls, and waltz clog step; dances using these steps and giving practice in characterization.

43b. INTERMEDIATE TAP. Review of work in course 43a, with addition of double-shuffle time step and several breaks; special attention to developing coordination of entire body with foot movements; addition of soft-shoe principles. Prerequisite, course 43a or equivalent.

43c. ADVANCE TAP. Advanced routines in fast buck, soft-shoe and waltz clog dancing; class on ensemble work as well as individual work; opportunity for creative dances on part of student. Prerequisite, courses 43a and 43b or equivalent.

44a. ELEMENTARY SOCIAL DANCING. This course includes the fundamentals of social dancing, as: dance positions, leading and following, ballroom etiquette and the basic technique of promenade, rocking step, balance, pivot, two step, waltz, fox trot and canter.

44c. ADVANCED SOCIAL DANCING. A continuation of 44a with increased skill in the execution of the fundamental steps and the addition of advanced techniques as the tango, habanera, continental and rancho.

45a. ELEMENTARY BADMINTON. The fundamental strokes of badminton. General court position and tactics for singles and doubles games. Rules.

45c. ADVANCED BADMINTON. Continuation of elementary badminton, with the addition of advanced strokes, and tactics.

46a. ELEMENTARY ARCHERY. The development of good shooting form and the principles of archery. Scoring. Rules.

46c. ADVANCED ARCHERY. A continuation of elementary archery in the development of skill. Study of proper equipment, scoring methods, tournament shoots and related archery activities.

### Courses in Physical Education

30. PERSONAL HEALTH. Three hours credit. First semester. Required of all men students majoring in Physical Education. A survey of the factors which determine personal health and an introduction to methods used in preventing disease.

Courses 31M, 32M, 33M, and 34M are practice courses for men majors, designed to provide opportunity for the development of skills in recreative sports. Classes meet daily.

31M. PHYSICAL EDUCATION. Two hours credit. First semester. Skills and techniques in elementary gymnastics, tennis, and swimming. Staff.



32M. PHYSICAL EDUCATION. Two hours credit. Second semester. Boxing, intermediate gymnastics, volley ball, elementary golf. Staff.

33M. PHYSICAL EDUCATION. Two hours credit. First semester. Tennis, handball, intermediate swimming, wrestling. Staff.

34M. PHYSICAL EDUCATION. Two hours credit. Second semester. Boxing, fencing, volleyball, golf. Staff.

Courses 31W, 32W, 33W, and 34W are activity courses for women majors, designed to provide opportunity for the development of skills. Classes meet daily.

31W. PHYSICAL EDUCATION. Two hours credit. First semester. Elementary hockey, intermediate swimming, elementary folk dance, elementary tumbling. Staff.

32W. PHYSICAL EDUCATION. Two hours credit. Second semester. Elementary basketball, elementary and intermediate tap, track and field. Staff.

33W. PHYSICAL EDUCATION. Two hours credit. First semester. Advanced hockey, elementary and advanced modern dance, general physical education. Staff.

34W. PHYSICAL EDUCATION. Two hours credit. Second semester. Activity course and games, volleyball, baseball, tennis.

35. FOOTBALL. Two hours credit. First semester. A complete study in the theoretical aspects of the fundamentals of football. Study of defensive and offensive tactics for each position. Required of all men majoring in physical education. Conger.

36. HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION. Three hours credit. First semester. Required of all majors. The history and development of modern physical education and the underlying principles of school and college physical education. Elbel.

37. FIRST AID. Two hours credit. Second semester. Emergency treatment of injuries, wounds, hemorrhage, burns and poisoning. Emphasis is placed on the technique of artificial respiration and emergency bandaging. Pre-requisite, Physiology 1. Allen.

50. HUMAN ANATOMY. Five hours credit. Second semester. Required of majors. See Anatomy.

55. THEORY OF THE DANCE. Three hours credit. First semester. A study of the history of the dance; its influence on civilization and its place in the school curriculum. Lectures; research topics are assigned and discussed. Theory in analysis of the types of dancing and their relations to music. Elective for women majors. Dunkel.

57. PRINCIPLES OF COMMUNITY RECREATION. Three hours credit. Second semester. This course is planned for students interested in recreational leadership, in playgrounds, community and recreational organizations and activities of clubs, such as Camp Fire Girls, Girl Scouts, Boy Scouts, and in the organization, management and equipment of conducting social activities, games, play, etc., with adult groups in community recreation centers. Required of all men majors, elective for women. Elbel.

62. THEORY OF ATHLETICS I. Two hours credit. First semester. A lecture course, which includes the theory and coaching methods of the following sports: tennis, hockey, soccer, volleyball. Required of women majors. Hoover.



63. THEORY OF ATHLETICS II. Two hours credit. Second semester. Similar to course 62, involving basketball, baseball, track and field. Required of women majors. Hoover.
64. PERSONAL HYGIENE. Two hours credit. Second semester. A course which stresses the fundamental laws of health as related to the individual. Emphasis is placed upon the mental phases of health as well as the physical. Required of women majors. Dunkel.
65. BASKETBALL. Two hours credit. First semester. Theory of basketball including methods of teaching fundamentals; individual and team offense and defense; various styles of play and methods of coaching. Required of men majors. Allen.
- 67W. PHYSICAL EDUCATION. One hour credit. First semester. Activity course for junior women majors. Marching, apparatus, gymnastics. Three periods per week. Hoover.
- 68W. PHYSICAL EDUCATION. Two hours credit. Second semester. Lecture and activity course for junior women majors. Three periods per week. A study of the methods of teaching the dance; social, folk, children's rhythms, tap and modern. Dunkel.
71. OFFICIATING I. One hour credit. First semester. A study of the rules and principles of officiating hockey, volleyball, darts, deck tennis, table tennis and basketball. Hoover.
72. OFFICIATING II. One hour credit. Second semester. A study of the rules and principles of officiating swimming, track and field, tennis, badminton, handball and baseball. Hoover.
73. PROBLEMS IN INTRAMURAL SPORTS. Two hours credit. First semester. Lectures and discussion of problems related to the various phases of intramural athletic programs. Philosophy of intramural athletics, organization, administration, point systems, and suggestions for intramural sports programs in the school system will be stressed in this course. Elbel.
74. TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION. Two hours credit. First semester. This course involves the use of elementary techniques of measurements as applied to tests in physical education. A study of the more common types of tests in the field. Prerequisite, course 36. Lapp.
75. TRACK AND FIELD. Two hours credit. Second semester. Designed to acquaint the student with the fundamentals of track and field athletics. Required of men majors. Hargiss.
80. TREATMENT OF ATHLETIC INJURIES. Three hours credit. Second semester. Theory in treatment of more common athletic injuries. This includes all work in taping, bandaging, massage, operation and application of heat lamps, violet rays, diathermy, vibrators, and the method of making and using different protectors. The need for medical advice in case of injuries is recommended throughout the course. Required of men majors, elective for women majors. Prerequisite, course 50. Allen.
81. ADMINISTRATION OF PHYSICAL EDUCATION. Three hours credit. Second semester. Embodies a study in the administration of the school and college physical education; the principles and administration of intramural and mass athletics; the types and the administration of physical efficiency tests; the administration of health examinations and the care and value of health examination records; the purchase and care of physical education and athletic equipment; common methods of financing the athletic program; the construction of the gymnasium, swimming pool and the athletic field. Required of all majors. Prerequisite, 20 hours of physical education. Elbel.



82. **ADVANCED FOOTBALL.** Two hours credit. First semester. A continuation of course 35. Major emphasis is placed upon strategy of team play, coaching methods, etc. Electives for men majors. Prerequisite, course 35.  
Conger.

83. **THEORY OF TEACHING SWIMMING.** Two hours credit. First semester. A consideration of the principles and methods of teaching swimming, diving, life saving and pool sanitation  
Hoover.

84. **PHYSICAL EXAMINATION AND PRESCRIPTION OF EXERCISE.** Three hours credit. Second semester. Theory and practice of examining the body for faulty postural conditions, scoliosis, weak feet, and other physical defects. Also instruction in the causes of these conditions, their effects upon the general health, and the use of therapeutic gymnastics as a means of correcting them. Studies in the methods of taking and the values of physical measurements are included. Required of all majors. Prerequisite or with Anatomy 50.  
Dunkel.

85. **KINESIOLOGY.** Two hours credit. First semester. A study of the mechanics of muscular movement and of the action of the muscles in various physical activities. Required of all majors. Prerequisite, Anatomy 50.  
Lapp.

86. **ADVANCED TRACK AND FIELD.** One hour credit. Second semester. A continuation of course 75 with major emphasis upon various methods of coaching and training. Elective for men majors. Prerequisite, course 75.  
Hargiss.

87. **ADVANCED SWIMMING.** One hour credit. Second semester. A continuation of swimming taught in courses 31M and 33M with special emphasis upon methods of teaching and life-saving methods. Two periods each week.  
Allphin.

88. **ADVANCED GYMNASTICS.** One hour credit. First semester. Theoretical and practical aspects of advanced gymnastics including methods of teaching various gymnastic activities. Prerequisite, courses 31M and 32M.  
Allphin.

89. **BASEBALL.** Two hours credit. Second semester. A study of the theory of baseball involving the fundamentals of individual and team play. Elective for men majors.

90. **REMEDIAL AND PHYSICAL EXAMINATION.** Two hours credit. Second semester. Designed to acquaint the student with the common posture defects and methods of aiding in their correction. Required of men majors. Prerequisite or with Anatomy 50.

91. **ADVANCED BASKETBALL.** Two hours credit. Second semester. The man-for-man style of offense and defense and the zone offense and defense are thoroughly discussed with full explanations when each style to be used is indicated. Tactics and strategy of basketball are especially emphasized. The psychology of handling a team, together with advanced training and conditioning work, are stressed. Elective for men majors.  
Allen.

176. **TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION.** Three hours credit. Summer session. Designed primarily for the teacher who has a need for a testing program. Actual practice with tests and their administration is provided. The aim of the course is to give a practical approach to testing and to provide an adequate testing and grading program in the public schools. The following types of tests will be studied: strength tests, cardiac tests, posture rating scales, means of classification, sport tests, motor ability tests, knowledge



tests, etc. Anthropometric measurements, test construction and scoring method will also be studied. The material will be presented through outside readings, lectures and laboratory work. Lapp.

CONTENT AND METHODS OF PHYSICAL EDUCATION. Three hours credit. Required of all majors. See Education M94.

SCHOOL HYGIENE. Required of all students majoring in physical education. See Education A254.

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## Required Equipment

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### MEN

Men majors in physical education are required to supply themselves with an especially designed uniform consisting of a pair of short length gray trousers and a gray sleeveless shirt. Rubber soled gymnasium shoes are required, although no specific style is recommended. For men engaged in practice teaching, a pair of full length gray trousers is required.

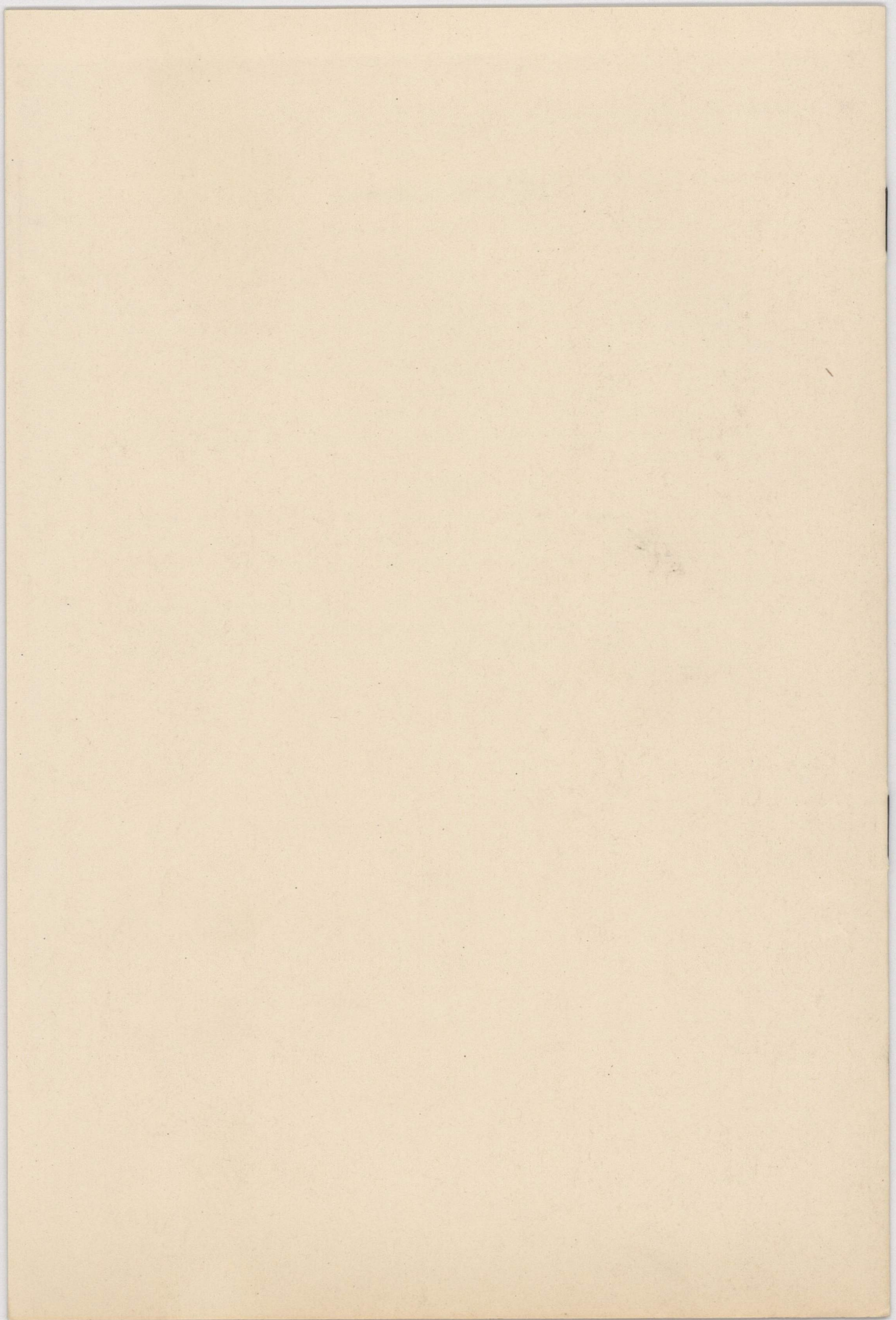
A tennis racket, tennis balls and a handball and similar individual equipment is required during the semester in which the student is engaged in these specific activities.

### WOMEN

An especially designed uniform is required of all women majors in physical education consisting of a shirt, shorts and sweatshirt. This must be purchased after enrollment. Rubber-soled white shoes and ankle length socks are also required.

Other required uniforms are: For dancing, a long sleeved black leotard; for swimming a one-piece cotton tank suit and bathing cap; tap shoes, tennis racket and tennis balls and similar individual equipment are required for these specific activities.







UNIVERSITY OF KANSAS  
LAWRENCE

DEPARTMENT OF PHYSICAL EDUCATION

October 24, 1939.

Dr. Forrest C. Allen,  
Department of Physical Education.

Dear Dr. Allen:

This letter is in reply to yours concerning suggestions for graduate work. I am listing the following two courses, together with reasons for suggesting them.

In the first place, I think that a course in "Research Techniques" would supply a definite need for the graduate student who is going to carry on a research problem. At present many of the students are lacking in the knowledge of methods of experimental procedure. A course in "Research Techniques" would fill this need.

The second course that I am suggesting is a course dealing with the relationship between physical education and athletics and psychology. I am enclosing an outline for you to look over. It is in its gross form without any specific indications, except in a general way, and in places things may have to be changed somewhat. I am suggesting that this be both a lecture and laboratory course.

Sincerely yours,

*James Raport*

James Raport,  
Instructor in Physical Education.



## "THE PSYCHOLOGY OF PHYSICAL EDUCATION"

1. Laws of Learning
  - A. Laws (effect, exercise, repetition, practice)
  - B. Their relationship to athlete in training--effect practice; use of visual instruction; mimetics; demonstrations.
  - C. Presentation of material to be learned--level of athletes
  - D. Mental plateau--staleness
  - E. Practice periods
2. The senses
  - A. Use of and development
  - B. Penpheral vision; distances; "feel"
  - C. Development of ability to observe
3. Perception -- Sonatic
  - A. Pace
  - B. Muscular "sight"
4. Memory
5. Morale
  - A. Building during season -- mental stance
  - B. Pre - game
  - C. "Psychological moment"
  - D. Mental push or physical
  - E. Confidence
6. The Coach
  - A. As teacher
  - B. His personal qualifications
  - C. Handling his men
  - D. Injures, praise
7. Individual and Social implications of athletics and physical education
  - A. Personality development
  - B. Group membership
  - C. Fitting for living
8. Game situations
  - A. Basketball
  - B. Football
  - C. Boxing



Undergraduate requirements.

- ✓ 1 Physiology or Hygiene 5 hrs.
  - ✓ 2 Human Anatomy 5
  - ✓ 3 Principles, Method or Philosophy of P. E. — 3.
- 

Graduate Courses.

- ✓ 1 Thesis — 2-8 hrs
  - ✓ Seminar 3
  - ✓ Special Probs. 2-4
  - ✓ Org and Admin 3 *Req.*
  - ✓ Tests and Meas 3
  - ✓ Content + Method 3 *Req.*
  - ✓ Edo B. Ball — 3
  - ✓ Theory Pr atk Jr. *Req. for men.*
  - ✓ School Hygiene (Ed Dept) 2 *Req.*
  - ✓ Adolescence (Ed Dept) 3.
  - ✓ Psychology of P. E. — 2 *new*
  - ✓ Modern Prin of P. E. 2 *new*
- 5-6 hours, <sup>of good courses</sup> required in some other dept.

Tried to suggest with ~~fewest~~ least number of new courses & few changes.