

A

January 11, 1940.

Major L. McC. Jones,  
Director of Athletics,  
University of Nebraska,  
Lincoln, Nebraska.

Dear "Biff":

I had fully intended to include the name of Elwyn Dees among our trainers, and thought I had done so. Dees is an excellent trainer, and I had considered him my prime favorite up until the present. Nesmith, I believe, is even better than Dees.

Not only is Nesmith a fine trainer, but he is an affable, personable young man. He has a keen interest in his work, and I am still giving him the benefit of my knowledge.

Your letter of the 9th instant is greatly appreciated. I just wanted to supplement my previous letter with the above remarks in regard to Dees and Nesmith.

With best wishes, I am

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

FCA:AH



THE UNIVERSITY OF NEBRASKA  
LINCOLN

DEPARTMENT OF  
INTERCOLLEGIATE ATHLETICS  
OFFICE OF THE DIRECTOR

January 9, 1940.

Dr. F. C. Allen,  
University of Kansas,  
Lawrence, Kansas.

Dear "Phog":

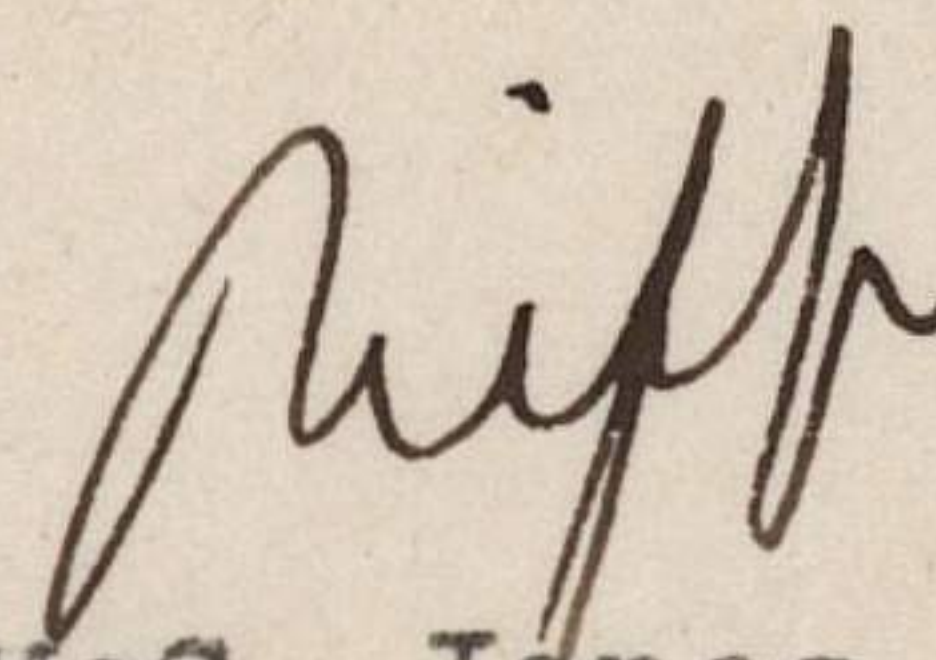
I have just returned from my trip to the Coast to find your letter of December 31st. Hearty congratulations on your winning the Topeka tournament. I have just been around the conference long enough to take your winning of championships as a regular part of the winter excitement. I am looking forward to seeing your fine team play again.

I was very interested to read your remarks in regard to Dean Nesmith. I believe good trainers are harder to find than a good coach. Consequently, I think you are deserving of some kind of a medal for developing outstanding men like Kelly, Cox and Logan. I note with surprise you did not mention Elwyn Dees at Pittsburgh. He seems to be doing a swell job back there.

I certainly appreciate your remarks in regard to Nesmith and will bear him in mind if and when we decide to switch to a full-time arrangement.

Best regards.

Yours truly,



L. McC. Jones,  
Director of Athletics.



Confidential

February 3, 1940.

Major L. McC. Jones,  
Director of Athletics,  
University of Nebraska,  
Lincoln, Nebraska.

Dear Biff:

I have been reading a good deal of late regarding the unfortunate fact that certain newspapers break into print criticizing the showing of the basketball team at Nebraska. Certainly the injuries to Fitz and Pitcaithley have played havoc with the Nebraska team, and my prediction is that tonight at Lincoln if Fitz is in the ball game Missouri will have a very difficult time of winning. I just have a hunch that if Fitz and Pitcaithley are in there that the Huskers have a surprise for the Tibers.

A basketball team is no different from any other type of team - they have good years and then bad years, and sometimes we may have a lot of heft on the football team and they will be set up to go places and then they fail to click. How much altitude there is on the basketball team is not always a sure thing that they will beat everybody they play. I have had such experiences and I know how unsympathetic the public is when they are expecting a kill.

So I want you to know that it would be the last thing that I would do to give credence to such newspaper criticism. I have been in similar positions many times that Harold finds himself. But I do want to write you concerning a matter that I would appreciate if you would keep very confidential.

Three years ago when certain incidents happened here I had decided that I would not stay. My son, Bob, who was a freshman, said, "Dad, I always wanted to play on your team, and I hope you won't quit until I have finished school." He was a pre-medic and there were certain situations that transpired that I promised him I would coach here until he had finished. I would not be interested in anything at all for next year because I expect to stay here until Bob has been graduated. After that, if you should think of giving Brownie a full time job with the football team and his physical education work there, then I would be at least interested in discussing the situation with you.



My first recollection of meeting you was at Superior, Wisconsin, coaching school back in 1929 when you would come out to the treatment of athletic injuries class about 8 o'clock in the morning and watch me handle the injuries there. Pop Warner was handling football and I was handling the basketball team, and I believe you were second lieutenant in West Point and a scout for the Army. I

In 1916 just before the United States entered in the World War I signed a contract to go to the University of Illinois as Zupke assistant and to handle intramurals and take charge of the injuries there. The war came on and I stayed at the Teachers College at Warrensburg where I coached all sports. With the close of the war I had a conference with George Huff regarding the renewal of my contract there, and I had practically decided to go when this job opened up here at the University of Kansas. I wanted to build a stadium for the University and I accepted this job. I coached ten years of football, baseball and track. My last coaching here in football was in 1920 when we tied Nebraska in the 20 to 20 game. My team averaged 162 pounds, and the Huskers 189.

I coached only that year because Patsy Clark, who was then coaching at Michigan Aggies, had agreed to come to us the following year and he could not get away due to some situation up there. We had lost our coach and I took it over in an emergency.

I would not be interested in football because you already have your full quota there. I am coaching basketball here and am head of the Department of Physical Education. I was thinking of what a wonderful opportunity the University of Nebraska has with her beautiful and spacious field house and an opportunity to put the Huskers basketball up to the high pinnacle of Nebraska's football and track.

I am 54 years of age, but I suit up and demonstrate all of my fundamentals offensively and defensively. I have no assistant on the varsity and I also coach the freshmen, but I use student assistants to aid me when there are conflicts in the time schedule. Formerly I had used John Bunn as my freshman coach and assistant varsity coach, then I used Frosty Cox, but until I discover the right sort of a teacher I do my own freshman coaching. If I find an apt pupil like either one of these I think I would hire him for my freshmen. The reason I mention my age is because of the fact that many fellows at this age are getting over the hill. It is for that reason that I thought of specializing in one sport and having more leisure time than I have had in the last 21 years here. The first 7 years I was here I averaged 17 hours a day, but I believe that I am arriving at such an age that if I am going to have some hours for relaxation I should take things a little easier than I have been doing in the last decade.



As far as I know I can stay here indefinitely, but I would enjoy the opportunity to put a team in the top rung of the ladder when it seems to me they have just about everything to work with. The prestige of one sport, especially football, aids the other sport considerably in national ranking.

I trust that I have not been misunderstood, and I would not want Brownie to feel that anyone was cutting under him just because of some bad publicity. This letter calls for no immediate reply and some time at your convenience if you are interested I might discuss the matter with you.

With all good wishes, I am

Sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

FCA:AH



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# "PHOG" ALLEN GETS ANOTHER BRAIN TANTRUM

LAWRENCE, Kan., Feb. 22—  
(AP)—Dr. F. C. Allen, Kansas  
university basketball coach who  
advocates raising the baskets to  
lessen the advantage of tall play-  
ers, has a new idea.

He would create a safety zone  
around each goal and, in effect,  
virtually eliminate all shots with-  
in eight feet of the baskets.

Allen said the center jump was  
eliminated because of tall men  
but "instead of driving tall play-  
ers out of the game the demand  
for them became even greater.  
A team no longer is defeated in  
the center of the court, at the  
jump, but at the backboards."

His safety zone would be a 16  
foot circle with the basket as a  
center. Players could dribble in  
or out of the circle but could  
not drive in and shoot if another  
player was in the ring.

Allen also would abolish tip-in  
shots.



c

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112 MAIN STREET  
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TELEPHONE  
6702

February 2 1940

Dr F G Allen  
Lawrence Kansas

My Dear Allen;-

I think that you are hitting close to the Bulls Eye, Ward Lambert and I discussed the same idea last fall, I have a letter from Van Alstyne of Michigan State along the same line. Something must be done to keep the game from going Bean Pole as Foot Ball did to Beef.

I was on the Big Ten Rule Committee in 1906 when we first permitted shooting from the dribble. The delayed offensive is a planned block and a deliberate attempt to evade the blocking rule.

I am not now coaching. My last job was in France during the World War when I was assigned to introduce the game in the British Army.

I believe I had some correspondence with you when we were considering you for Director at Purdue University before Major Kellogg came.

You are a good booster. Keep going.  
Sincerely yours

*Chas B Jamison*



D

Lawrence, Kansas  
March 14, 1940

President W. M. Jardine,  
University of Wichita,  
Wichita, Kansas.

Dear President Jardine:

I desire personally to thank you for contributing some of your most valuable time to the small luncheon that was given at the Lassen Hotel for our boys. A man like you must be very generous to share your busy hours with such a group, because I know how many demands are made on you.

We all enjoyed our visit and your friendly remarks to a group of fellow Kansans.

Again thanking you and wishing you continued success, I am

Very sincerely yours,

FCA:AH

Manager, N.C.A.A. Basketball Tournament.



E

April 11, 1940.

Mr. J. H. Johnson,  
c/o Y.M.C.A.,  
Oklahoma City, Okla.

Dear J. H.:

I am sorry that I have been out of town so much of late, and trust that my belated message will work no hardship in your landing the position. I am sending you a carbon copy of the letter that I am sending to Mr. Carlson by air mail today.

With all good wishes, I am

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

FCA:AH  
Enc.



Oklahoma City, Okla.

April 9, 1940

Dr. Forest C. Allen  
University of Kansas,  
Lawrence, Kansas.

Dear Doctor:

I sent you a letter after the play-off down here and am wondering if you received it. I know you were busy with the team the next two weeks.

I received word that Mr. Harry Carlson was going to hire a trainer for the Colorado University the last of this week. Since I have not heard from you, I wondered if you had written to Mr. Carlson regarding my application.

Sorry you did not win that final game.

Respectfully yours,  
*J. H. Johnson*  
J. H. JOHNSON

JHJ;rb

Y. M. C. A.  
Oklahoma City, Okla.



March 17, 1940

Dr Forrest C Allen  
University of Kansas  
Lawrence, Kansas

Dear Doctor:

Congratulations, and was that a ball game?  
I am still weak today.

Mr Harry Carlson, athletic director of Colorado University, in reply to my letter of application for the trainers position at Colorado University, requested that I have several men send him a letter of recommendation. I would appreciate any assistance that you could give me concerning this position.

With best wishes to you and your boys.

I remain

Sincerely yours

J. H. Johnston

Y. M. C. A.

Okla. City,

Okla.



April 11, 1940.

Mr. Harry Carlson,  
Director of Athletics,  
University of Colorado,  
Boulder, Colorado.

Dear Mr. Carlson:

Mr. J. H. Johnson, in charge of the Y.M.C.A. health and bath department at Oklahoma City, has written me that he is applying to your school for a position as trainer of athletic teams. He desires that I contribute what knowledge I have regarding his fitness for such a position.

I have known Mr. Johnson for quite some time and find him to be an upstanding citizen, a fine gentleman, and a splendid trainer. He served many years in charge of the bath and health department at Excelsior Springs, Missouri. Later he came to the University and took a short course of thirty days under me in the treatment of athletic injuries. He remained here during our athletic season, studying athletic injuries and treatment of them, and worked with the boys with our trainer, Mr. Elwyn Dees who is now head trainer at the University of Nebraska, having until recently been at the University of Pittsburgh.

I have five expert trainers who have done work under me and who are now located in large schools. All are graduates of the University of Kansas. Jimmy Cox, now head trainer at Harvard, Roland Logan, head trainer at the United States Military Academy, West Point, Milton Kelley, head trainer at the University of Texas, Elwyn Dees, head trainer at the University of Nebraska, and Dean Nesmith, head trainer at the University of Kansas.

I have watched Mr. Johnson work on different athletes and I have also had him practice on me, and I can say very sincerely that you will find him a clean, intelligent and hard-working individual, loyal to the core, and tremendously interested in the boys under his care. I am very happy to recommend Mr. Johnson without reservation or evasion. He is a fine influence with young men.

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

FCA:AH



April 17, 1940

Doctor Forrest C. Allen  
University of Kansas  
Lawrence, Kansas.

E

Dear Doctor:

I received your letter of the 11<sup>th</sup> also the carbon copy of the letter you sent to Mr. Harry Carlson at Colorado. Doctor I certainly appreciate your assistance and the confidence you have in me.

I did not get the job, one of our high school coaches here landed it. Ralph Higgins took his track team to Colorado last week and he told me they wanted a man to teach gym classes and that the training was a poor second. Ralph was sure suprised when they hired this man. I guess I am not suprised to care for boys, I don't seem to get a break.

Thanking you again for your nice letter, I beg to remain,

Very sincerely yours,

J. H. Johnston  
Y. M. C. A.

Okla. City,  
Okla.



UNIVERSITY OF COLORADO

BOULDER, COLORADO

DEPARTMENT OF PHYSICAL EDUCATION FOR MEN

April 15, 1940

Mr. Forrest C. Allen  
University of Kansas  
Lawrence, Kansas

Dear Mr. Allen:

I wish to thank you for your very good letter concerning Mr. J. H. Johnson. Only last week we definitely appointed Mr. Robert Shelton of Classen High School, Oklahoma City, to fill this position.

With best personal wishes, I am

Sincerely yours,

*Harry Carlson*



Mr. Falckenstein is

addressing a plaudet

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HOTEL MARQUETTE  
CAPE GIRARDEAU, MO.



HOTEL ST. CHARLES  
ST. CHARLES, MO.

PRIVATE OFFICE

CAPE GIRARDEAU, MO.

19

Dr. F.C. Allen  
Univ. of Kansas

Dear Doctor:

Congratulations upon your fine basketball season this year. Of course it will be climaxed this week-end with your team's victory over Indiana Univ., we hope. There will be a lot of us in Kansas City Saturday pulling for your team to win the title that so many of your teams have deserved, namely, the foremost college basketball team of the nation.

I also wish to thank you, Doc, for making my life in St. Louis more liveable with the swell record that your team has compiled this season. The "smoky city" shows a decided inclination in the favor of Big Ten teams and I have had to collect quite a sum of money from several people this year who insisted upon trying to prove their point with a cash investment.

All during school, Doc, I had planned to get a blanket my senior year to have as a commemoration of my athletic experiences while at the University because it seems to mean so much more with the name and years of participation on it. Confucius say "he who recall college days longer, stay young longer," and this blanket very definitely entered into my plans for staying young. Perhaps somewhere along the line there was a misunderstanding on my part in regard to the ruling that you mentioned restricting an athlete to two awards for the three year's participation in a sport, because had I been aware of this I certainly would have passed up a sweater for the blanket. Earl Falkenstein and myself, after the 1933 season, made plans for the blanket to the point of his suggesting that I pay for the addition of the All-America label in one of the corners and I was under the impression all along that it was ordered.





HOTEL MARQUETTE  
CAPE GIRARDEAU, MO.



HOTEL ST. CHARLES  
ST. CHARLES, MO.

PRIVATE OFFICE

CAPE GIRARDEAU, MO.

19

However, Doc, I certainly do not want to make any additional demands upon you and if this is a misunderstanding upon my part, please do not hesitate to let me know. After all, I hope that I shall never forget the part you played in making a college education possible for me, and if I have contributed something in the past to partly alleviate that debt, I am glad, and if I can contribute anything in the future to further pay on it, I shall be happy to do so.

I, again, wish you all the luck in the world Saturday and I hope we all see a Kansas victory. Give Mrs. Allen my regards and tell her that some time in the near future the United States President for 1975 wishes an audience with her. Also give my regards to the family and tell Bob that I clearly saw three buttons pop off the coaches vest last Saturday when he took the ball away from Vaughn for the twelfth time.

yours sincerely,

*McJohnson*

P.S. It's a feal treat, Doc, to yell the Rock Chalk as it was to listen to it.

*McJ.*

*5838 Nottingham St.  
St. Louis, Mo.*



September 8, 1939.

Mr. W. J. Janney, Manager,  
Book & Gift Shop,  
Columbus, Kansas.

Dear Mr. Janney:

Answering your communication of the 5th instant, beg to state that the "Phog" Allen Basketball is not made any longer due to the fact that there has been a change in the type of valve invention. We are using the Dr. James Naismith ball which is made by the Rawlings Company of St. Louis. We find this is a very excellent ball.

Regarding the hooded sweat shirts, we had Lowe and Campbell, of Kansas City, make these up for us. If you will write them I am sure they will be able to duplicate our order. We are very fond of them and think they are very beneficial to prevent colds due to chilling and cooling off too rapidly.

I am very glad that you like Coach J. E. Hammers and I am happy that he has been doing so well. I am answering his letter in today's mail.

With all good wishes, I am

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.

PCA:AH



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Columbus, Kansas

9-6-39

Foggaller:  
Lawrence Kas.

Dear Sir:

Mr. J. C. Hammers  
has asked me to write you and find  
out where we can get Foggaller  
Basket Balls and Hooded Suesel Shirts.  
He is athletic director here and we  
think a lot of him.

Hoping to hear from  
you and thanking you in  
advance we are

Yours Respt.

Book & Gift Shop.  
127 W. Main  
W. J. Ganney  
mgr.



PHYSICAL SKILL TESTS FOR SECTIONING  
CLASSES INTO HOMOGENEOUS UNITS

By Granville B. Johnson  
University of Denver

"The test is easily administered and can be given to twenty or thirty persons in the usual forty-minute gymnasium period. This test has a reliability coefficient of .97 and a validity coefficient of .69. Hence it is an adequate basis for dividing a class into sections or groups of equal ability. The only equipment needed is a sheet of ten ounce canvas about eight feet wide and twenty feet long, marked as shown in the accompanying diagram, gymnasium mats, and a scoring sheet. This canvas is laid over two standard 6 by 10 gymnasium mats placed end to end, and the edges are tucked under or fastened down to keep the surface smooth.

The students may be lined up along one side of the chart where they can clearly see. The scorer may sit on the opposite side where he, too, can see every line. The scoring is objective, and is decided chiefly by whether or not the subject's feet touch the canvas at the proper places and within the specified boundaries.

The pattern, which is painted on the canvas, is a rectangle four and one-half feet wide and fifteen feet long, divided into squares eighteen inches on a side (see chart). This makes three lanes eighteen inches wide down the length of the chart. The main outline of the rectangle and the lines marking the lanes are painted in black lines three-fourths of an inch wide. The second, fourth, and alternate squares in the two outside lanes are painted solid black. The squares in the center lane are not marked off as squares, but the first, third, and alternate spaces in this lane contain each a target twelve inches by three inches in the center of the square. There is an additional target placed outside the main pattern on the finish side. There is another lane two feet wide marked in red down the center of the canvas, divided half way by a cross line or red; this is used only in the rolling exercises.

The instructor should explain the purpose and the general nature of the test, and point out the markings on the chart, disregarding the red markings until they are needed. He should also explain the method of scoring so that the subjects may observe and score each other. To explain this he simply demonstrates the errors on which the scoring is based: e.g., position, overstepping the bounds, lack of rhythm, etc. The mental picture of each exercise is presented



through both eye and ear, the instructor giving explicit directions for each exercise and demonstrating it. The instructor must be completely familiar with the execution of the ten exercises; he must be able to give a perfect performance. He must also master the technique of giving the instructions. Each exercise is demonstrated only once, and the pupils must all perform it before the next exercise is introduced. The subjects must not imitate their classmates; they imitate only the instructor. The exercises are as follows:

1. Straddle Jump.

Hands on hips. Start with feet together in first center target. Jump astraddle to first two black squares. Return to feet-together position on second target. Proceed thus across mat in regular jumps, finishing on the finish target.

2. Stagger Skip

Hands on hips. Start with feet together in front of the right lane. Step with left feet on first center target and hop, still on left foot, to first black square on left. Step with right foot to second center target and hop, still on right foot, to second black square on right. Continue in regular skips across mat.

3. Stagger Jump.

Hands on hips. Feet together throughout the exercise. Start with feet together in front of right lane. Jump obliquely with both feet to first black square on right, then to second white square on left, finishing on finish target.

4. Forward skip, holding opposite foot from behind.

Start with feet together before either right or left lane (optional). Step with right foot into first white space, raising left foot behind and taking it with right hand behind right thigh. Hop in this position on right foot to first black space. Release left foot, step with left foot to second white space, lifting right foot behind and taking it with left hand behind left thigh. Hop in this position on left foot to second black space. Continue thus across the mat.

5. Front Roll

Disregard all black markings and perform in the red lane. Start outside of chart in front of center lane. Perform two front rolls, the first within the limits of the first half of the lane, the second within the limits of the second half, never touching or over-reaching the red lanes.



6. Jumping Half-turns, right or left.

Start with feet together on first target and hands free. Jump, feet together, to second target while executing a half-turn right or left, ending on second target facing starting end. Jump to third target, executing another half-turn, rotating in same direction (as a barrel would be rolled along upright) ending on the third target facing the finish. Continue across mat, ending on finish target facing starting end.

7. Back Roll.

Perform in red lane. Start in front of red lane with back to the pattern. Execute two back rolls, one on each half of the lane.

8. Jumping Half-turns, right and left alternately.

Start as in (6) on first target. Jump with both feet, as in (6) to second target executing a half-turn either right or left. Jump, as in (6), to third target executing half-turn in the opposite direction. Continue across mat, alternating the direction of rotation, finishing as in (6).

9. Front and Back Roll Combination.

Perform in red lane. Start as in (5), facing red lane. Perform a front roll in the first half of the lane, finishing with legs crossed at ankles and executing a two-feet pivot turn right or left. Perform a back roll in the second half of the lane.

10. Jumping Full Turns.

Start outside of chart in front of first white space in either outside lane. Jump with feet together to first black space in same lane, executing a full turn with the body right or left. Continue across the mat, executing full turns, rotating in the same direction, being sure to land on both feet in the black spaces.

### Scoring

Maximum score 100; 10 for each exercise. Minimum score, 0, for any exercise.

When a step, skip, or jump is made into any white or black square with one or both feet, feet must land entirely within the limits of that square. When a step, skip, or jump is made on to any target with one or both feet, feet must land touching the target, and not touching side lines or outside lanes. In the rolls, the subject must not



touch or over-reach the side-lines of the red lane and must complete each roll within the prescribed half of the lane, not over-reaching the end markings. All the exercises must be performed with a reasonably erect and dignified posture: the position in the first three exercises is "hands on hips." In any exercise the prescribed position must be observed throughout the exercise. The jumps must be performed with a regular rhythm, about two (short) jumps to the second or five seconds for each exercise.

1. Deduct one from the maximum score for each jump in which feet over-stop squares or miss target, one for each jump in which feet do not land at the same time, one if position is discontinued somewhere in the exercise, and one if rhythm is not maintained. (If a subject completes a jump with heels over-stepping a square, but lifted so as not to touch the canvas, the jump is good.)

2. Score as in 1, except that feet do not come down together.

3. Score as in 1.

4. Deduct one for each step or jump in which subject over-steps a square, or in which he does not have the proper position, or both. Deduct one for lack of rhythm.

5. Count five for each roll. Deduct two for over-reaching red line right or left in each roll. Deduct one for over-reaching end limit on each roll. For failure to perform a true roll, deduct five.

6. Five jumps. Deduct two for each jump in which the subject does not land with both feet on the target, or turns the wrong way, or both.

7. Score as in 5.

8. Score as in 6.

9. Score as in 5. Deduct one also if subject over-steps end border or executes turn wrong.

10. Score as in 6; deduct two if subject fails to land on both feet, or over-steps black square, or turns too far or not far enough, or loses balance before starting next jump.

The total points deducted, subtracted from the maximum of 100 gives the subject's score on the physical skill test.

Sections can be made according to scores, using five or any other number of divisions. For five sections, the divisions can be based on the natural curve of distribution. In each of the extreme divisions will be the same number of cases, and in each of the next extreme divisions the same number, according to the several systems in common use, as follows:

Section 1.....	8%
Section 2.....	24%
Section 3.....	36%
Section 4.....	24%
Section 5.....	8%



or the total range of scores of the group tested, from the lowest to the highest can be divided into five equal parts, to secure the range of the five sections. The first method allows a sectioning on the basis of the average ability of the group; the second permits a natural skewing of the curve to fit the peculiar distribution of the group. The middle group, in large and normal classes, will always be the largest.

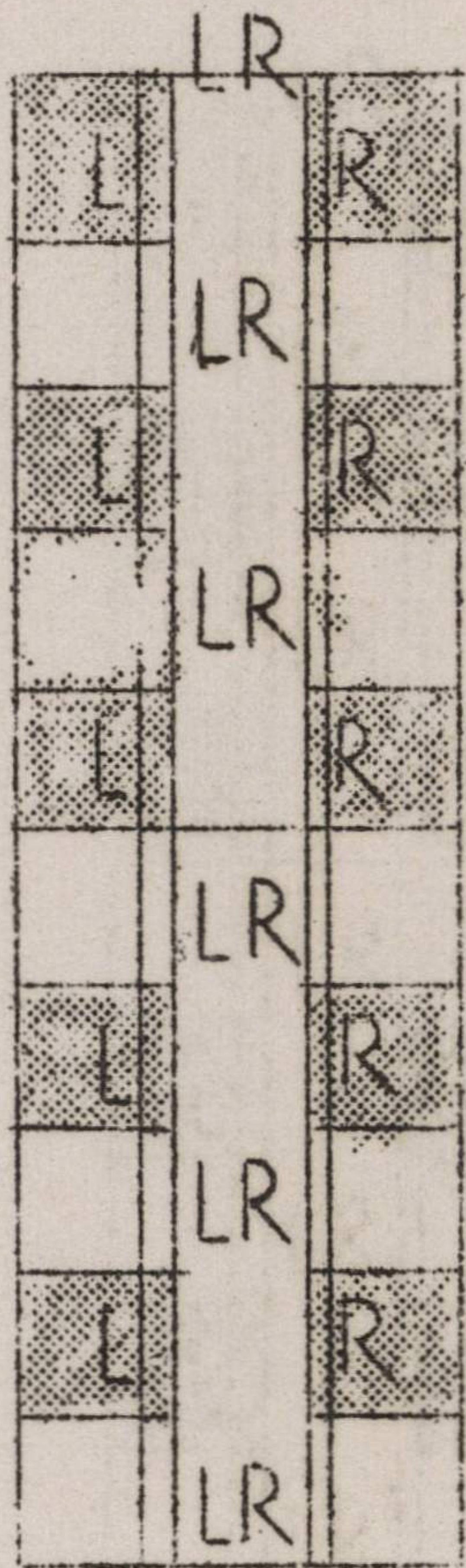
This test has been given to 1,500 pupils of both sexes and ages ranging from 11 to 38 years. Physical size did not appreciably affect the functioning of the test. That is, a child of twelve years had no more difficulty in executing the exercises than did the college freshman. The curves of distribution of ability of both extreme age groups have the same characteristics. However, the correlation between intelligence scores and the physical test scores is markedly different for the two groups. For those on college students, a correlation of .49 was found, while for junior high pupils, it was only .13. We cannot account for this at the present time, except that it is likely a manifestation of maturation.

This test for sectioning must not be considered the last word in measurement of physical differences, but with intelligent use it is extremely valuable, especially in sectioning large classes in physical education. It is hoped that this presentation of the test will be useful to teachers, and that it will stimulate further research in the matter of differences in physical skill. As the test stands now, we can say of it that:

1. Within broad limits, it measures native physical skill.
2. With matured groups its results have a relatively high correlation (.49) with the results of intelligence tests.
3. It makes easy and valid the sectioning of classes into homogeneous groups.

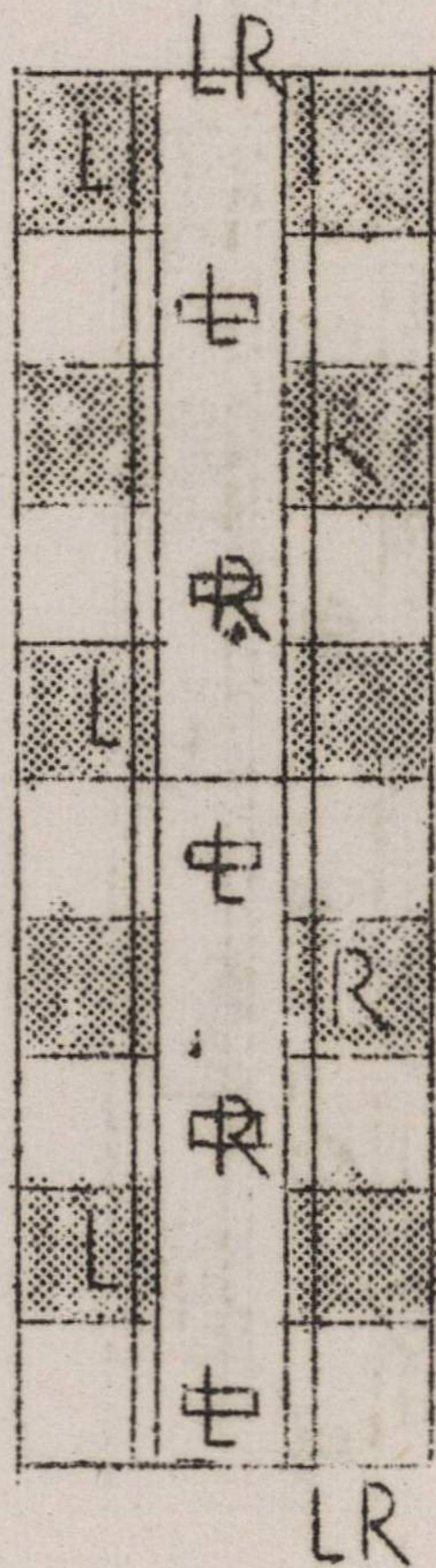


EXERCISE I  
Straddle Jump  
finish



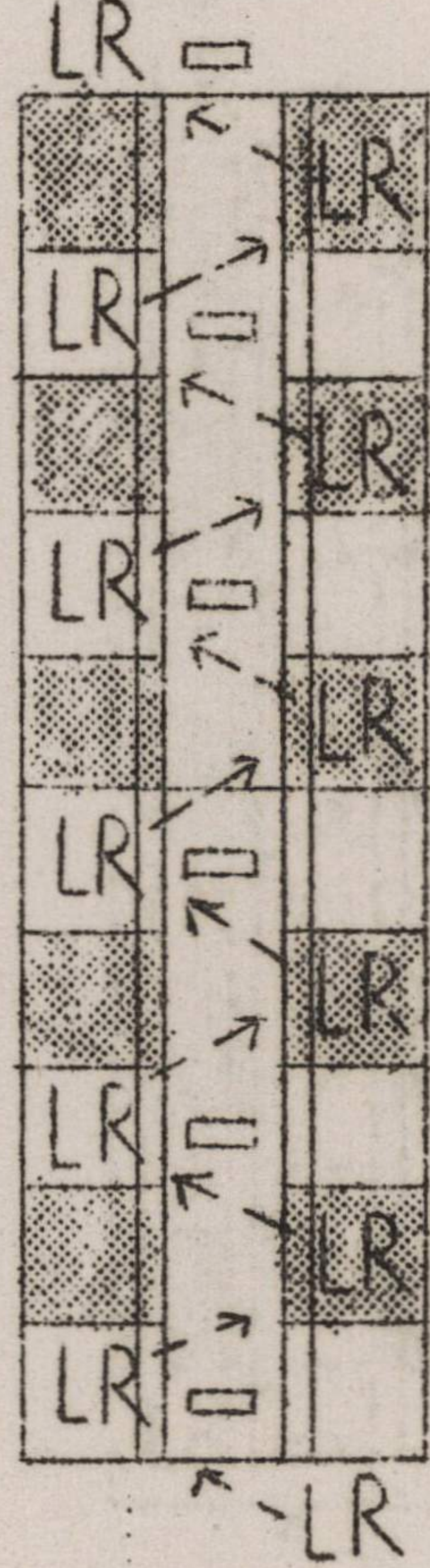
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EXERCISE II  
Stagger Skips  
finish



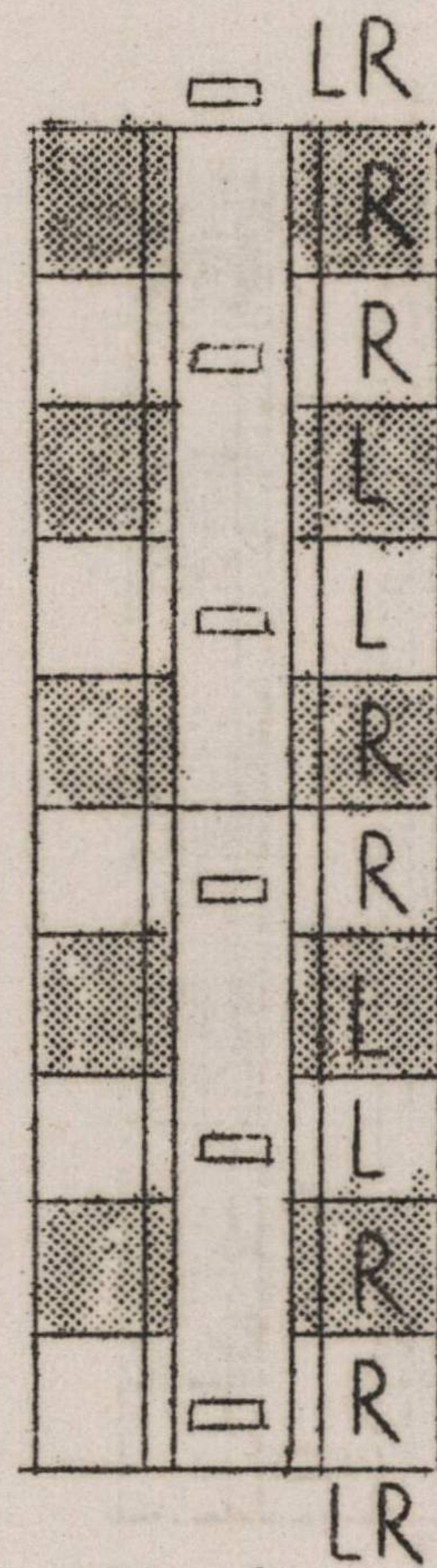
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EXERCISE III  
Stagger Jump  
finish



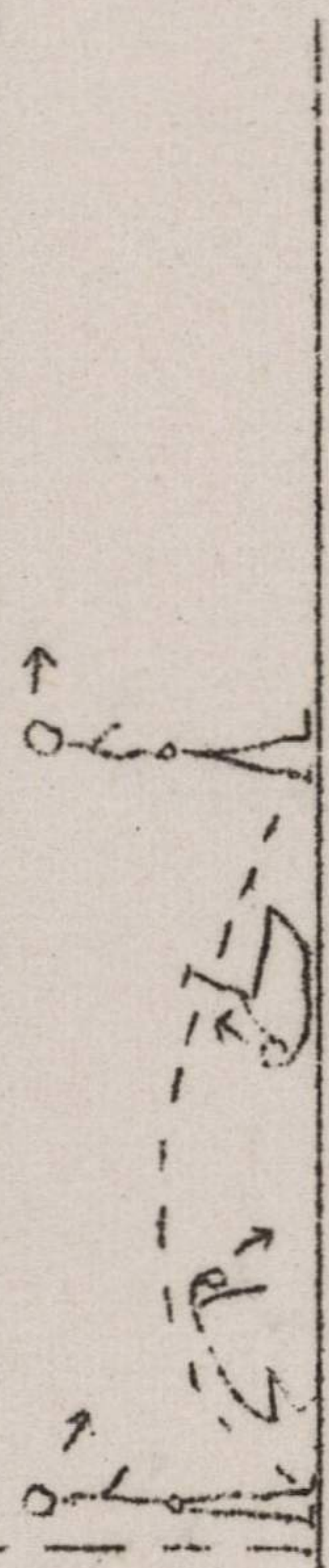
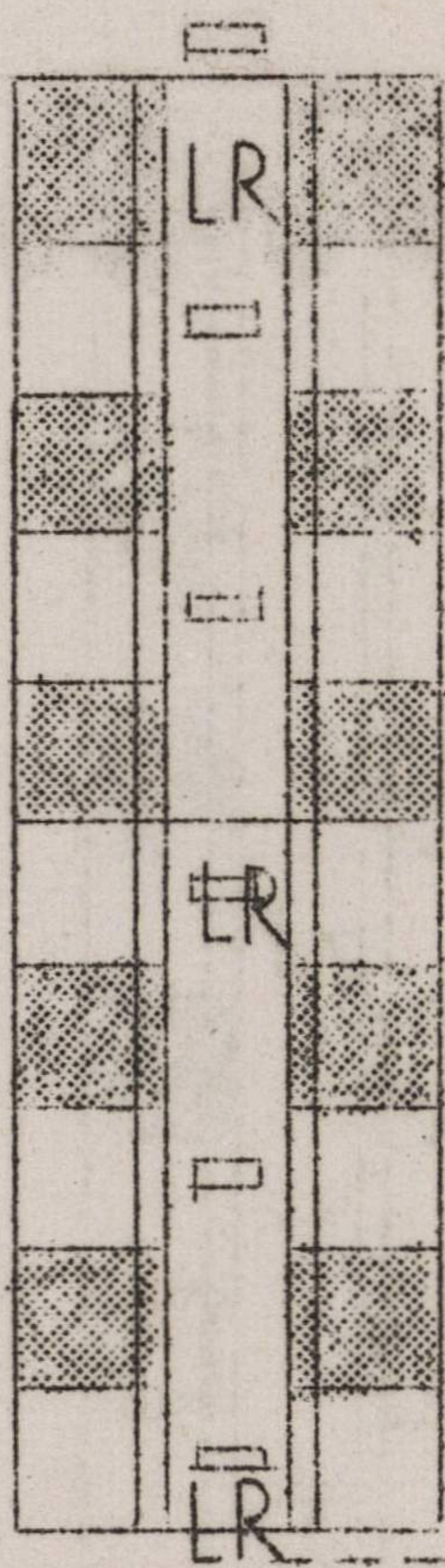
Start

EXERCISE IV  
Forward Skip  
Holding Opposite Foot  
From Behind  
finish

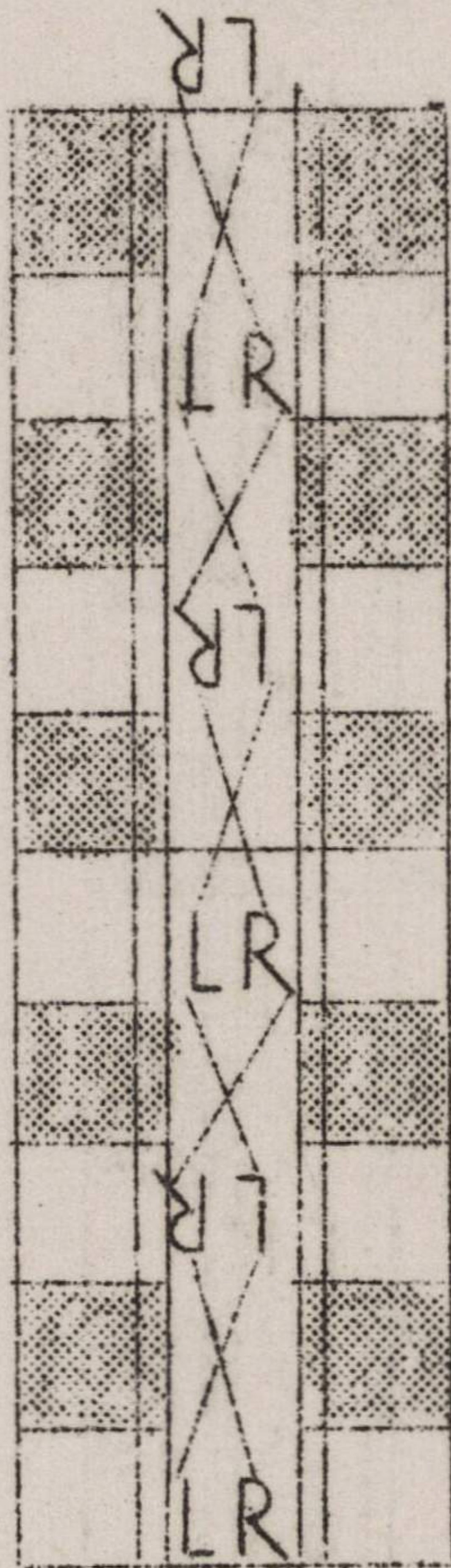


Start

EXERCISE V  
Forward Rolls  
finish

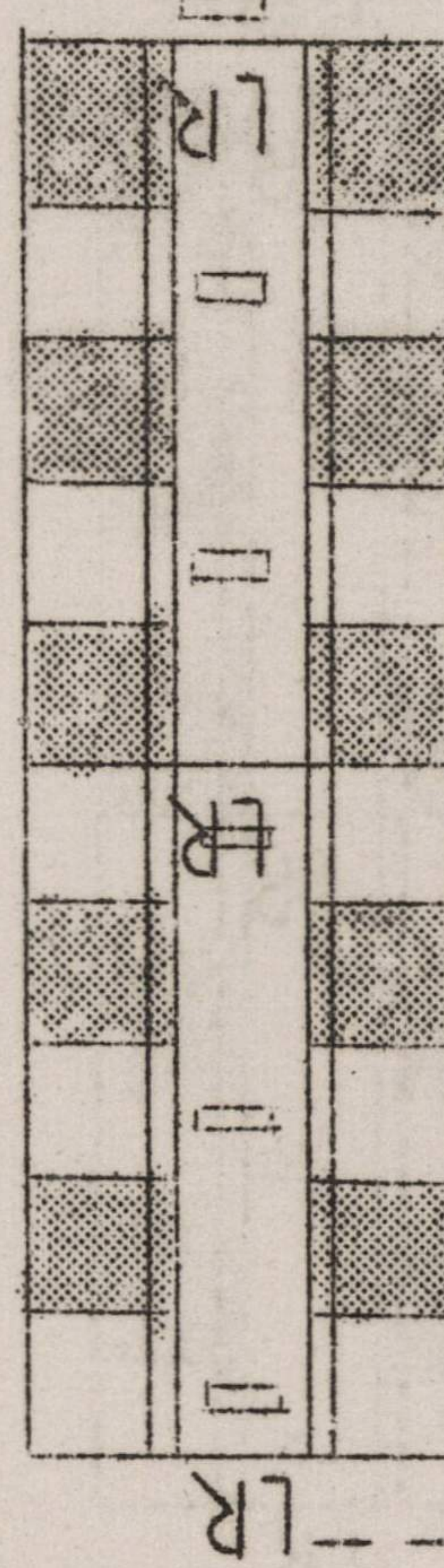


EXERCISE VI  
Half Turns R or L  
finish



start

EXERCISE VII  
Backward Rolls  
finish

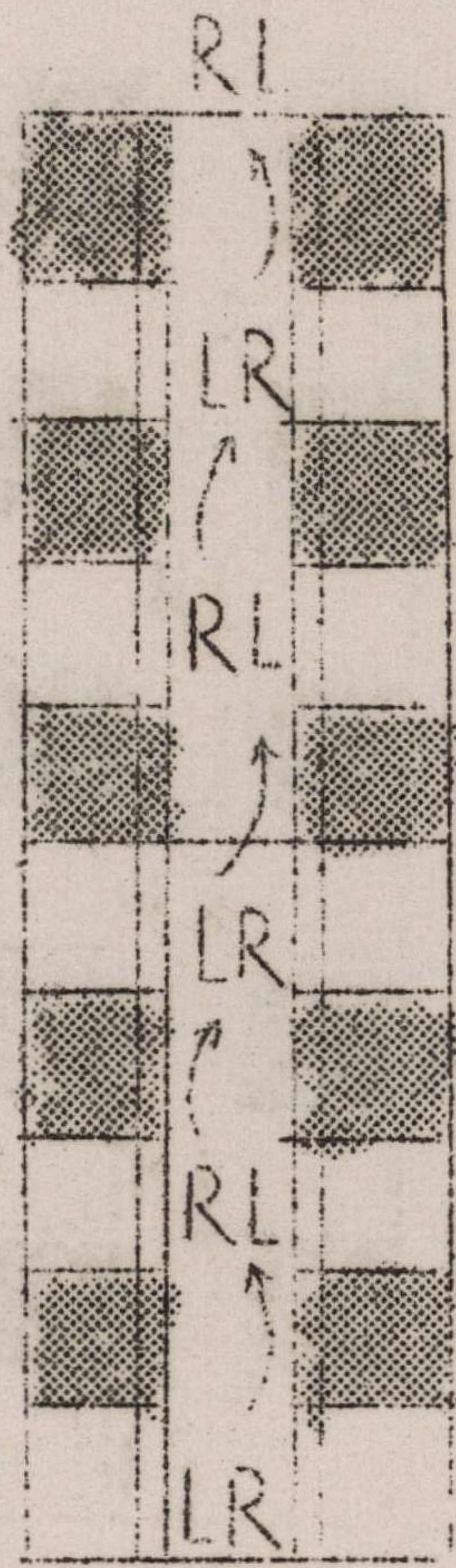


start



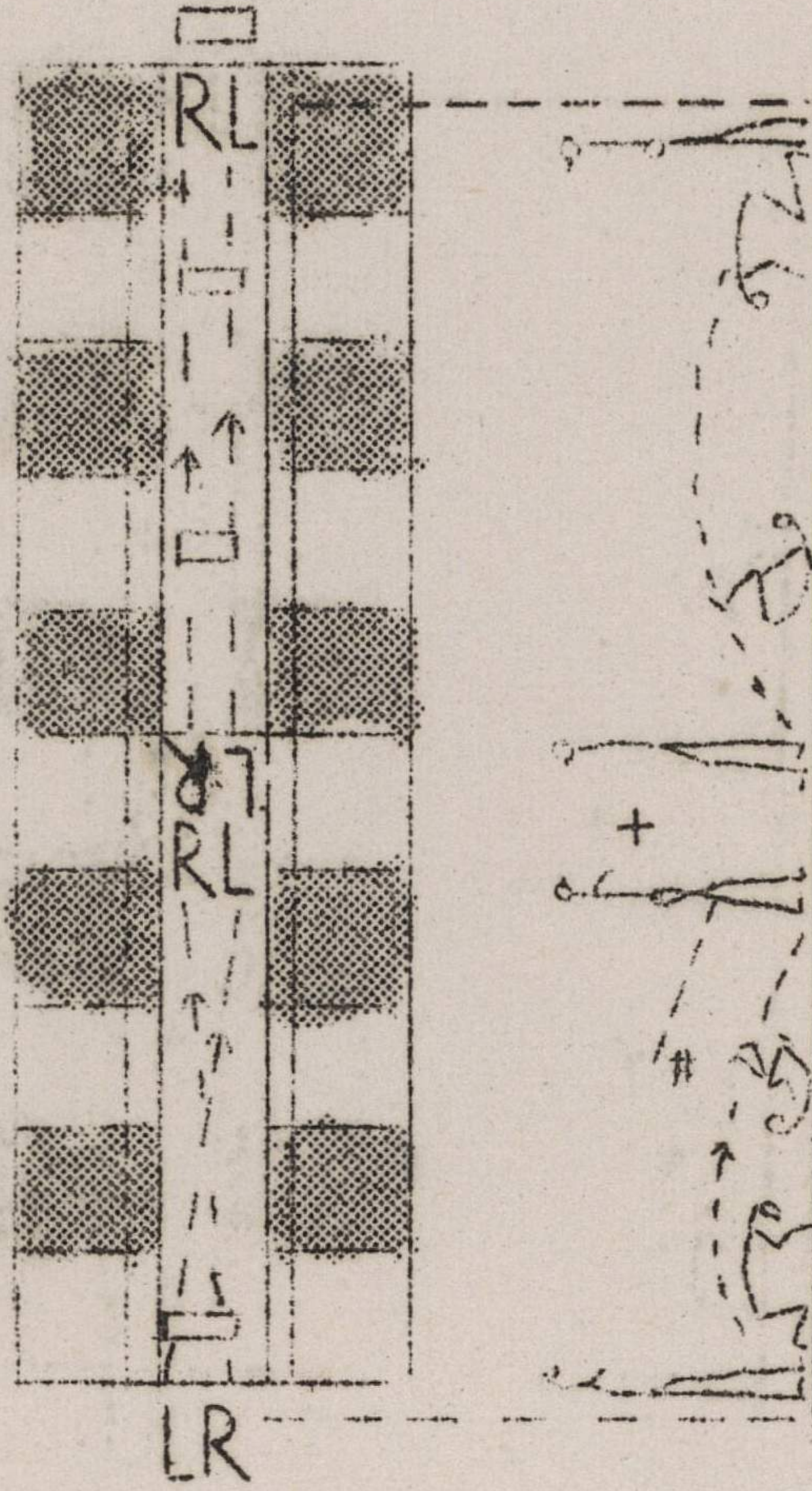


EXERCISE VIII  
Half Turns Right and  
Left, Alternate  
finish



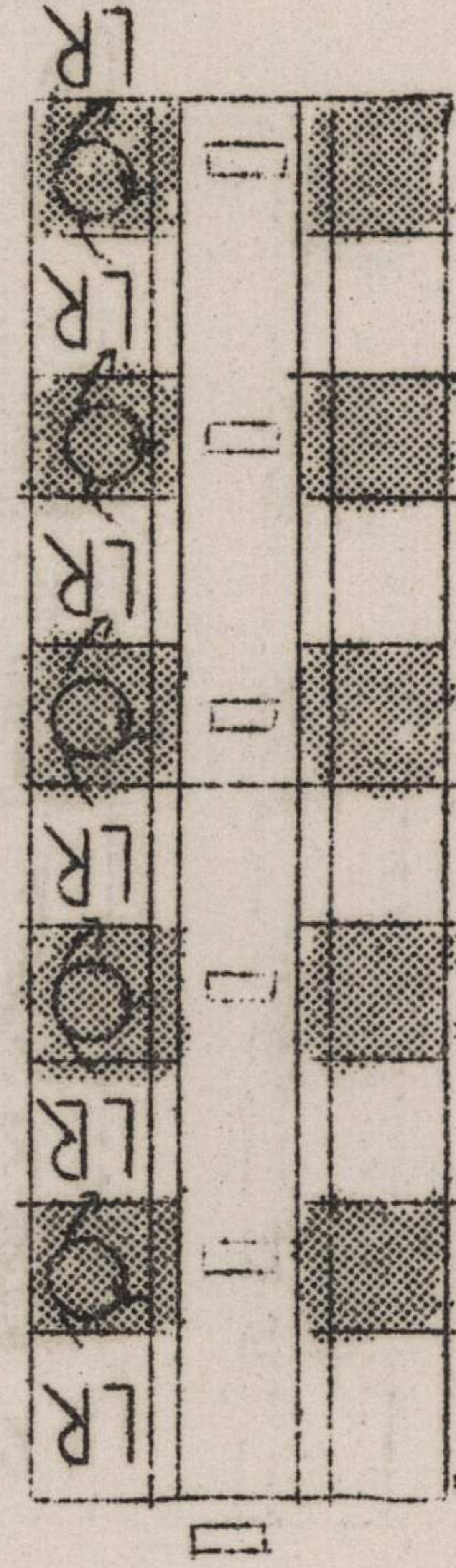
start

EXERCISE IX  
Front and Back Roll  
Combination  
finish



start

EXERCISE X  
Full Turns Jumping  
finish



start

- + Uncross the legs, bringing an about face.
- # Legs crossed