The University of Chicago

Office of Physical Education

January 26, 1942

Dr. Forrest C. Allen
Director of Physical Education
UNIVERSITY OF KANSAS
Lawrence, Kansas

Dear "Phog":

I am enclosing a mimeographed copy of our Physical Preparedness Program. The syllabus for the conditioning classes has not yet been put into final form. I shall send you a copy when it is finished. I will be glad to hear what you are doing.

Best regards to everyone I know in Lawrence.

Sincerely yours,

T. N. Metcalf
DIRECTOR

TNM:Mg

The University of Chicago

PHYSICAL PREPAREDNESS PROGRAM FOR MEN

For twenty years school and college physical education has been geared for peace. Emphasis has been centered largely upon social outcomes, recreational values, and the developing of interest and skill in leisure time play activities useful throughout life. In time of war physical education, like all education, must change its direction. It must be geared for war.

Army and Navy authorities report that their recruits are so soft and under-developed physically that the completion of basic training is being seriously delayed by the necessary physical conditioning process. A major portion of the first six to twelve weeks training is devoted to physical training and athletic competition designed to develop the strength, endurance, agility and spirit essential to a fighting man.

Physical fitness has taken on a new significance for civilians as well as soldiers. Civilians are working under increased pressure and nervous strain. It is especially important that they protect their health by getting adequate sleep, food, and recreation. The best type of recreation for sedentary workers is vigorous exercise in the open. Moreover this emergency will require civilians to perform physical acts to which they are unaccustomed. It has been found that only ten to fifteen per cent of those appointed to certain civilian defense jobs are physically capable of performing their assigned duties in case of air raids. The inability of the average American to walk long distances without fatigue is a serious condition that should be corrected.

Representatives of various governmental agencies, including the Army and the Navy, have requested that schools, colleges, and various civilian agencies broaden and step up their physical education and athletic programs in order that time may be saved in basic military training. Many universities are inaugurating universal physical activity requirements affecting all men students. The University of Chicago would prefer to accomplish the same end by voluntary participation rather than by a requirement. The administration and the department of physical education urge most strongly that all students, faculty and employees consider it a patriotic duty to put themselves and keep themselves as fit as possible for whatever they may be called upon to do. All men of draft age and under, unless sure that they cannot qualify for military service, should get ready for the heavy physical grind of military life. By so doing they will prepare themselves to enjoy the vigorous army life and they will be more likely to qualify for promotion in the ranks or an opportunity to receive officer training. Men who enter while soft and under-developed will probably be placed in developmental or weak squads, and thereby forfeit all chance for early promotion.

It is especially important that young men of superior educational training make an effort to develop their physical capabilities to the utmost. It is their duty to do so because their educational background qualifies them for consideration as prospective officers. To back up this assumption the individual must have the stamina as well as knowledge to justify his selection as a leader.

Every man whose health status places no restriction on his taking vigorous exercise is urged:

1. To take the test of physical fitness offered by the department of physical education. This test is made up of items selected from the Army, Navy, and Air Corps tests.

2. To spend a minimum of one hour daily in vigorous exercise of a type his fitness test indicates as desirable.

3. To repeat the physical fitness test at the beginning of every quarter and adjust his exercise program to its findings.

Every man, regardless of his health status, is urged:

1. To protect his health and improve his condition by securing adequate sleep, food, and recreation.

2. To have a complete medical examination at once and arrange for correction of every remediable defect.

Physical fitness tests will be offered at the Field House at the following times:

Saturday, January 17-	10:00 a.m. to 12:00 m. 2:00 p.m. to 4:00 p.m.
Sunday, January 18 -	4:00 p.m. to 5:30 p.m.
Monday, January 19 -	4:00 p.m. to 5:30 p.m.
Tuesday, January 20 -	12:00 m. to 1:30 p.m. 4:00 p.m. to 5:30 p.m. 7:30 p.m. to 9:00 p.m.

The fitness test will include these events to be done in the following order at one session:

1. Standing Broad Jump (best of two trials)
2. 8 ft. fence climb (best of two trials)
3. Pull-ups (chinning) (one trial)
4. Burpee test (one 10 seconds trial for speed)
5. Half mile run (or walk if you can't run)

Report for the tests in old clothes--long trousers and street shoes.

For those whose fitness tests show serious deficiency in strength, endurance, and agility and for all who desire organized, supervised activity, the department of physical education will offer special conditioning classes, at the following hours, beginning Wednesday, January 21st.

10:00 a.m.	Sunday	)
11:00 a.m.	Saturday	)
12:10 m.	Mon.,Tues.,Wed.,Thurs.,Fri.	) Bartlett Gymnasium
2:40 p.m.	Mon.,Tues.,Wed.,Thurs.,Fri.	)
7:30 p.m.	Tues.,Thurs. -	Field House

Students are urged to attend at least four classes per week; more if possible. The Monday classes will be shortened to permit students to attend class and get their lunches between 12 and 1:30.

The work of these classes will be based, in so far as possible, upon activities used in military training and will include: calisthenics, tumbling and apparatus stunts, self-testing activities, self-defense, wrestling, running, jumping, vaulting, climbing, pushing, pulling, lifting, hiking, swimming and water safety, basketball, volleyball and other games.

For those who are already in good condition or who cannot attend the conditioning classes the following activities are recommended.

1. For circulatory endurance: long running, walking, and skating; swimming running games; any activity which requires prolonged effort. For rapid improvement in endurance it is important that one continue the exercise to the point of breathlessness.

2. For power (strength plus speed) and agility: sprint running and swimming; jumping, climbing, pushing, pulling, lifting; apparatus work; some athletic games. For rapid increase in strength it is important to overload the muscles being developed.

3. For flexibility (especially needed by the older men); special exercises prescribed for specific conditions.

The addition of the testing program and the conditioning classes will put a considerable load on the physical education facilities and staff. The department will welcome volunteers from the faculty and student body to help administer and score the tests and to serve as squad leaders in the classes. Volunteers are requested to leave their names and available hours at the Athletic Office.

Non-students enrolled for basic training under the Institute of Military Studies may register for the conditioning classes. They may not take the tests or attend the classes until they have medical approval for heavy exercise. The only charge to non-students for the conditioning classes is the towel service fee of $1.00 per quarter. Register and pay the fee at the Office in Bartlett Gymnasium.

6 30 P.M. Rotary Arms Feb 2nd
Splendid Program.

HELP DEFEND AMERICA

The suggestions in this pamphlet have been approved by the Office of Civilian Defense and are copied from current news materials used in the Lawrence Public Schools and published by the Civic Education Service, Washington D. C. They offer an opportunity for every citizen of the United States to contribute to our all out war effort. Read them carefully and apply the suggestions as faithfully as you can.

GUARD AGAINST WASTE. Every article we use is manufactured by machines and trained workers. Both machines and workers are needed for defense, so make your clothing and other manufactured goods last as long as possible. Don't waste food. We must have large quantities for our Army and Navy and the people of Britain. It will help if you have a vegetable garden of your own this spring. Many vacant lots are going to produce carrots, cabbages and lettuce in 1942.

SAVE MONEY. Instead of spending your money for things you can do without, lend it to the government. There are two good reasons for doing this. First, the nation needs money to win the war. Second, buying heavily when goods are scarce pushes prices higher and higher. Everyone can lend money to his country by purchasing Defense Stamps regularly. If necessary, you can give up small luxuries now and then in order to buy weekly stamps. The post office provides you with a little album for them, and when they amount to $18.75 you exchange them for a Defense Bond. In ten years the bond will be worth $25.00.

COLLECT DEFENSE MATERIALS. Newspapers, magazines, rubber tires, old pipe, worn-out aluminum cook pots, and discarded pieces of machinery can all be used for making weapons. You will find junk dealers eager to buy these things, and you can earn money for Defense Stamps by selling them.

HELP WITH RELIEF WORK. Belong to at least one organization which is helping war sufferers or providing comforts for men in uniform. If there is a chapter of the Junior Red Cross in your school, you will probably find it doing excellent work. Join any group you like, but don't forget that it is what you do after you join that counts. Knitting sweaters or scarfs is one activity you might take up. There are many others. The work that young people can accomplish when they combine their efforts is strikingly shown by facts which the American Red Cross published a few days ago. The Red Cross reports that during the First World War over twelve million boys and girls were enrolled in the newly founded American Junior Red Cross. They contributed over $3,500,000 to the Red Cross war fund, "most of it in pennies, nickels, and dimes which they had earned themselves. They also made an enormous contribution of 15,772,000 articles such as garments, hospital comforts, and recreational supplies."

TAKE CARE OF YOUR HEALTH. You can't do your work if you are sick. The war is causing a shortage of doctors, nurses, and medicines, so by keeping well you help the nation get along in spite of the shortage. Widespread colds and influenza may seriously slow up defense work this winter. Help to prevent their spreading by avoiding colds yourself.

DON'T TELEPHONE UNNECESSARILY. Don't telephone unnecessarily if you live in a defense area. In such areas the telephone lines have more business today than they can conveniently handle, and it is important that wires be kept open for emergency calls. You can help a great deal by using the phone only when your call is a necessary one.

LEARN AIR-RAID RULES. About a third of our people live in areas where air-raid safety measures must be taken. Learn what you should do when the alarm sounds, and carry out every drill quietly and correctly.

DON'T SPREAD RUMORS. Remember that many unreliable reports come to us as news. Don't believe reports that are not confirmed either by our government or the British government. Passing unconfirmed reports about excites people needlessly.

KEEP UP THE SPIRITS OF THOSE AROUND YOU. The best way to do this is to be cheerful yourself, so make your sacrifices without grumbling. When you are not busy with your war activities work and play as if there were no such thing as war. Enjoy your games and sports in the old way, and have all the fun you can.

DEFEND AMERICANISM. This great country is made up of people of all races and almost all nationalities. In our army, our factories, and our schools, people whose fathers came from Germany, Italy, and Japan are working with other Americans for our United States. Do your best to see that no one is made unhappy because his parents came from a nation with which we are now at war. By doing so you will defend the spirit of liberty and democracy for which we are fighting.

Our Public Schools

as They are affected

by the National

Emergency —

Modest affable and

efficient, Clifford Dean

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Liberty Memorial High School
Lawrence, Kansas

INFORMATION REGARDING POSITIONS IN THE
PHYSICAL TRAINING DIVISION OF THE A.A.F.T.T.C.

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1. Classification of Positions

Three (3) types of positions are available in this District: Associate Directors, Assistant Directors, and Junior Directors. (See next sheet for Qualifications for Physical Training Personnel).

2. Duties

Assocaite Directors have charge of the administration of the program in the replacement centers and training schools. Assistant Directors may be in charge of the administration of the program at a smaller training school or assist the Associate Director in the larger school. Junior Directors may have entire responsibility in a small training or factory school, but the majority of the Junior Directors will be assigned as instructors in the large training schools.

3. Grade of Personnel on Military or Civil Service Status

(a) Associate Directors may work on the CAF-9 rating or may be recommended for a commission up to the grade of Captain if over 30 years of age.
(b) Assistant Directors may be employed on the CAF-7 rating, or may be recommended for a commission up to the grade of Captain if over 30 years of age.
(c) Junior Directors may be employed on the CAF-5 rating, or may be recommended to the grade of Lieutenant if over 30 years of age. If under 30 years of age, may be recommended for Officer Candidate School after three (3) months of service. If successful in completing Officer Candidate School, will be granted commission of Second Lieutenant and returned to Physical Training Division. Salary of Civil Service rating is paid during attendance at Officer Candidate School.

4. Procedure To Be Followed By Applicant

(a) Obtain from this office form - "APPLICATION FOR APPOINTMENT AS PHYSICAL DIRECTOR". Complete this form as indicated and return to this office.
(b) IF ABOUT TO BE INDUCTED BY THE SELECTIVE SERVICE, request permission of your draft board to enlist in the A.A.F. or await your induction through regular Selective Service channels. If applicant is assigned in either event to the A.A.F.T.T.C., notify this office so we may acquaint the Director in charge of the Physical Training Program at the Replacement Center of applicant's qualifications. There is no certainty that applicant will be placed in this program, but our Division will make every effort to place him in the Physical Training Division. See 3c - Relative to O. C. School recommendation after three (3) months service.
(c) If employed on Civil Service rating, will report at own expense to District Headquarters, Denver, Colorado. Salary will start on arrival. After a short training period, assignment will be made to station with travel to that station paid by Army Air Forces.

5. Tenure

Civil Service appointments for these specialists is for the duration and six months thereafter.

QUALIFICATIONS FOR PHYSICAL TRAINING PERSONNEL

1. ASSOCIATE DIRECTOR OF PHYSICAL TRAINING (CAF-9; Salary $3,200 per year)

   (a) Graduate of an accredited college or university with a B. S. degree or major in Physical Education, and
   (b) Master degree from an accredited college or university with a major in Physical Education, and
   (c) At least one additional year of graduate study in research, tests and measurements.
   (d) A total of not less than four (4) years practical experience in physical training.

2. ASSISTANT DIRECTOR OF PHYSICAL TRAINING (CAF-7; Salary $2,600 per year)

   (a) Graduate of an accredited college or university with a B. S. degree or major in Physical Education.
   (b) One (1) year of graduate study in field of Physical Education.
   (c) Not less than three (3) years full time paid experience in the field of Physical Education.
   (d) In lieu of graduate study, additional experience in the field of Physical Training may be substituted.
   (e) Not over 30 years of age.

3. JUNIOR DIRECTOR OF PHYSICAL TRAINING (CAF-5; Salary $2,000 per year)

   (a) Graduate of an accredited college or university with a B. S. degree or major in Physical Education, or
   (b) A graduate of an accredited college or university with a minor in Physical Education plus one year of graduate work in the field of Physical Education.
   (c) In lieu of graduate study, two (2) years full time paid experience in Physical Education will be required.
   (d) Not over 30 years of age.

HEADQUARTERS FOURTH DISTRICT
ARMY AIR FORCES TECHNICAL TRAINING COMMAND
1108 15TH ST. , DENVER, COLO.

BG.ln

June 9, 1942

Director of Physical Education,
University of Kansas,
Lawrence, Kansas.

Dear Sir:

The Physical Training Division of the Army Air Forces Technical Training Command has need for a number of specialists who are trained in physical education.

It has occurred to me that there may be graduates of your institution who would be interested in the positions now available. The inclosed form lists the qualifications for these positions along with procedure to be followed in making application.

If you or your school placement bureau will furnish me with names and addresses of qualified individuals, I will contact them from this office. Any additional information regarding these individuals will be appreciated.

This is an excellent opportunity for such individuals to be of service to their country and to obtain some large-scale practical experience in physical education.

Since the need for personnel is most urgent, I will be extremely grateful for your prompt attention.

Very sincerely,

Blair Gullion

BLAIR GULLION, Director,
Physical Training Program.

Incl: Form

PT-4

HEADQUARTERS
AIR CORPS TECHNICAL TRAINING COMMAND
OFFICE OF THE COMMANDING GENERAL

44/0

20 EAST ARCHER STREET
TULSA, OKLAHOMA

December 6, 1941

Dr. F. C. Allen,
Director of Physical Education,
University of Kansas,
Lawrence, Kansas

Dear Dr. Allen:

Recently Mr. J. B. Miller, former Director of Physical Education, University of Tulsa, has been assigned to this Command as Director of Physical Training.

In order to complete the staff a number of additional men are required for positions as Junior Directors of Physical Training at $2000 per annum under a civil service appointment. Assignments are available at Chanute Field, Rantoul, Illinois; Scott Field, Belleville, Illinois; Keesler Field, Biloxi, Mississippi; Sheppard Field, Wichita Falls, Texas; Lowry Field, Denver, Colorado; Ft. Logan, Denver, Colorado; and Jefferson Barracks, St. Louis, Missouri.

These men must have the following qualifications: Graduate of an accredited college or university with a B. S. degree, or major in physical education, or a graduate of an accredited college or university with a minor in physical education, plus one year of graduate work in the field of physical education. In lieu of graduate work two years full time paid experience in physical education will be required. Not over forty five (45) years of age.

Qualified men in your organization, or graduates of your institution, who are interested in such a position should communicate with these headquarters.

Your cooperation and assistance will be greatly appreciated.

Yours very truly,

Milton H. Medenbach

MILTON H. MEDENBACH,
Captain, Air Corps,
Asst. Adj. General

HEALTH, PHYSICAL EDUCATION AND RECREATION IN NATIONAL PREPAREDNESS*

by
Harry A. Scott, Ph.D.
The Rice Institute

The purpose of this meeting is to consider ways and means of making programs of school and community health, physical education and recreation more adequately serve the nation in its efforts to prepare for possible war. Many of the educational goals which we now seek, and most of the steps we shall take in the future will necessarily be based upon revised methods and philosophies brought about by the war situation abroad. Therefore, before proceeding with our deliberations it would be well briefly to consider a few elements in the background of our present national predicament, and some of the steps which have already been taken to reach our newer objectives.

It is slightly more than 20 years since the end of the first World War which left Germany an impoverished and broken nation. Today, however, we find her one of the mightiest, and certainly the most feared nation in the world. One might well ponder the sudden rise to power of this now reckless and irresponsible country. The answer will be found in the definite and aggressive plan of action which Germany devised to overcome her obstacles and reach the position where she finds herself today. Although her methods are reprehensible, we are awed at the tremendous tasks accomplished. These tasks have been achieved through the complete control and regimentation of all political, social, economic, religious, and educational institutions, and by the total destruction of anything which resembles personal freedom as we understand it.

The lesson that we should learn from the rise of Germany is that democracy cannot be defended; it must be achieved. In this country we have been awakened to the necessity of preparing ourselves against the invasion of our shores. We talk in terms of "defense" programs; of "defending democracy"; of "defending freedom", and so on. What we must come to realize is that a defensive attitude, or an attitude of isolation or appeasement is one that brings war, whereas an aggressive policy of fulfillment and action may avert it.

Peace is unquestionably a desirable goal toward which we should strive. It has been so since the beginning of civilization; for it is only during times of peace that men are free to accomplish the things which satisfy them, and benefit the society in which they live. There are times in the lives of men and nations, however, when their peace is threatened, and they must risk future security in order to preserve their individual and national integrity. Peace, therefore, cannot be maintained unless we are willing to run the risk of war.

In our thinking in this country we often consider democracy and freedom as one, and the same thing. This, however, is not exactly true. Democracy is a form of government which recognizes the integrity of the individual, and places the responsibility of the government in his hands. The will of the majority decides issues, and one is free within limits, to pursue life, liberty and happiness. Freedom, on the other hand, is a personal thing. It arises out of the hopes, ambitions and capacities of the individual. While it is true that certain forms of government

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* This paper was read before the College Men's Physical Education Section of the American Association for Health, Physical Education, and Recreation, which met in Atlantic City on May 2, 1941. The paper is being distributed by the College Physical Education Association through the Secretary.

particularly the democracies, are more conducive to individual freedom than others; the same thing might be said of religious sects, social customs, and other restraining forces. The health of the individual, ignorance, or a nagging wife might also seriously impair personal freedom. Hence, while a policy of aggressive fulfillment, even at the risk of war, is necessary to preserve our democratic form of government, freedom for the individual must be achieved through the forces of education, and other forms of enlightenment and social improvement.

When a nation is confronted with the necessity of preparing for war its first interest settles upon its man-power, for men, in spite of the tremendous increase in the use of war machines, are still the principal factors in combat. The present struggle abroad involves the entire population of a country. Each individual in a very real sense is a combatant in this modern scheme of total war. The battle lines are the seas, the skies, the cities and towns, and the propaganda centers. The aggressive power of a nation lies in the ability of its people to withstand the rigors of warfare. Physical and organic stamina, faultless mental health, proper evaluation of propaganda, resourceful thinking, and competence in personal and community hygiene are all essentials in this struggle for existence. In this conflict ultimate victory will probably come to that nation whose entire population is best able to endure the hazards attending total warfare.

For the first time in the history of this country we have recognized the necessity of developing a peace-time policy of equipping ourselves for possible war. We have conscripted man-power, industry and the wealth of the nation in order to prosecute our program of preparedness. The experiences gained in the last war are being found useful to some extent, but newer methods and machines are rendering former practices obsolete. The ingenuity of the scientist and engineer, and their control over matter can readily change the machinery of war; men, however, are not so easily moulded.

As in the first World War, thousands of young men now are being conscripted into the military forces of the nation. In 1917 the country was shocked at the high percentage of rejection due to physical disability (about 30%); present incomplete returns indicate an even greater percentage of rejections. Whether or not this increase is due to insufficient data, higher standards, better examining technics, or to a failure of educational and public health measures, is not clear at this time. If this tragic health condition does exist in the favorable age group of 21 to 35, it is certain that the health of the total population would be found even worse if subjected to the same examination as required of those inducted into the service. In as much as we are confronted with the possibility of total war, this should be a matter of no little concern to each and everyone of us.

In view of the state of affairs existing in the Old World, and at the present time in this country, it appears that we shall need to recast to some extent our conceptions and methods of public education and of public health. No one, of course, can predict just how long we shall need to keep our forces of war mobilized, and our national affairs under the influence of military necessity. It is quite conceivable that the military may continue as a dominant policy in our national life for many years to come. Should this happen we may confidently expect to see our political, economic, social and educational institution increasingly yield to military influences. The directions these changes will take cannot be precisely stated at the present time. It is the responsibility of those of us in positions of leadership aggressively to guard the accomplishments of the past, and actively to influence future practices so that they shall coincide with a healthy philosophy of education in a democracy.

A number of steps have already been taken by educational and civic leaders to influence policies and practices in a manner which seems to be in keeping with

the proper course to follow. These activities center around the Schwert Bill (H.R. 1074), the Committee Report on the Contribution of College Health and Physical Education to National Preparedness, the Committee Report of the National Americanism Commission of the American Legion, the activities of the American Social Hygiene Association, and the National Defense Commission of the Benevolent Protective Order of Elks. The government, also, has been active in similar matters. Mr. Paul V. McNutt has been appointed National Coordinator of Health and Welfare by President Roosevelt. As a part of the project of the National Roster of Scientific and Specialized Personnel, registration of the recreational leaders of the country is now in progress. Doubtless other organizations, and numerous institutions and persons have initiated projects intended to aid the government in its efforts to place the country on a sound military footing.

From the standpoint of education probably the most important projects now under way are the Schwert Bill, the College Physical Education Association program, the American Legion program, and the activities of the American Social Hygiene Association. The various projects sponsored by the government probably have not gained enough impetus to make themselves felt on any national scale, although some 50 regional directors of recreation are now actually at work in the field.

It would be a matter of repetition to outline in detail the provisions of the programs of the four organizations mentioned above since they have already been well publicized. The Schwert bill provides for a federal appropriation of funds for school health, physical education and recreation, and for school camps under the control and operation of state and local school officials. The bill was opposed by many on the grounds that it gave an opportunity for federal control of at least one phase of education. Objections were also raised by camping and public recreation groups for obvious reasons. Many people believed that the amount of money to be appropriated was too large. There were objections, also, to the manner in which the funds were to be allotted to the various states. Limiting aid in teacher education work to state supported institutions brought forth objections. Medical people claimed that the bill fostered the federal subsidization of medicine. Last December changes were made in the original bill which satisfied most of the legitimate objections to it and it was reintroduced in Congress on January 3, 1941. Just what progress it is making is uncertain at this time. The recent and unfortunate death of Mr. Schwert has left the bill without a sponsor. Certainly it will find difficult going, not alone for this reason, nor because it lacks desirability, but because it is likely to be crowded off the calendar by other pressing defense measures. The Committee of the American Association for Health, Physical Education and Recreation is continuing to bend every effort to effect the passage of the measure.

The Report of the Committee on the Contribution of College Health and Physical Education to National Preparedness is a document which confirms and re-endorses the already existing programs in our colleges and universities. Since colleges enroll young men of military age, it seems that this particular level of education can make a greater immediate contribution to national preparedness than the secondary school. This report recommends in essence that we simply redouble our efforts to teach a varied program of health, physical education and recreation, and to make more efficient our health examination, and follow-up procedures. For those students who are soon to enter the service it is suggested that a more formalized program, on an elective basis, might well be offered which will provide opportunities for the student to learn the rudiments of marching, hiking, conditioning, military hygiene, first aid, and other things of immediate military value. This course, however, should be the responsibility of the Reserve Officer Training Corps if there is such a unit on the campus. In this case the department of physical education should cooperate with it in every possible manner. The point is also emphasized that the college department should provide opportunities for young

men to acquire skills in recreative activities of a nature to be found in military encampments, in order that their lives there may be more varied and tolerable. The college department should also provide opportunities for certain qualified students to acquire skills in the leadership of recreative and athletic activities of a type which are useful in military camps. It is also recommended that as soon as possible the colleges require a four year program of health, physical education and recreation of each student enrolled.

The proposed American Legion program is intended to give leadership, financial support and promotional service to schools and communities in order to elevate the general health and physical welfare of the entire citizenship. This program is organized to operate through a national committee, a national advisory committee and state committees. An advisory committee is to be selected in each state, and in each community, and is to be composed of leaders in the field of health, physical education and recreation, and persons prominent in allied fields of interest, and civic affairs. It is intended that the Legion cooperate with, supplement and provide leadership for already existing programs, lend unified support to tax levies for recreational and health purposes, and otherwise aid in promoting in the community a sound and diversified program.

The American Social Hygiene Association is conducting an intensive and much needed program of activities designed to control social diseases in the vicinity of military encampments. The underworld is already organized to prey upon the newly created citizen army, and every thinking person must be concerned with this problem. The government, as well as local and national welfare organizations, must bend every effort to return these young men to their homes in better health than when they were called to the colors. Through programs of education, enforcement, prophylaxis, recreation, and legislation, the American Social Hygiene Association is assuming this burdensome task. Schools and colleges in the vicinity of military camps can assist by cooperating with local and military authorities in educational and recreational enterprises designed to aid in stamping out social diseases wherever they exist.

In analyzing the provisions of each of the above programs, and in weighing the proposals of other plans under consideration for national preparedness, one is impressed with the eagerness and intelligence with which this problem of health and physical welfare is being attacked. To date, however, the government has shown little interest or encouragement to those engaged in these various important enterprises. If in time to come, the United States succumbs to the attacks of invaders from foreign lands, it will not be because of the failure of educational and civic leaders to foresee the needs of the nation, nor to their failure to propose adequate programs designed to forestall this possibility. Each group, working more or less independently, has arrived at somewhat similar conclusions. If it is possible to state specific trends in general terms, it might be said that these proposed programs agree in the following respects:

The health and physical fitness of men in the present 21 to 35 year age group has probably improved little, if any, over that of a similar group 25 years ago.

An intensified program of physical work and physical education is needed to offset the disadvantages of modern existence.

The amount of time spent in properly organized and conducted programs of school and community health, physical education and recreation should be increased.

The facilities for conducting an expanded program need to be materially increased, and funds for this purpose should be forthcoming from schools, local communities, and the state and federal government.

If a military organization exists in a school or college, the health, physical education and recreation department should cooperate with it to the fullest extent; but military drill is not now, and never should be considered as a substitute for a comprehensive program of physical education.

For those who are soon to enter military service from institutions where no formal military instruction is available, conditioning exercises, rudiments of marching, military science and military hygiene, may well be taught on an elective basis, but not as a substitute for a wide and varied program of physical education.

There is nothing in the present situation which indicates that the general nature of the modern program of health, physical education and recreation should be materially changed in method or content; it should be intensified, improved, and increased, but not altered from its present form.

We are preparing young men and women for life in a democracy. They will be living long after this conflict is over. They should be given opportunities to gain a more thorough understanding and appreciation of our democratic form of government, to distinguish between propaganda and facts, and to acquire knowledge and skills which will enable them to live fuller and richer lives both now, and in the future.

Colleges may materially aid in national preparedness by educating recreational leaders, and lecturers and workers in public health matters.

Whenever possible, schools and colleges should make available their facilities to serve the educational and recreational needs of the military forces.

THE

COLLEGE ATHLETIC ASSOCIATION

TAKES PART

IN THE

NATIONAL PREPAREDNESS PROGRAM

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A Report on the

"Sports-for-Defense" Survey

of the Athletic Directors of

Colleges throughout the United States

Conducted by

The Central Office for Eastern Intercollegiate Athletics

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September 18, 1941

C.O.E.I.A.
Biltmore Hotel
Madison Ave. and 43rd St.
New York City, New York

Foreword

The following report is based on a tabulation of a survey taken in July 1941 by the Central Office for Eastern Intercollegiate Athletics. Letters were sent to the athletic directors of 625 colleges throughout the United States. One hundred and fifty-seven replies -- a 25 per cent return -- were received, a result thoroughly satisfactory in view of the fact that arrival of the letter coincided with the departure of many directors on summer vacations.

In considering the findings, it is well to take into account the fact that they paint what we feel is a highly accurate composite picture of what is happening in this field. A 25 per cent return is much more than sufficient to serve as a cross-section representing a whole. Replies came from colleges of every type and size and from every section of the nation. We therefore have no hesitation in saying that, had letters come from every last one of the 625 athletic directors, there would be no more than a slight variance in the statistics which follow.

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THE COLLEGE ATHLETIC ASSOCIATION TAKES PART IN THE NATIONAL PREPAREDNESS PROGRAM

The survey taken by the Central Office was made to seek out "the special measures effected or planned by the college athletic associations throughout the country as a means of cooperating with the Government in the present national emergency". With that in mind, information was sought on five specific points. To avoid regimentation of thought, no actual questionnaire was presented and athletic directors used their own initiative in making up their reports.

The five main points brought out were: (1) The effect of the national emergency on athletic programs for the coming year, and whether it has resulted in enlargement or curtailment; (2) The question of price reductions in admissions to games for men in uniform; (3) The inclusion of teams from nearby training camps or bases on athletic schedules; (4) The use of college athletic facilities by enlisted men or by civilians shortly to be called into service; and (5) A brief listing of various new projects under consideration or already undertaken. In the following pages, these will be individually discussed.

I. THE EFFECT OF THE EMERGENCY ON ATHLETIC PROGRAMS

What is undoubtedly the most striking revelation of the entire survey can be made at the outset of the report. Throughout the United States, less than one per cent of the college athletic associations have to date found it necessary to curtail their plans for the coming year! What is more, 44 per cent of them have found it advisable to expand their programs, virtually all of them as a direct result of the emergency. Here are the figures:

Program will be Larger	Program will Remain the Same	Program will be Curtailed	No Report
44%	51.6%	.6%	3.8%

Of those who foresee no change this year, only a little more than two per cent predicted curtailment in the 1942-43 program. In each case the cause given for their fears was a possible reduction in revenues.

Expansion of intramural programs is the primary step in the "athletics for all" policy which will be undertaken by the great majority of those falling into the 44 per cent expecting to increase their activities. Some colleges are merely planning to provide adequate classes and facilities to give every student a chance to participate in some form of recreation, while others declare they will make physical education compulsory for more undergraduates than they have before*. From the Carnegie Institute of Technology comes the news that "we have recommended to the executive board that every male student be required to take physical education for a four-year term"; and from Colgate: "We have made more fields available and have increased the requirement for physical education from two years to three and during the college year, 1942-43, we expect to have a four-year requirement".

From below the Mason-Dixon Line, the University of North Carolina advises that "during the Summer of 1940 the board of trustees passed a resolution, effective during the period of emergency, requiring compulsory physical activity for every male undergraduate. Of course the physically defective students are excused. This has necessitated a considerable enlargement of our program and we are now providing for 2800 students instead of approximately 900."

Unanticipated Degree of Success Reported

A report on the first year's operation of the plan concludes: "As we see it, physical preparedness is a fine thing and absolutely necessary but we see no reason why it should not be a happy, pleasurable, useful experience that will have lasting value to the individual and still give him the most in terms of physical fitness."

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*Replies to a recent N.C.A.A. questionnaire revealed the following statistics on compulsory physical education at colleges throughout the United States: one year--22.2%; two years--58.9%; three years--6.8%; and four years--6.0%.

This attitude was no doubt closely associated with the discovery that "in general, the program has worked better than we had any right to expect. This has been mainly due to the cooperation we have received from our student body".

Similar activities are being undertaken in many other sections of the country, the emphasis on most cases being laid on some form of corrective exercises as a means of improving the physical condition of the men of college age. Increased attention is being paid to such sports as boxing and wrestling and the question of health is invading the classroom as some institutions give comprehensive tests on the subject. In some cases, added attention is given those of military age who are subject to call within the year. The University of Alabama holds special classes in calisthenics for them and Tuskegee Institute, in the same state, plans to give potential draftees periodical physical checkups. Louisiana Tech writes of "an amazing number of draftees turned down in this state because of physical disability" and is taking immediate steps to remedy the situation. Tulane University is among those increasing its requirements for physical education from one year to two.

The reason for giving the matter thorough attention is well summed up by the University of Chicago: "The man who is in excellent physical condition when he enters the army will get more immediate enjoyment out of army life, will stand a better chance of early promotion and will be of far greater usefulness than the man who breaks into the strenuous physical grind while soft and out of condition."

Experience to Be Offered in the Use of Firearms

Second only to the general expansion of the intramural program on the college campus is the decision of a number of athletic associations to make instruction in pistol and rifle shooting available to their students. From the University of Chicago comes the announcement that "we doubled the size of our indoor range a year ago and increased the activity in this field by over 500 per cent. The department provides the range, the rifles, the supervision and the coaching. The only cost to students is for ammunition." Louisiana Tech and the University of San Francisco are

among those who have taken similar steps. Southwestern University is considering the addition of trap-shooting to its program and Tufts College has installed a shooting gallery.

Expansion of intercollegiate athletics, a department which has been for many years in a more advanced stage than intramural competition, is for that very reason not receiving as much attention. While curtailment, as noted at the outset, is limited to six-tenths of one per cent, the general indication is that competition with other colleges will be maintained on about the same scale as in the past. What increase is planned is primarily the result of contests to be scheduled with service teams -- a section of this report which receives separate treatment later on.

It should be pointed out, however, that the expansion of intramural athletics in times of stress is in itself a sign of strength on the part of the intercollegiate program. Those in charge of competition between colleges have shown a constantly increasing desire in the past decade and a half to foster sports for all on their own campus. It is everywhere agreed that intramurals are a highly desirable by-product, rather than a competitor, of intercollegiate athletics. Thus ability to expand the program at home is undeniable proof of the stability of relationships with other institutions.

Cornell's Definition of Policy Speaks for Many

The survey has shown that 51.6 per cent of the college athletic associations in the United States foresee no great change in the scope of their plans for the coming year. Cornell University's commentary on this state of affairs speaks for many fellow institutions:

"There have been no great changes in our program, either in intercollegiate athletics, or physical education and intramurals. What we are attempting to do is bend every effort to interest more of the male student body to participate in some form of physical exercise. We have expanded the physical education program with the aid of our intercollegiate coaches in an effort to offer corrective exercises to

those excused from military drill and athletics through physical disabilities. With the cooperation of the university, these boys are now made to attend classes in physical education for which no credit is given.

"There is no talk of curtailment in any part of our sports program. We have made it a policy here never to cut athletic squads. For next year in particular we want to get every man interested out for a sport."

The final sentence may well be set down as the keynote of the attitude of virtually every college answering the survey.

II. THE QUESTION OF PRICE REDUCTIONS IN ADMISSIONS FOR MEN IN UNIFORM

In view of the obvious dependency of this country's future welfare upon the members of its armed forces, it is natural that every reasonable consideration should be given them when they appear in a body or singly at a box office or ticket stand. That college athletic directors and their executive committees are setting a good example to others in this field is indicated by the following results of the survey:

Will Offer Reduced Prices	Will Admit Without Charge	No Reduction	No Action Taken So Far	No Report
46.5%	9.6%	.6%	18.5%	24.8%

The reason given for planning no reduction was based on the comment that "our admissions are already so low that a further decrease would bring them to the vanishing point". No actual figure for the current price level was given.

Of those who have taken no action, a further breakdown of the figures indicates that nearly 50 per cent expect a reduction to go into effect when a ruling is made and only 3.4 per cent doubt that a decrease will be effected. The balance were unable to say one way or another.

Failure to receive a comment from one out of every four replies is somewhat regrettable. However, there is no reason to suspect that the action in this group

will vary to any great extent from the decisions reached on neighboring campuses. The fact that the survey was made in the Summer, while it was still too early for many to act, undoubtedly played a part in the large percentage of "no comments".

Examples of Added Cooperation

Several colleges plan to go further than merely reduce or eliminate admission prices in their efforts to express appreciation to enlisted men. Hofstra College reports from Long Island: "We will admit men in uniform free to all football games and will send blocks of complimentary tickets to basketball games to Mitchell Field and Camp Upton". At the South Dakota State School of Mines, the possibility of issuing passes to members of all armed forces in the vicinity is under consideration.

The survey has also served to reveal that many athletic associations are planning to offer better seats to soldiers and sailors. There is a tendency to stop seating them in an end section and instead to rope off room for them somewhat nearer the center of action. Many colleges are making an effort to accommodate them in this way even in the face of large crowds which are likely to attend certain contests.

Comments were received in a number of instances to the effect that "since no training camp or base is located in our neighborhood, we feel no action is necessary on the matter of reduced price admissions". In view of the effort being made by athletic associations elsewhere in the country, every college may find it desirable to do its best to reduce admission prices. Even when there is no possibility of men attending in sizable numbers, a few on furlough here and there may appreciate the privilege just as thoroughly.

To summarize this section of the report, it may be said that athletic associations show every inclination to make the enlisted man's $21-a-month go as far as possible toward obtaining entertainment in the field of intercollegiate athletics.

III. THE INCLUSION OF SERVICE TEAMS ON COLLEGE SCHEDULES

"We expect," writes the University of Alabama, "to cooperate with the various

naval bases and army camps by playing them in all branches of sports whenever possible." While this is the height of the "good neighbor policy" and may be a course closed to some institutions because of limited facilities, schedule commitments and narrow budget requirements, it seems to reflect the attitude adopted in many parts of the country.

Looming as a possibility in this field is the staging of contests between college and service teams, with the proceeds to go toward some national charity, such as the USO. Georgetown University has under advisement such a game which may be played on November 1 with the Quantico Marines. The USO would benefit in this particular case.

As a sidelight to developments of this sort, the National Association of Football Commissioners has announced its willingness to handle appointments of officials to these games without charge. In turn, officials who work under the auspices of the Eastern Intercollegiate Football Association and other such appointive bureaus have been told that there may be such assignments for volunteers who will serve with expenses paid but with no remuneration. A number of acceptances for possible jobs of this sort have already been received.

The advanced stage of the 1941 schedules will naturally prevent many meetings on the gridiron between college varsities and service teams, but there is considerable evidence that games with junior varsity and freshman elevens may yet be arranged. In some cases, tentative plans for varsity meetings are being made for 1942.

Since football practice requires such a large slice of time each day, and is therefore not likely to be played by many service teams, competition is more likely to be scheduled in other sports. Basketball and baseball lead the field, but boxing, swimming, soccer, bowling and badminton are among the others mentioned.

A few conferences -- notably the Big Six -- have encountered definite rules in their by-laws which prohibit contests with opponents not of a collegiate nature. While no official comment is available at the present writing, there is indication

that this barrier may be temporarily eliminated in the near future.

Despite the size of some of the training camps, the limited nature of time, equipment, coaching facilities and expense accounts make it questionable how many teams they will be able to produce capable of providing competition for opponents of varsity calibre. With this in mind, athletic directors are taking the viewpoint that the most suitable opposition is likely to be found for them in junior varsity, freshman and frequently intramural ranks. However, since considerable pioneering remains to be done in the matter and inasmuch as conditions will vary in each locale, few definite decisions have been made.

A representative list of institutions planning such steps includes Amherst, Butler, University of Cincinnati, Cornell, Detroit Institute of Technology, Gonzaga, Lake Forrest College, Pacific Lutheran College, University of Pennsylvania, Rutgers, St. Mary's, University of San Francisco, University of South Carolina, Stanford, Syracuse, University of Utah, Virginia Union University, Western State Teachers, Washington State, and William and Mary.

IV. THE USE OF COLLEGE FACILITIES BY ENLISTED MEN OR CIVILIANS

The survey has indicated that the degree of willingness to further the national preparedness program by making athletic facilities available is in no way smaller than in the matter of improving the physical condition of undergraduates or lowering admission prices. However, it is this very desire to increase the institution's own intramural program which in some cases conflicts with the ability to place recreational equipment at the disposal of nearby training camps.

Consequently, the number of colleges planning to make this step is smaller than the group of institutions directing their activities toward other goals. The fact that the ratio of colleges to training centers or bases is probably about eight or ten to one also limits the degree of cooperation between the two.

That the desire to be of service has actually brought results, however, is

clearly revealed in the replies to the survey. An example of progress in aiding men who are subject to call comes from Colorado College:

"During the second semester of the past year, our gymnasium facilities were made available to the men of the town who had been drafted, and a night class was offered to draftees including calisthenics, drill and command. This class was conducted by the head of the physical education department and was organized under the auspices of the local post of the American Legion."

A Step Toward Promotion

"Every effort was made to assist draftees toward fitting into military duty easily," the report continues. "Training was given in Army calisthenics, the school of the soldier, squad, platoon and company. Command and leadership were stressed. It is thought that those availing themselves of the opportunities were greatly assisted toward promotion after entering the services. The draftees entering this class stayed with it throughout the semester and apparently appreciated it very much."

The University of Illinois instituted a similar course last spring, as did the University of Iowa. At Missouri Valley College, the home guard in the town of Marshall has been offered the use of the gymnasium for drilling purposes. Some athletic associations have seen their way clear to donating new and used equipment to recreation centers at various camps.

Tennis courts and swimming pools are being made available in a number of instances and reduced fees are being offered on college-owned golf courses. In a more social line, Rhode Island State is planning to offer its gymnasium for Saturday night dances "with the college co-eds providing the other half of the entertainment". At the University of Santa Clara, the term "facilities" has been taken in the broadest sense and it is reported that "we encourage our students who drive cars to offer rides to uniformed men whenever they see them along the highway". Southern University, of Louisiana, provides sleeping quarters in its gymnasium for soldiers visiting the college on weekends.

Action in the Pacific Coast Conference

Sections two, three and four of this report deal with various plans for co-operation between college athletic associations and men stationed at neighboring training camps and bases. At a July meeting of the Pacific Coast Conference, a seven-point program covering such a policy was adopted. Since it should be of widespread interest to colleges elsewhere in the country and because other conferences may wish to use it as a basis for adopting similar measures, it is offered below as a summary of part of the foregoing pages:

1. A service men's section will be established for all conference football games. Uniformed men will be admitted to this section at the regular established high school rate, which will amount to fifty cents. or less.

2. Conference members will schedule athletic contests with service teams insofar as possible.

3. The conference makes a special exception to its rule prohibiting the public showing of football moving pictures in order that they may be used for the entertainment of the Army and Navy service men.

4. Each institution will seek to provide through its athletic department facilities for properly training qualified leaders for the defense program.

5. Insofar as possible, institutional athletic facilities shall be made available for the use of service men's athletic organizations.

6. The intercollegiate athletic coaches and staff will place themselves at the disposal of the service athletic officers in each area for such assistance as they may be able to give in the initiation and development of service men's athletic programs.

7. Conference members will seek the cooperation of other athletic organizations and leagues in their localities in affording competition and facilities to service teams.

The survey thus reveals that cooperation between college and training camp is present throughout the nation in various degrees of advancement. Its success will be tempered only by limited facilities and the geographical location of the camps. The realization that a well coordinated program means a definite contribution to national defense will serve as the motivating force which should overcome all other obstacles.

V. THE DEVELOPMENT OF NEW PROJECTS

In the face of the normal reaction of vetoing expansion in times of change, new projects are making their appearance on a number of college campuses. Several of these have already been discussed, since they fitted into a specific section of the report. Additional new developments in the sports-for-defense program include these projects:

A. At the University of Chicago, the Department of Physical Education last Winter offered a course in "Intensive Basic Military Training". Map work, tactics, rifle range practice and drill were included. Classroom courses in "Military Theory" and "Military Law" were also provided over a three-month period.

B. At the University of Florida, plans have been made to show sports films at camp recreation centers.

C. The University of Iowa writes: "We have completed plans which we hope will stimulate interest in high schools and grade schools of this state through a medium of contests and self scoring which we hope will catch the interest of all physical education people; also to stimulate the interest of the youngsters through competition to voluntarily enter these contests and improve themselves physically. We are also, through conferences, lectures and visits, attempting to stimulate interest in recreation in the public schools of this state."

D. Newberry College, of South Carolina, suggests: "Why not have some military outfit stage a parade before the football games this Fall, especially in the small-

er towns where there are no camps? Also, have a singing program of national songs during the halves by the student bodies. This, no doubt, would create national spirit and stimulate more interest in our national defense."

E. At the University of North Carolina, the Department of Physical Education is cooperating with various state and federal agencies. These groups include the WPA Training Institute; The Rehabilitation Project for Rejected Draftees under the NYA; The Recreation Program for the State Department of Conservation and Development; and the State Department of Health. "This cooperation includes supervision and consultation on the part of our staff members, and their services on various committees," it is pointed out.

First Aid Is Taught at Penn State

F. From Pennsylvania State College comes the following announcement: "In addition to the holding of classes for men about to go into the armed forces, we conducted a first aid campaign at the college. First we had a class for instructors. Forty-three people finally finished this course. Those who finished were used for the elementary first aid work. Approximately 300 students completed the work for the first aid certificate. This offering will be repeated again this coming year."

G. At Rutgers University, members of the staff of the Department of Physical Education are assisting with the training of civilian police. Almost a full year ago, the university took part in a meeting of the heads of colleges of the State of New Jersey to ascertain how each might best serve the Army and Navy interests.

This section of the survey reveals that a minority of college athletic associations have to date found themselves able to undertake new projects of a specific nature which do not deal directly with intercollegiate or intramural sports. That the trend exists at all is most unusual, in view of the almost universal tendency during the last war to cancel everything in sight. That the policy of expansion will take hold even more firmly is quite definitely indicated by the nature of the replies, which reveal a nation-wide desire to be of service in every way possible.

VI. CONCLUSION

Since a brief summary was written for each of the five divisions of this report, there is little that can be said on an over-all basis. The survey was undertaken by the Central Office for Eastern Intercollegiate Athletics as a means of collecting, correlating and disseminating information on what the nation's 600 plus colleges were accomplishing in the field of sports-for-defense. Its purpose was to acquaint athletic authorities at all the colleges with the moves being made on the other campuses. The material in the foregoing pages will serve as the basis for judging how well these ends have been achieved.

The 157 replies brought individual proof that everywhere there is a growing consciousness of the importance to a nation of young men who are physically equipped to give their best. The proper mental attitude is a co-product of such an accomplishment. Together they will make it possible for this country to benefit by the well-known military axiom that "Morale is to material as three is to one". The path of the college athletic association toward attaining this goal is clearly defined.

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