

# State Plans for Physical Fitness

State departments of education are rapidly developing their plans for raising the physical fitness level of high-school pupils. State institutes on physical fitness, similar to the regional institutes sponsored by the U. S. Office of Education, have been held in a large number of States.

The purpose of the State institutes is to present to school administrators and teachers the physical fitness program outlined for the Victory Corps. The specific objectives recommended in the recently published manual, *Physical Fitness through Physical Education for the Victory Corps*, are: strength, endurance, bodily coordination, stamina, and physical skills of direct value in the armed forces or in war work.

Reports regarding institutes have been received from the following States:

<i>State</i>	<i>Number of institutes</i>
Alabama -----	9
California -----	10
Delaware -----	1
Louisiana -----	8
Massachusetts -----	4
Michigan -----	12
Minnesota -----	16
New Hampshire -----	6
New Jersey -----	6
Ohio -----	12
Oklahoma -----	1
Rhode Island -----	1
Texas -----	21
Washington -----	9
Wisconsin -----	28



Missouri State Council of Defense  
Physical Fitness and Recreation Program

LEARN-TO-SWIM PROGRAM

The Missouri Committee on Physical Fitness and Recreation is suggesting a "Learn to Swim" program to be sponsored by the local committees on Physical Fitness and Recreation.

In any type of swimming program there may be several possible outcomes or values which result from the activity. One outcome may be improved recreational or leisure-time habits, another value may be an improvement of physical fitness, while still a third value may be an increase in one's personal safety ability.

A local or county Defense Council in conjunction with a local unit of the American Red Cross could sponsor a swimming program for adults as well as for children.

For one group of individuals of our communities swimming instruction appears to be urgently needed. There are many young men of draft and predraft age who are unable to swim and who may in a short time find themselves in situations where ability to swim even a short distance may mean, for them, the difference between life and death. It is becoming more and more important in modern warfare to be able to swim. There seems to be no question but what much of the present war will involve an increasing amount of travel and of fighting, on, in, and above water. Increased numbers of our young men will, after proper training be sent to foreign battle fronts across wide oceans, which are not at present controlled by our navy. Our navy is to be larger than



the combined navies of all other nations. We are to have thousands of planes flown by our aviators over the seven seas. Many more airplane carriers are being built and will be built. Each of the above enumerated trends indicates the increasing importance that ability to swim may play in the lives of our young men who are and who will be in the service.

We have been impressed, in reading daily news reports describing the action in the battles of the Coral Sea and Midway, by the number of our young men, sailors, and aviators, who had to swim varying distances in order to save their lives. In such situations as leaving a sinking ship or getting into a rubber boat from a fallen plane, ability to swim may determine whether or not the sailor or aviator will survive to fight another battle.

If youngsters can be taught to swim in civilian life more time can be devoted to other areas of their training when they are inducted into service. Many Missouri communities have excellent pools where our young men might be taught to swim. Special classes could be organized and taught by volunteer personnel without charge. Directors and managers of pools might organize swimming classes in which instruction and admission to the pool would be free to those individuals who expect to be inducted into the service within a year.

Many school, colleges, and universities which are operating during the summer months could establish classes for beginners and novices in swimming, in order that they meet certain minimum standards in swimming. There are more than a hundred school, municipal, and private pools in Missouri all of which could be



used for free swimming programs.

As civilians we can start making our contributions now in this particular area by providing facilities, equipment, and personnel, without charge, in order that our young men who are entering the service, be not only good fighters but also good swimmers.

Jack Matthews  
Co-Director Physical Fitness  
and Recreation Program  
State of Missouri



April 6, 1942.

Dr. Fred W. Luehring,  
Department of Physical Education,  
University of Pennsylvania,  
Philadelphia, Pa.

Dear Fred:

Thank you very much for your helpful letter of March 13 giving in detail the plans for your program in physical education during the war time emergency.

Please don't bother about looking up Bobby and Eleanor. They are just a couple of youngsters among the thousands you have there, and I know you can't keep up with all of them. It was very generous of you to do what you did, and Mrs. Allen and I appreciate it.

Bobby and Eleanor are getting along splendidly. With your big family and manifold duties it is just too much for you to look after them - so just forget about it. Mrs. Allen hoped to get back there for Easter but she wasn't able to make it because we have had one married daughter with her three children visiting here, and another married daughter came in for Easter. But everybody is well, and that is the thing for us to be more thankful for than anything else.

With kindest regards, I am

Very sincerely yours,

Director of Physical Education and Recreation,  
Varsity Basketball and Baseball Coach.

FCA:AH



March 17, 1942.

Dr. Fred W. Luehring,  
Department of Physical Education,  
University of Pennsylvania,  
Philadelphia, Pa.

Dear Dr. Luehring:

Your letter of March 13 has come to Dr. Allen's desk during his absence in Kansas City. The Kansas basketball team is playing the Oklahoma Aggies there tonight to determine this district's entrant in the N.C.A.A. tournament.

The suggestions contained in your letter will be very helpful to Dr. Allen, I am sure, in his survey of the new trend in physical education. Your letter will be brought to his attention as soon as he returns to his desk.

Sincerely yours,

Secretary to Dr. Forrest C. Allen.



UNIVERSITY OF PENNSYLVANIA

PHILADELPHIA

DEPARTMENT OF  
PHYSICAL EDUCATION

March 13, 1942

E. LeRoy Mercer, M. D., *Dean*  
Frederick W. Luehring, *Assistant to the Dean*  
*Professor of Physical Education*

Dr. Forrest C. Allen  
Director of Physical Education and Recreation  
University of Kansas  
Lawrence, Kansas

Dear "Phog":

Your letter of February 23rd has been before me for some time. I am glad to give you the information requested and had hoped to get it to you sooner.

The University of Pennsylvania has had a four-year requirement in Physical Education for all undergraduates since 1904. Students are required to engage in Physical Education in at least two classes per week or fulfill the program of practically daily participation for candidates for intercollegiate teams.

For a good many years military work was accepted as a substitute for this requirement. That practice was instituted years ago although many of us were convinced that military education, no matter how good, is not Physical Education. This practice had been permitted to continue in spite of periodic opposition by members of our staff. However, following the declaration of war on December 7th, a new conference was held with the heads of our Military and Naval R.O.T.C. Units at which a joint agreement was entered into by which all members of the R.O.T.C. Units are also required to fulfill the Physical Education requirement in addition to their R.O.T.C. work. At the same time our Department offered additional intensified courses in swimming, boxing, wrestling, body building, road work and special intramural athletics for men who are shortly to enter the service of their country.

More recently, the University faculty has requested that requirement in Physical Education be extended to three periods per week instead of two for all undergraduates. This is to begin with the opening of the accelerated course on June 22, 1942.



Mr. Forrest C. Allen, #2

March 13, 1942

Beginning with the introduction of the required program in 1904, one semester credit each semester or two semester credits per year have been given to all undergraduates who fulfill the requirement. This, as you see, makes a total of eight semester credits in Physical Education. These eight semester credits have been added to those required for graduation in the various divisions of the University.

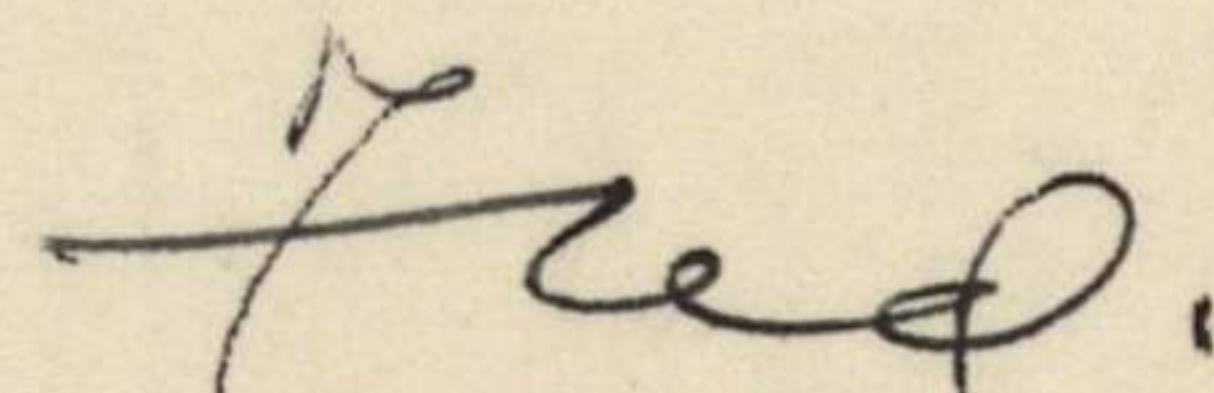
In general, we have been motivated in part at least by the official attitudes expressed by the National Collegiate Athletic Association, the College Physical Education Association and The American Association for Health, Physical Education and Recreation. Although there has been a little opposition in some quarters, undergraduates have largely accepted this program wholeheartedly. We in turn have had numerous staff meetings at which we have stressed the vital importance of the best possible preparation and the most thorough teaching by every member of the staff. We feel that only by the best efforts of our staff and our students, and with the fine support which the faculty has always given us, can we meet adequately the demands which are being placed upon all of us during the present war.

If I can be of further help to you in this connection, kindly let me know.

I haven't seen your youngsters lately but shall try to look them up again shortly.

With very best wishes,

Very sincerely yours,

  
F.W. Luehring

FWL:emb



THE UNIVERSITY OF WISCONSIN  
Division of Physical Education-Men  
Gymnasium  
Madison

March 3, 1942

Mr. Forrest C. Allen  
Director of Physical Education and Recreation  
University of Kansas  
Lawrence, Kansas

My dear Mr. Allen:

Mr. Lowman has asked me to reply to your letter of February 23, since I have been working with a committee on the reorganization of our physical education setup for next year.

The committee appointed by President Dykstra to correlate military science and physical education will propose to the general faculty at the April meeting a four-year requirement for all undergraduate male students.

At present we have no compulsory requirement for physical education for men, as the state legislature passed a compulsory R.O.T.C. bill requiring all freshmen and sophomores to take R.O.T.C. Under this program the Physical Education Department handles only such students as are rejected from R.O.T.C.

As an emergency service the department is offering three courses for one academic credit each this semester. First Aid, Life Saving, and Physical Fitness. We have enrolled about 150 students in First Aid, 25 in Life Saving, and 25 in Physical Fitness.

We have also offered optional courses in physical fitness, etc., but the response has been very poor. It is fairly evident that to do a job in physical education or physical fitness it can accomplish its purpose only if compulsory.

Under the plan for a four-year requirement, we plan to coordinate all phases of our program; intercollegiate athletics, intercollegiate sports classes, intramurals, and service program. We expect to get some assistance from our junior and senior professional course students; all sports coaches will handle sports classes in their respective sports.

All students will be given a physical fitness, as well as motor ability and sports knowledge test. This test will qualify the students for assignment to the physical activity program. The program for freshmen, except for those electing freshman sports, will probably be a fitness program.

I would be glad if you would hold the above information confidential for the time being until such time as our faculty approves the setup.

Very truly yours,

A. L. Masley  
Professor of Physical Education



SPRINGFIELD COLLEGE

Springfield, Mass.

March 3, 1942

Dr. Forrest E. Allen  
University of Kansas  
Lawrence, Kansas

Dear Dr. Allen:

Your letter to Mr. Affleck concerning revisions in our program of health, physical education and recreation has been referred to me for reply. Mr. Affleck has retired from active duty but we have drafted him to do some teaching in our department so that he is still connected with the College. Mr. Affleck reached retirement age two years ago.

We have worked in a committee in our department for two years on a revision of our physical education skills and methods and materials program. Last year we worked on the policies regulating this program concerning time, content, etc., and this was put into effect at the opening of the fall term. This year we have been outlining the content of the various activity courses in the form of a syllabus which is ready to go to the printers within a few weeks. We felt that this work has been about 75% increased in time on the professional program of physical education activities. This is on the professional program. We have increased the time for the skills work as well as the methods and materials related to the teaching of these activities. We are requiring knowledge of the activities as being just as important as the perfection of personal skills. We have put this program into operation this year and are very pleased with the results. As soon as we have available the syllabus I shall be pleased to send you a copy.

For the non-professional physical education program we have required a minimum of three hours per week in skills and methods and materials. Knowledge of the activity is also required in the service program. This program, as you of course know, deals only with a small part of the college enrollment. The service program at Springfield is not as big a problem as at the University of Kansas. Our program, however, is required for four years.

Our professional requirement for the freshman year is two hours per day, which represents an increase of double that of last year. The average for the other three years is about eight hours per week. We have found through the experiences of the



Dr. Forrest E. Allen

-2-

March 3, 1942

last two years that this is essential in order to cover adequately the professional materials in physical education and recreation.

I shall be pleased to be more specific on any point if you so desire.

Sincerely yours,

LAL/em

LEONARD A. LARSON, Director  
Div. of Health and Physical Education



COPY

THE STATE UNIVERSITY OF IOWA  
IOWA CITY, IA.

February 26, 1942.

Mr. Forrest C. Allen  
Director of Physical Education  
University of Kansas  
Lawrence, Kansas

Dear Mr. Allen:

The assignment by the Government of the Naval Aviation Unit has forced us to make certain changes in our plans for a more intensive program in physical education. We have always had required or compulsory physical education, as well as special classes for those who had a desire to become physically fit and who wished to do this work on an elective basis.

I am quite sure that if this Naval Unit had not been assigned to our University, the enclosed program would have been accepted by the faculty for our own students. Now I am not sure just what will take place here and must wait until this Naval Unit becomes established.

If there is any other information that I can give you, kindly drop me a line.

Sincerely yours,

(Signed) E. G. SCHROEDER

Director of Physical Education and Athletics.



COPY

THE UNIVERSITY OF NEBRASKA  
Department of Physical Education and Athletics  
LINCOLN

February 27, 1942.

Dr. Forrest C. Allen  
Department of Physical Education  
University of Kansas  
Lawrence, Kansas

My dear Dr. Allen:

In reply to your inquiry of the 23rd, will say that we have not as yet - and probably will not - greatly modify our physical education program because of the war.

My philosophy of physical education needs has always been that high physical efficiency is very important in peacetime as well as in war and therefore we have not modified our program to conform with the modern trends to the same extent that a great many other institutions have and, consequently, our program without modification conforms pretty well to the war emergency demand. To make clear just what I mean, I take the liberty to quote from some material which Nelson Metcalf of the University of Chicago is putting before the students of that institution. He writes:

"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."

I think Metcalf's statement does indicate pretty well the modern trend in many of our colleges and universities, but I believe, in contrast to the aims he mentions, our program is pretty well geared for war. We are modifying our program to some extent and we are particularly putting on a pretty vigorous campaign to try to encourage a much larger percent of our students to avail themselves of the opportunities we offer to develop physical fitness, etc. Specifically, some of the minor changes we are making in our courses include the stressing of very vigorous calisthenics work and gymnastic apparatus work to try to develop increased muscular strength and agility. In our wrestling, we plan shortly to include some Judo (Jui-jit-su) and also quite a considerable amount of the work on bone-breaking holds and other forms of wrestling that are barred in competition, but which may be of value in war. We are also planning to include in our swimming classes instruction in swimming particularly in full clothing and even getting military equipment from the Military Department to teach swimming in full military uniform with pack, gun, etc. We are urging the students to participate particularly in those activities



that will most quickly and easily develop physical strength, endurance, agility, etc., and among those we are trying to push are the general physical education work, handball, wrestling, boxing, and swimming, and football to some extent. We are also trying to encourage general use of the trampoline, which gives a surprisingly good workout and which we have found is the most popular piece of apparatus in our gymnasium.

In answer to your inquiry concerning compulsory physical education, will say that I doubt very much if the University of Nebraska will go in to this inasmuch as our present Chancellor is quite opposed to compulsory physical education, but he does seem to be in sympathy with the pushing of our program and the encouragement of the optional work to the greatest possible degree. He would not oppose compulsory physical training for the duration, I know, if the request for the same came from the students, but I am positive he would oppose it otherwise. As you are doubtless aware, we have never had compulsory (required) physical education for men with the exception of the one year required of freshmen in the Agricultural College, which, by the way, was put in at the request of the Agricultural College students. It is true further, however, that all men excused from Military Science because of physical disability are required to substitute an equal number of credit hours (four) in lieu of the military drill. We have always had what I have felt was quite a satisfactory voluntary registration in our practical work, but, of course, this has been helped somewhat by the fact that we grant regular academic credit for this work on the same basis as any other laboratory work in the University. This academic credit program has been in force here for over forty years and I think has been a great help.

I think you have one of our catalogs which shows the rather wide variety of optional practical courses we offer to our students. Of course, this is a time when we can stress, too, our four-year major program inasmuch as we already have a shortage in well-trained physical directors and athletic coaches and there is -- and of course will continue to be -- a demand for such training in the Army and Navy.

I would suggest that you might get copies of the material which Metcalf has put out at Chicago as these may offer you quite a good many suggestions as to what they are doing there on this emergency program.

If there is other information you wish, do not hesitate to call upon me. With kindest regards, I am

Very sincerely yours,

(Signed) R. G. CLAPP, M.D.  
Professor and Chairman,  
Physical Education for Men.



COPY

UNIVERSITY OF ILLINOIS  
School of Physical Education  
URBANA

February 27, 1942.

Director Forrest C. Allen  
Department of Physical Education  
University of Kansas  
Lawrence, Kansas

Dear Phog:

I have your letter of February 23 addressed to Dr. Staley. He is, at present, doing some work with the government and will be tied up for a month or more.

I am sending you two sheets giving you a broad picture of what we are attempting in our physical fitness or Keep Fit Clinic. This clinic is for those students who rate low in the Larson test. In addition to their regular physical education classes, they attend the Keep Fit Clinic once per week. Our results from last semester have been very good, showing an average improvement of 30 per cent.

Physical education has been compulsory for freshmen and sophomores, and we will continue this policy. We are asking for one extra period per week for all students who are in the lower 30 per cent of the physical fitness group.

Beyond this we have stepped up the vigor of our program, giving students who are taking tennis, for example, a vigorous conditioning drill as a supplement to the tennis activity. We are also urging those who are not high in physical fitness to take the more vigorous courses and are reserving the less vigorous courses, such as golf, badminton, etc. for those who already have a high degree of physical fitness.

The best way to get a real picture of our program is to pay us a visit. If I am not mistaken, you haven't called on us for some time. We now have some four-wall handball courts in which, I am sure, you could perform much more effectively than you did when we had you on the single-wall courts -- remember?

Cordially yours,

(Signed) G. T. STAFFORD  
Professor of Physical Education



## PHYSICAL PREPAREDNESS---THE PRESENT NEED

### Need for Physical Fitness

All recent statistics show that nearly 50% of the available young men of the U.S. are unfit for military, naval, and air service. The present interest and emphasis is in PHYSICAL PREPAREDNESS--for defence in army, naval, or marine service---or in civilian service which will tax the physical capacity and sustaining power of men in many lines of effort. Colleges and Universities are offering courses in PHYSICAL FITNESS. High schools and Y.M.C.A.'s are organizing special training to prepare the male youths for the work ahead. How fit are we? How can we determine the state of Physical Fitness? Do we possess physical capacity, courage, stamina, and ability to handle our bodies with efficiency in emergency situations?

### What Do We Mean by "Physical Fitness"?

By Physical Fitness we mean the capacity for efficient performance in the basic requirements of running, jumping, dodging, falling, climbing, swimming, lifting weights, carrying loads, and enduring under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. One should be able to change his position quickly to avoid capture, fire, flood, bombs, gas, shells, or gun-fire. Obstacles must be overcome, sometimes in a hurry. Speed and endurance in the fundamental locomotion efforts are first essentials. When soldier recruits cannot, as an average, run speedily or steadily for a long time; cannot swim if they are trapped at a river, or pushed into a lake, or fall through the ice; if they cannot jump over obstacles in their path, vault fences or barricades and climb out of holes; if they cannot dodge snipers, missiles, or would be captors; if they cannot bear burdens to form barricades or show force and power in transporting their belongings and food; if they cannot show stamina in long hikes carrying loads-----then how can any army or body of civilians, made up of such men, survive? How fit are we in doing these things? Would an Olympic Decathlon athlete be fit? Would a winner of the Sigma Delta Psi key be fit? Would a football player be fit? Would a person who scored high on the Chinning-Jumping-Dipping test be fit?

### How to Get Physically Prepared

Young men, relatively unfit, have a hard time in military camps--if they pass the physical examinations to get in. Military experience is more interesting, more satisfying, and relatively more safe for those who are fit. One way to get fit--the hard way--is to go into a military camp and do the best possible. A better way is to BEGIN NOW to learn all possible about Physical Fitness and to cultivate that state with all the energy available. How will we proceed? The Physical Fitness Clinic has been organized this year to help show you how. Regular attendance and earnest effort will account for considerable improvement. Taking tests of physical fitness will motivate you and show you where you are in Physical Fitness. Self-tests, partner-tests, group tests,--all will be used to set tasks for you to exert your strength, suppleness of body, skill, speed and endurance. Endurance is developed only through sustained effort--hard enough--long enough--so that you feel it. Each task must tax you. Every time you "go the limit" on some physical test, you make it easier the next time, particularly if you repeat the effort. It is a good idea to keep your own records and watch your improvement. The group calisthenics will help, if you do them day by day, but endurance events in running, swimming, weight lifting, wrestling, boxing---begun moderately but gradually increased in dosage---will bring marvellous results. Want to try? The Physical Fitness Clinic is a special offering to help you get fit--and stay fit--by cultivating the habit--knowing how--building interest in the idea.



## DAILY PLAN FOR KEEP FIT CLINIC

University of Illinois

EXPLANATION: The KEEP FIT CLINIC, usually known as the KEEP FIT CLUB, will meet in the Men's Old Gymnasium daily from 4:00 to 6:00 P. M.. The opening date is October 20th and the closing date will be announced at another time.

Any student or member of the faculty is eligible to join the CLINIC upon the agreement to be present for the work one two-hour period per week. Others will be classed as visitors. Prospective members may report any day to Dr. T. K. Cureton, Mr. Goldie, and Mr. Kuhn, 300 Men's Old Gymnasium (KEEP FIT CLUB OFFICE), main floor of the gymnasium.

### DAILY SCHEDULE:

- 4:00--4:10-----Attendance Check.
- 4:10--4:20-----Group Explanation or Demonstration  
of Condition Tests.
- 4:20--5:00-----Individual Advisement and Informal Condition-  
ing Work as Agreed Upon with Club Directors.  
Self-Testing and Self-Record Posting.
- 5:00--5:10-----Physical Fitness Talk on Selected Topic  
(Different Each Week. Interpretation of  
New Books and Materials on Fitness).
- 5:10--5:30-----Group Conditioning Exercises.
- 5:30--5:40-----Endurance Prescription---10Minutes or More  
on Some Selected Type of Exercise Suitable  
to Endurance Activity. This Might be  
Endurance Running, Muscular Work on Weights,  
Swimming, Pulley Weight Work, Medicine Ball  
Throwing, Rhythmic Trunk Exercising with  
Partner, Exercise on the Rowing Machines, etc.
- 5:40-----Dismissal-----Showers, Towel Rub-Down, Deep  
Breathing for 20 Minutes.



UNIVERSITY OF PENNSYLVANIA

Philadelphia

Department of  
Physical Education

March 13, 1942

Dr. Forrest C. Allen  
Director of Physical Education and Recreation  
University of Kansas  
Lawrence, Kansas

Dear "Phog":

Your letter of February 23rd has been before me for some time. I am glad to give you the information requested and had hoped to get it to you sooner.

The University of Pennsylvania has had a four-year requirement in Physical Education for all undergraduates since 1904. Students are required to engage in Physical Education in at least two classes per week or fulfill the program of practically daily participation for candidates for intercollegiate teams.

For a good many years military work was accepted as a substitute for this requirement. That practice was instituted years ago although many of us were convinced that military education, no matter how good, is not Physical Education. This practice had been permitted to continue in spite of periodic opposition by members of our staff. However, following the declaration of war on December 7th, a new conference was held with the heads of our Military and Naval R.O.T.C. Units at which a joint agreement was entered into by which all members of the R.O.T.C. Units are also required to fulfill the Physical Education requirement in addition to their R.O.T.C. work. At the same time our Department offered additional intensified courses in swimming, boxing, wrestling, body building, road work and special intramural athletics for men who are shortly to enter the service of their country.

More recently, the University faculty has requested that requirement in Physical Education be extended to three periods per week instead of two for all undergraduates. This is to begin with the opening of the accelerated course on June 22, 1942.



Mr. Forrest C. Allen, #2

March 13, 1942

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In general, we have been motivated in part at least by the official attitudes expressed by the National Collegiate Athletic Association, the College Physical Education Association and The American Association for Health, Physical Education and Recreation. Although there has been a little opposition in some quarters, undergraduates have largely accepted this program wholeheartedly. We in turn have had numerous staff meetings at which we have stressed the vital importance of the best possible preparation and the most thorough teaching by every member of the staff. We feel that only by the best efforts of our staff and our students, and with the fine support which the faculty has always given us, can we meet adequately the demands which are being placed upon all of us during the present war.

If I can be of further help to you in this connection, kindly let me know.

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With very best wishes,

Very sincerely yours,

F. W. Luehring

FWL:emb



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Philadelphia

Department of  
Physical Education

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University of Kansas  
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F. W. Luehring

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Philadelphia

Department of  
Physical Education

March 13, 1942

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Lawrence, Kansas

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The University of Pennsylvania has had a four-year requirement in Physical Education for all undergraduates since 1904. Students are required to engage in Physical Education in at least two classes per week or fulfill the program of practically daily participation for candidates for intercollegiate teams.

For a good many years military work was accepted as a substitute for this requirement. That practice was instituted years ago although many of us were convinced that military education, no matter how good, is not Physical Education. This practice had been permitted to continue in spite of periodic opposition by members of our staff. However, following the declaration of war on December 7th, a new conference was held with the heads of our Military and Naval R.O.T.C. Units at which a joint agreement was entered into by which all members of the R.O.T.C. Units are also required to fulfill the Physical Education requirement in addition to their R.O.T.C. work. At the same time our Department offered additional intensified courses in swimming, boxing, wrestling, body building, road work and special intramural athletics for men who are shortly to enter the service of their country.

More recently, the University faculty has requested that requirement in Physical Education be extended to three periods per week instead of two for all undergraduates. This is to begin with the opening of the accelerated course on June 22, 1942.



Mr. Forrest C. Allen, #2

March 13, 1942

Beginning with the introduction of the required program in 1904, one semester credit each semester or two semester credits per year have been given to all undergraduates who fulfill the requirement. This, as you see, makes a total of eight semester credits in Physical Education. These eight semester credits have been added to those required for graduation in the various divisions of the University.

In general, we have been motivated in part at least by the official attitudes expressed by the National Collegiate Athletic Association, the College Physical Education Association and The American Association for Health, Physical Education and Recreation. Although there has been a little opposition in some quarters, undergraduates have largely accepted this program wholeheartedly. We in turn have had numerous staff meetings at which we have stressed the vital importance of the best possible preparation and the most thorough teaching by every member of the staff. We feel that only by the best efforts of our staff and our students, and with the fine support which the faculty has always given us, can we meet adequately the demands which are being placed upon all of us during the present war.

If I can be of further help to you in this connection, kindly let me know.

I haven't seen your youngsters lately but shall try to look them up again shortly.

With very best wishes,

Very sincerely yours,

F. W. Luehring

FWL:emb



PRINCETON UNIVERSITY  
Princeton New Jersey

Department of Health and Physical Education

Mr. F. C. Allen  
Dept. Physical Education,  
University of Kansas  
Lawrence, Kansas.

Dear Mr. Allen:

I am enclosing a typed copy of our Physical Fitness program.  
I trust this may be of some help to you.

Sincerely,

W. H. York, M.D.  
Chairman



Department of Health & Physical Education  
Princeton University, Princeton, N.J.

PHYSICAL FITNESS

During the present emergency it is necessary that all the available man-power of the nation be in finest possible physical condition for any eventuality. In a war of the present type individuals will be called upon to endure numerous hardships. No one can reasonably expect to escape nervous and physical strain from new tensions and additional work. It would be wise to foresee these conditions and by means of an intensive self-training discipline keep oneself healthy and physically fit.

The Department of Health and Physical Education is prepared to offer each undergraduate the opportunity to protect and develop his health resources; to assist him in the formation of good health habits; to help him remedy all correctible physical defects; and to increase his knowledge of maintaining his health and that of others in war and disaster.

With this situation in mind the university administration has considered it advisable for all students on the accelerated course plan to participate in a program of organized physical education. The Department of Health and Physical Education will conduct these classes at 2:00 P.M. and 3:00 P.M. daily Monday through Friday. Sophomores, Juniors and Seniors on the regular four year plan are welcome and are urged to participate in this program of physical activity.

All accelerated sophomore and junior students will be required to register at the physical education office before January 23rd, during the hours 10:00-12:00 A.M. and 2:00-4:00 P.M. Class work will begin January 26th.

The following class of students will be recognized as exceptions:

1. Members of intercollegiate squads. Such students will be required to register, but will be excused from attendance during the active sport season in question. At the conclusion of a given



sport season these students will report to the physical education class in which they are registered without further notification.

2. Students participating in the intramural program will be permitted to substitute two intramural contests for one required class period.

This program is designed to cover a wide range of activities in order that the student may elect the type in which he is primarily interested. The program has been divided into four areas of concentration, and each area will emphasize conditioning exercises. Each student will participate in two areas of activity during the term. The areas of concentration are:

1. Swimming - Fundamentals of the crawl stroke - practice and theory.  
Training and competitive practice  
Fundamentals of diving - practice and theory  
Important features of Life Saving, including artificial respiration.  
Water games.
2. Cobative Sports - Fundamentals of boxing, wrestling, judo and sabreing. This work should develop confidence in one's own ability to defend himself in physical combat.
3. Calisthenics and Gymnastics - Advanced free and wall bar training, rope climbing, obstacle surmounting, running and marching, tumbling, horse vaulting, heaving and balancing exercises. Also simple games such as medicine ball relay, obstacle races, etc.
4. Group Sports - Organized practice in fundamentals of basketball, hockey, touch football, speedball, soccer. Also organized play in the above games.

1/10/42