

Dunkel

THE PROGRAM OF THE KANSAS HEALTH AND PHYSICAL EDUCATION ASSOCIATION 1937-38

by

Earl Kauffman, Jr., President

In states not blessed with state directors of physical education much responsibility for the promotion of our profession falls to the organization representing the teachers and administrators. Since Kansas has not yet added a state director it behooves the Kansas Health and Physical Education Association to take an active part in promoting and developing physical education in every conceivable way. We are not only charged with the responsibility of furthering the best interests of physical Education, but we are also face to face with many opportunities for assuming active leadership in developing and extending our field.

Since its conception eight years ago this organization has enjoyed the pleasure of seeing many of the measures it inaugurated come into reality. Every one who compares the status of physical education today with what it was when our association was organized is amazed with the many fine things that have been accomplished. The membership has grown from a mere handful to approximately three hundred; annual meetings, once held in connection with other connections; our state teachers association now recognizes us as an important force in education; the office of the State Superintendent of Public Instruction, acting with the help of members of our own association, has adopted rulings governing the minimum requirements for teaching physical education; and the national office of the American Physical Education Association recognizes us as being one of the most active state groups.

With the beginning of another school year the officers and members of the Kansas Health and Physical Education Association are anxious to take up again the crusade for an ever better program in schools, for 100 percent membership, for close cooperation with allied agencies interested in the welfare of children, and for many other accomplishments which will result in our ultimate goal---happy, healthy children.

Last spring, at the meeting of the council in Emporia, a program for the year was drafted. The planks in this program call for;

1. Increasing our membership to include 500 teachers and students;
2. Raising funds to extend the work of the association;
3. Acquaint other organizations interested in schools and children with the aims and purposes of our own organization;
4. Work in close cooperation with the office of the state superintendent in bringing about rulings for the betterment of our profession;
5. Promote our state association through the extension of the use of the radio, newspaper and magazine publicity and programs;
6. Increase the effectiveness of our state bulletin by assisting the editor to secure the kind of material that will benefit teachers and administrators;
7. Conduct a convention that will be second to none.

It is true that this is quite an ambitious program for any organization. But aren't we an ambitious group? Surely, if we are to see the day when every child in every school is the experience the benefits and delights of physical education, if we are ever to see the day when we have a state director, and, yes, if we are to see the day when the professional standards are to ideal, then it is up to all of us to get behind the cart and push. Anything that is worthwhile is accomplished only through hearty cooperation and hard work. In our state association we have just the kind of people who can be depended on to achieve great things.

Recreational Sports in High School

by

Josephine Young, Junction City High School, Junction City, Ks.

Previous to the past few years the team type of games and contest has received most of our attention and interest. Recently, however, a change has been apparent and individual sports have gained in popularity. This change has been due to several factors: 1. Organization of local and national groups to foster interest in individual sports, 2. Interest in the carry-over value of activities, 3. Problem of leisure time caused by change in our social order.

These factors have definitely brought about a change in our activity programs of schools and colleges. Curriculums have had to be changed to include both team sports, for our more athletic type, and recreative sports which will satisfy the needs of the individual interested in activities demanding a lesser degree of skill. You can see how the latter would appeal to the girl with a physical handicap.

Recreational sports are not limited by the factors of proper playing space, equipment, and enough players to make two teams. A backyard, basement, stretch of level lawn, school grounds, driveway will provide adequate space. A net or cord stretched between two trees can be used for badminton, deck tennis, or paddle tennis. An official is not necessary, and except for badminton, the equipment is relatively inexpensive. The cost of equipment in even badminton can be cut to a minimum as I shall explain later.

The aims of a recreational program are: 1. To equip students with skills in recreative sports, 2. To stimulate sufficient interest to insure continued participation, 3. To develop desirable attitudes toward sports.

I have tried to give you so far information that I believe will be useful to you in trying to convince your school board that money spent on new recreative equipment is not poorly invested. Your school in order to be considered progressive must realize that there is a definite trend today toward the inclusion and participation in recreative sports as an important part of the physical education program.

In our school we introduced recreational sports in the following manner: class instruction was given in each sport; mimeographed rules were given each student, and they were read and discussed. Not until the following year did we make these sports a part of our intramural program, and in shuffle board alone three hundred and twenty-one girls out of approximately 450 participated.

Now let us discuss individually some of the sports that you might like to include in your program.

While it takes you years to become an expert at badminton, it takes only a few minutes to become an enthusiast in paddle badminton. The game is active and calls for courtesy, understanding, and honesty. The element of danger is at a minimum, as both paddles and birds are very light in weight. A perfect playing surface is not necessary, as no bounce plays are permitted. The low cost of installation and maintenance should aid in making badminton an ideal carry-over sport.

Instead of buying racquets, we had wooden paddles made by the manual training department for approximately ten cents each. Instead of using badminton rules, we use five on a team and follow the rules of volleyball. Thus the game develops individual skill and yet instills cooperation.

Rather than buy a bird, you can trim down an ordinary sponge to about the size of one's closed hand, or you can place a small sponge rubber ball in the center of a 7-inch square of cloth. Twist the cloth and tie close to the ball and then cut into tail-like strips. Such a substitution answers the purpose nicely.

Paddle tennis is a year round sport and is played with regular lawn tennis rules, singles or doubles. The court is one-fourth the size of a tennis court, and the equipment consists of a wooden paddle, a sponge rubber ball, net, and standards. Except for the bird your paddle badminton equipment may be used.

A shuffle board court can be laid out on any hard surface. The length of the court is twenty-eight feet and the width three feet. Eight six-inch discs, four red and four blue, are used to play this game. The cue is used to propel the discs.

Table tennis is played by either two players or four players. Standard equipment consists of the table, net, ball, and racquet. The official table has a playing surface nine feet long and five feet wide painted a dull, dark green, with a white line not less than $\frac{3}{8}$ of an inch wide running through the center. The official celluloid ping-pong ball is used. The standard-size racquet is one with a $5\frac{1}{4}$ by $6\frac{1}{2}$ inch blade and a $5\frac{1}{4}$ inch handle. The surface of the racquet may be constructed of almost any kind of material. The players follow the table tennis rules.

Additional activities that I might suggest are deck tennis and archery. In deck tennis an inflated rubber ring of rope quoit may be used. The singles court is 12 feet wide and 40 feet long, and in the center running parallel with the end lines is placed a four-foot eight-inch high net. If you wish to include more students at one time, you may play on a volley ball court and use volley ball rules.

Archery is a sport that is remedial and healthful and can be adapted to almost any available space indoors or outdoors. Because it is principally an out-of-doors sport, it is considered a particularly wholesome form of exercise. Archery is a sport that can be nicely worked into a corrective program. It is inexpensive, and equipment may be purchased very reasonably from many commercial firms, or the manual training department can make archery equipment one of its' yearly projects.

You will find that recreative equipment will be used by clubs for tournaments or can be issued for supervised play during noon hour. Teachers may even form exercise clubs, and it will be used for parties where you are using a progressive-play type of program.

Recreative sports give students interesting and inexpensive ways to spend their leisure time. It should answer many problems in mixed classes, boys and girls, or in small towns where the size of the group is not large enough to organize team sports.

Because of the increasing number of free hours, physical education directors are faced with the problem of finding wholesome activities that can be used to fill in the average individual's leisure time.

Your problem as a director of physical education is to find a place in your program to give to your students as many practical experiences as possible in recreative activities so that you will be assured of continued participation.

An Enlarged Organization for Health and Physical Education

The amalgamation of the American Physical Education Association and the Department of School Health and Physical Education of the National Education Association has finally been accomplished. These two organizations have become the American Association for Health and Physical Education--A Department of the National Education Association.

The reorganization carried over the larger part of the organization of the American Physical Education Association, with some changes and additions. The officers elected by the A.P.E.A. at the New York meeting were continued, as were the Governing Board and the Legislative Council. Three divisions were added, the Division of Health Education, the Division of Physical Education and the Division of Recreation.

The new Association will continue to publish the Journal of Health and Physical Education and The Research Quarterly, and will carry on the work in physical education that was done in the past by the American Physical Education Association.

The merging with the National Education Association effects the Association most favorably. No limiting restrictions have been imposed. The same state, district, and national organizations and meetings will be continued and expanded to include health education and recreation in each constituent organization of the Association. In addition, the organized forces of the National Education Association will be at the service of the American Association for Health and Physical Education in every way possible.

The Kansas Health and Physical Education Association should take steps to enlarge its organization to include all of these groups in conformity to the National policy.

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NEWS NOTES

Mr. Oren Shearer has gone to the Allison Intermediate School in Wichita, Kans. as Physical Education Director. He was formerly located at Garden City, Kansas. Kenneth Brocheisen, who graduated from Kansas State College, Manhattan, last spring, has taken the place left vacant at Garden City.

Two changes in staff have occurred at Kansas State College, Manhattan. Miss Florence E. Young has taken the place in the womens department of Miss Forchemer, who resigned last spring. Mr. Frank J. Thompson has been added to the staff of the mens department. Mr. Thompson is a graduate of the Mankato, Minnesota Teachers College with a Masters degree from Springfield, Mass. College.

Miss S. Lucille Hatlestad, of Pittsburg Teachers College, is taking graduate work towards her doctors degree at the University of Iowa this fall. She will spend the entire year at Iowa.

Louis E. Hutto is to be Director of Physical Education at Central State Teachers College, Mount Pleasant, Michigan. He was formerly director at Des Moines, Iowa and a former President of the Central District Physical Education Association.

American football is not a suitable game for the junior high school in the opinion of the California State Department of Education.

Kansas City, Kansas is to be congratulated upon the completion of its fine new Wyandotte High School building. Our readers will be especially interested in the physical education and athletic facilities of the new building which was pictured and described quite fully in the September number of the Kansas Teacher. This gives to Kansas another physical education plant as well equipped as any in the Country, including separate gymnasiums for boys and girls, corrective gymnasium, health examination room, temporary hospital, and swimming pool. Any person will be well repaid by a visit to this building which is in Kansas City.

Kansas is fortunate in having Dr. J. B. Nash for the entire week beginning Nov. 1. Dr. Nash will be at Atchison, Nov. 1; Manhattan, Nov. 2; Topeka, Nov. 3, and Neodesha, Nov. 4. Nov. 5 and 6 he will speak at different meetings of the K.S.T.A. We would strongly urge everyone to hear Dr. Nash at one of these places. Dr. Nash was the Editor of the 5 volume series of books on Physical Education Relationships, a text on the Administration and Organization of Playgrounds and Recreation and other books.

Change of Address

There are undoubtedly many changes of address this fall among members of the K. H. & P. E. A. We shall be glad to make such changes if you will send us your new address. Please do this at once!

NEWS!

NEWS!

NEWS!

News items make up one of the most popular features of the Bulletin. Items about teachers, about buildings and facilities, about activities and programs, about tests and grading all are interesting. The Editors need and can use lots of such items, so won't each and every one of you do your bit. Don't be bashful; be helpful. Do it TODAY!

Editorial Board:- L. P. Washburn, Manhattan, Editor-in-chief;
Ardis Hill, Kansas City; Oren Shearer, Wichita.

KANSAS STATE COLLEGE
OF AGRICULTURE AND APPLIED SCIENCE
PHYSICAL EDUCATION AND ATHLETICS
MANHATTAN, KANSAS

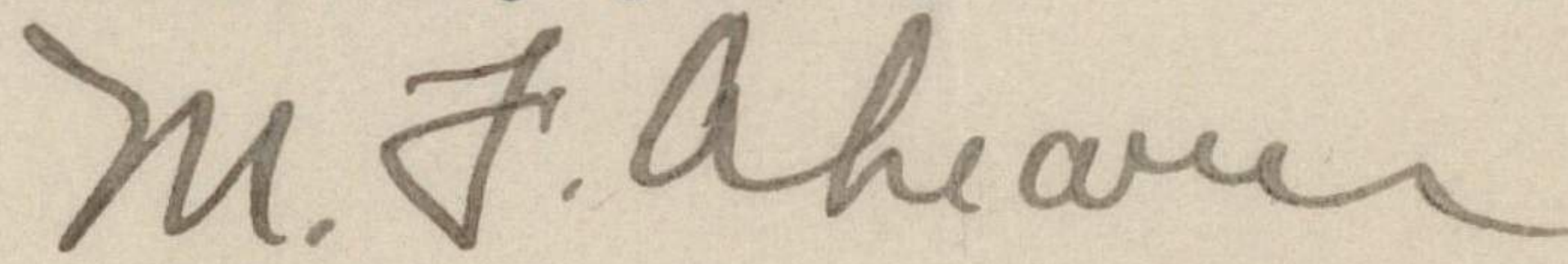
November 27, 1934

Dr. Forrest C. Allen,
Director of Athletics,
University of Kansas,
Lawrence, K a n s a s .

Dear Phog:

Replying to your inquiries of the 20th
of November, will state that we have no coach-
ing school. We only have a department of
physical education and I am sending you a cata-
logue that will explain the details concerning
this particular department.

Sincerely yours,



M. F. Ahearn, Director

MFA:M

THE RICE INSTITUTE
HOUSTON, TEXAS

HENRY O. NICHOLAS,
DIRECTOR OF ATHLETICS

GAYLORD JOHNSON,
BUSINESS MANAGER OF ATHLETICS

November 26th, 1934

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

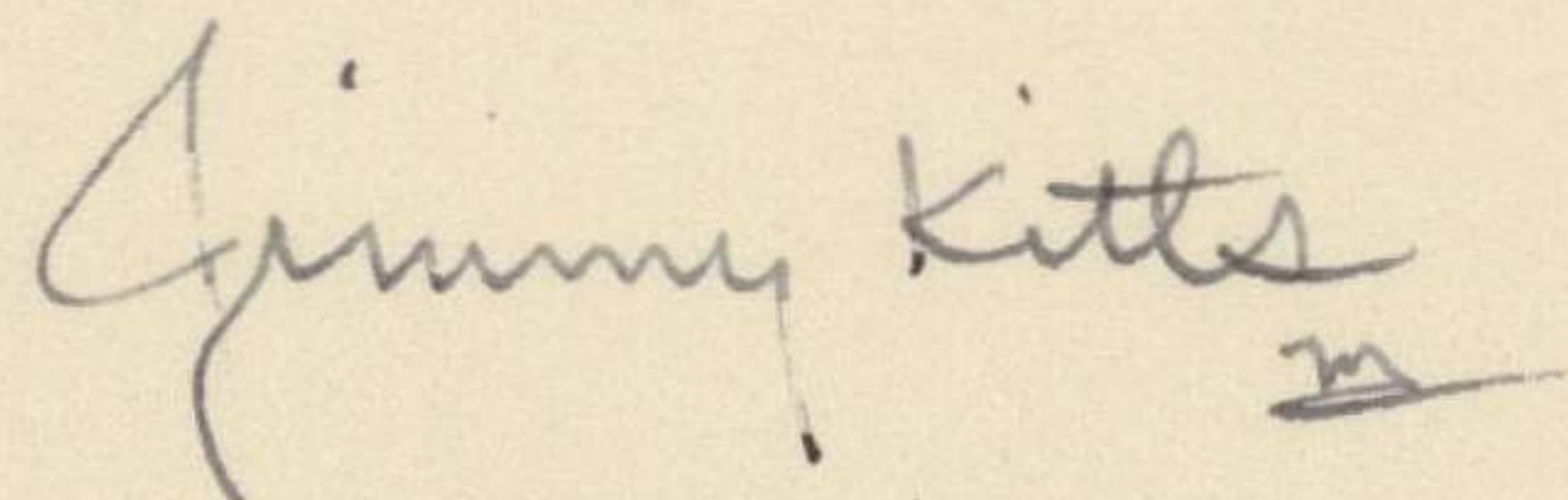
Dear Phog:

Happy to hear from you. I have asked Dr. Scott, head of our physical education department, to furnish you with the information you wanted.

Dr. Scott has sure done a fine job here establishing a very efficient department.

With hopes that you have another very successful year in basketball, I am

Sincerely yours,



Jimmy Kitts,
Coach of Football and Basketball

JK:M

THE RICE INSTITUTE
HOUSTON, TEXAS

HENRY O. NICHOLAS
DIRECTOR OF ATHLETICS
RAYFORD JOHNSON
BUSINESS MANAGER OF ATHLETICS

November 23rd, 1934

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

Dear Sir:

Happy to hear from you. I have asked Dr. Scott, head
of our physical education department, to furnish you with
the information you wanted.

Dr. Scott has done a fine job here establishing
a very efficient department.

With hopes that you have another very successful year
in basketball, I am

Sincerely yours,

Jimmy Kite

Jimmy Kite,
Head of Football and Basketball

Head of Football and Basketball

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THE UNIVERSITY OF NEBRASKA
LINCOLN

DEPARTMENT OF
INTERCOLLEGIATE ATHLETICS
OFFICE OF THE DIRECTOR

November 23, 1934.

Dr. F. C. Allen,
Director of Athletics,
University of Kansas,
Lawrence, Kans.

Dear "Phog":

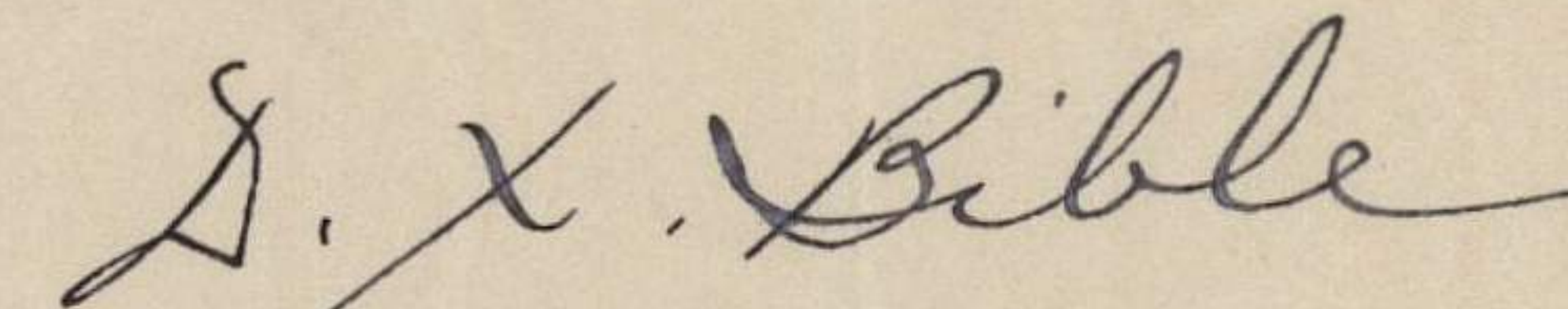
Replying to your letter of November 20th in regard to information for your school of coaching, we do not give a degree in physical education. Those taking the courses are given a B.S. in Education along with a certificate in physical education. 126 hours are required to get this degree. 20 hours are required to get a certificate to teach. There is not a state law in Nebraska regarding the number of hours required for teaching physical education. I rather think it will be hard to get a law passed as the small colleges do not want it passed. They do not offer courses in physical education but still want their men eligible to go out and teach and coach.

All work the first year for those taking the course for coaching is such that it can be transferred without loss of credit to any college in the University. Subjects relating directly to the course start the second year.

I am enclosing a bulletin of the Teachers College of the University of Nebraska which gives you an outline of the courses in physical education and athletics.

If any further information is desired, I shall be glad to furnish it.

Sincerely yours,



D. X. Bible,
Director of Athletics.

Encl.

November 20
1 9 3 4

Mr. Jimmy Kitts,
Football Coach,
Rice Institute,
Houston, Tex.

Dear Jimmy:

I would like to know how your four year coaching course at Rice is set up.

Will you kindly advise me whether it is a separate school in your college or comes under the School of Education?

How many hours of pre-education is an individual required to have to enter this course, or do you enroll him as a freshman?

I am endeavoring to get the best possible set-up for our administration here and I would appreciate it, if you would send me a bulletin of your school, a schedule and a copy of the state law regarding the number of hours required for teaching Physical Education. Also, please advise me the number of hours required for an A.B. in your institution.

If you are too busy with your fine football team that you are turning out this season, just refer this letter to someone who can give me this information. I do not care for a long discussion, but just the information in the main, and I will greatly appreciate it.

With every good wish, I am

Sincerely yours,

Director.

FCA:IW

November 20
1 9 3 4

Mr. Chester L. Brewer,
Director of Athletics,
University of Missouri,
Columbia, Mo.

Dear Chet:

I would like to have some information on your School of Coaching.

How many hours of straight Education and how many hours of Physical Education are required for teaching and is this a separate school or does it come under the School of Education? Also, how many hours of pre-education does an individual need before he can get into the Coaching School or do you enroll him as a freshman.

I am trying to get the best set-up possible for our administration here and I would appreciate it, if you would send me a bulletin on your school, a schedule and a copy of the state law regarding the number of hours required for teaching Physical Education. Also, please advise me regarding the number of hours required for an A.B. in your college.

Thanking you for this and any other information you may give me, I am

Sincerely yours,

Director.

FCA:IW

November 20
1 9 3 4

Mr. D.X. Bible,
Director of Athletics,
University of Nebraska,
Lincoln, Neb.

Dear D.X.:

I would like to have some information on your School of Coaching.

How many hours of straight Education and how many hours of Physical Education are required for teaching and is this a separate school or does it come under the School of Education? Also, how many hours of pre-education does an individual need before he can get into the Coaching School, or do you enroll him as a freshman?

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Thanking you for this and any other information you may give me, I am

Sincerely yours,

Director.

FCA:IW

November 20
1 9 3 4

Mr. Ben G. Owen,
Dept. of Physical Education,
University of Oklahoma,
Norman, Okla.

Dear Ben:

I would like to have some information on your School of Coaching.

How many hours of straight Education and how many hours of Physical Education are required for teaching and is this a separate school or does it come under the School of Education? Also, how many hours of pre-education does an individual need before he can get into the Coaching School, or do you enroll him as a freshman?

I am trying to get the best set-up possible for our administration here and I would appreciate it, if you would send me a bulletin on your school, a schedule and a copy of the state law regarding the number of hours required for teaching Physical Education. Also, please advise me the number of hours required for an A.B. in your college.

Thanking you for this and any other information you may give me, I am

Sincerely yours,

Director.

FCA:IW

November 20
1 9 3 4

Mr. M.F. Ahearn,
Director of Athletics,
Kansas State College,
Manhattan, Kans.

Dear Mike:

I would like to have some information on your School of Coaching.

How many hours of straight Education and how many hours of Physical Education are required for teaching and is this a separate school or does it come under the School of Education? Also, how many hours of pre-Education does an individual need before he can get into the Coaching School, or do you enroll him as a freshman?

I am trying to get the best set-up possible for our administration here and I would appreciate it, if you would send me a bulletin on your school, a schedule and any other data you may have. Also, I would appreciate it, if you would advise me how many hours are required for an A.B. in your college.

I am

Thanking you for this information,

Sincerely yours,

Director.

FCA:IW