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THE COLLEGE FOUR YEAR MAJOR CURRICULUM

For the Preparation of Teachers of  
Health, Physical Education and Recreation

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History: In 1937 the Directors of Physical Education of the Illinois Teachers Colleges, realizing the need for a more standardized curriculum, appointed a curriculum committee. This committee studied the problem and in 1939 submitted a curriculum acceptable to all. The movement seemed so worth-while that the National Society of State Directors appointed a curriculum committee to cooperate with the Illinois Committee with the view to adapting its curriculum to the national situation and presenting it to the North Central Association for adoption.

In April 1940 the North Central Association appointed a committee which met with the National Society of State Directors. This joint committee's report was submitted to and approved by the Committee on Professional Education of the American Association for Health, Physical Education and Recreation.

The curriculum as herein outlined is the report as finally approved by all committees and is now submitted to the Executive Committee of the North Central Association of Colleges and Secondary Schools (May 11, 1940). The Society of State Directors and the Committee on Professional Education of the American Association for Health, Physical Education and Recreation wish to have this curriculum considered tentative and subject to improvement from year to year.

Purposes: The idea has been not to set up a rigid four year schedule, but rather to state in general areas and total units an outline standard that will assure a teacher who can conduct a balanced program--not a specialist in athletic coaching, in recreation, health or safety.

Such a Curriculum outline will:

1. Aid reciprocity between states and between institutions and aid state departments in evaluating credentials.
2. Assure the individual college that its curriculum is adequate.
3. Assure the graduates that they are adequately prepared and that their credits will be acceptable in all states of the Union.
4. Assure the superintendent and principal that they are receiving well prepared teachers when selecting from an accredited institution.

Request: We respectfully request that the North Central Association of Colleges and Secondary Schools accept this curriculum as the minimum requirement for the colleges of its Association which train teachers for health, and physical education and its related fields of recreation and safety.



The College Four Year Major Curriculum

Minimum Requirements for the Preparation of Teachers of Health, Physical Education and Recreation.

Objective: To adequately prepare teachers for service in the field of health, physical education and recreation.

I. Academic area . . . . . 31 - 40 hours

A. If the academic requirements of the college do not include the following, it is recommended that at least 15 hours be distributed to include each of the following: English, Social Studies and Speech.

B. Science prerequisites. . . . .16 - 20 hours

Selected from the following subjects: Human anatomy, bacteriology, biology, chemistry, nutrition, physics, human physiology, zoology, applied anatomy and physiology(it is suggested that this subject be taught by the staff of the department of physical education), etc., with all possible adaptations to the training of teachers of health, physical education and recreation.

II. Educational area . . . . . (Usually 15 hours)

The certification standards as set up by the state for all teachers shall apply in this area. The committee recommends that 6 hours be devoted to practice teaching largely in the fields of health, physical education and recreation.

III. Professional preparation. . . . . 30 hours

A. Principals, organization and administration. . .9 hours

- Physical Education. . .3 hours
- Health and Safety. . .3 hours
- Recreation . . . . .3 hours

It is recommended that in addition an orientation course be offered during the first year to include: an introduction to all these fields, history, scope, professional courses, methods of study, opportunities and place in the general field of education, which will assist the student in understanding the professional field in which he is to work.

B. Adapted Activities. . . . . 3 hours

Body mechanics and individual physical education with an adaption to the normal and atypical children. The area should also include the limitations and ethical responsibilities of the physical education teacher in regard to the health examination.



The prerequisites for these three hours shall include human anatomy and physiology and applied anatomy and physiology.

C. Activities . . . . . 9 hours

If credit is given for courses in fundamental skills of physical education and athletic activities, it is recommended that they may not be counted toward the professional requirement, but can be counted toward the degree.

1. Team sports (for men) . . . . . 3 hours

To include the learning of the methods of instruction and officiating, necessary for conducting a physical education program of team games, passim; football, basketball, baseball, track, swimming. (The minimum of 3 hours is set low because it is felt that most professional students will elect more work in this field.)

Team sports (for women) . . . . . 3 hours  
Hockey, basketball, baseball, soccer, volley ball, speedball, track, swimming.

2. Recreational Sports . . . . . 3 hours

To include the methods and organization techniques of sports and games other than those included in C-1. Also adapted sports for the handicapped.

3. Rhythmic and Gymnasium Activities . . . . 3 hours

To include teaching of methods and organization techniques necessary for the conduct of a graded program of rhythms throughout the elementary and secondary levels, passim: dramatic rhythms, folk and tap dancing and creative dancing. Gymnasium activities to include teaching of the methods and organization techniques necessary for the conduct of a program of gymnastic activities, passim: free exercises, self-testing (stunts, tumbling, pyramids, apparatus, etc.)

D. Health Instruction, including First Aid and Safety. .  
6 hours

The content and methods of instruction necessary for the conduct of such a health program on the elementary and secondary school levels.

E. Elective . . . . . 3 hours

Selected from Groups A, B, or D.



THE COOPERATING COMMITTEESCurriculum Committee of the Illinois Teachers Colleges

C. E. Horton (Co-chairman)	Illinois State N. U.	Margaret Barto
G. E. Evans	N. I. S. T. C.	Miriam Anderson (Co-chairman)
Ray Hanson	W. I. S. T. C.	Dora Sharp
Joseph Kripner	Chicago Teachers College	Nellie B. Cochran
Charles P. Lantz	E. I. S. T. C.	Florence McAfee
William McAndrew	S. I. S. N. U.	Frances Etheridge
Dr. George T. Stafford	U. of Illinois	
Dr. Seward C. Staley	U. of Illinois	

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National Society of State Directors

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 C. S. Blackburn, Arkansas  
 Harold Jack, Minnesota  
 F. S. Stafford, Indiana  
 F. G. Stith, Missouri  
 W. A. Rosene, Nebraska  
 J. E. Rogers, Nat'l Rec. Ass'n (Sec'y)

Committee on Professional Education  
of the American Association for Health,  
Physical Education and Recreation

Dr. E. C. Davis, Pa. State College (Chairman)  
 Dr. Dorothy Ainsworth, Smith College  
 Vaughn Blanchard, Detroit Public Schools  
 Miss Jessie Garrison, State Dir., Alabama  
 Dr. Elizabeth Halsey, University of Iowa  
 George Hjelte, Recreation, Los Angeles  
 Dr. Clair Langton, Oregon State College

Committee of Commission on Curricula Representing  
the North Central Association

Prof. L. W. Webb, Northwestern University (Chairman)  
 G. W. Willett, Sup't. Lyons Township High School & Jr. College, LaGrange

Others Who Assisted

Charles W. Boardman, Prof. of Education, U. of Minnesota  
 A. W. Clevenger, High School Visitor, U. of Illinois  
 Frank L. Eversull, President, North Dakota Agri. College  
 Robert Francis, Ass't. Prof. of Physical Education, U. of Wisconsin  
 H. M. Gage, President, Coe College  
 W. W. Haggard, Former Sup't. of Schools, Joliet Public Schools  
 W. R. La Porte, Prof. of Physical Education, U. of Southern California  
 Miss Mabel Lee, Dir. of Physical Education for Women, U. of Nebraska  
 D. Oberteuffer, Prof. of Physical Education, Ohio State University  
 L. A. Pittinger, President, Ball State Teachers College  
 G. W. Rosenlof, Prof. of Education, U. of Nebraska  
 E. B. Stouffer, Dean of Graduate School, U. of Kansas

Submitted by  
 General Chairman

*Don Cash Seaton*

Don Cash Seaton  
 State Director of Physical Education  
 401 Centennial Building  
 Springfield, Illinois



December 14, 1930.

Curriculum Revision Committee,  
School of Education,  
University of Kansas.

Dear Sirs:

In the re-allocation of courses in the suggested curriculum for physical education majors, as printed in Section I of the University catalog, we submit the enclosed for your approval.

The changes involved, most of which have already been approved by this committee, include the following: a change in the requirement of 5 hours of history or economics to 5 hours of history or sociology; Content and Method to be offered in the second semester instead of the first; School Hygiene to be offered as an optional course inasmuch as there is a duplication of material presented in other required courses.

Respectfully submitted,

Director of Physical Education and Recreation,  
Varsity Basketball Coach.



# Curriculum for Women

Fresh.

Rhetoric I - 3  
 Social <sup>Sci.</sup> Survey - 5  
 \* P.E. 31W - 2  
 Acad. Electives 5 -

Rhetoric II - 2  
 Zoology - 5  
~~1-1-1~~  
 \* P.E. 32W - 2  
 El. Sch. Playground - 3

Eng Lit - 2  
 Physiology - 5  
 Speech - 2  
 \* P.E. 33W - 2  
 Electives - 4-5

Gen. Electives 1-2-4  
 History & Sociology - 5  
 Psychology - 5  
 \* Hist & Gen. P.E. - 3  
 \* P.E. 34W - 2  
 Electives - 1-15

Sr.

Ed. Psych - 3  
 Sch. Adm - 2  
 Required Ed. - 2  
 \* P.E. 67 - 1  
 \* Theory Athletics - 2  
 \* Theory Swimm - 2  
 Elect - 3-4

Required Ed. - 2  
 Content + Method - 3  
 Human Anatomy - 5  
 \* Athletics - 2  
 \* P.E. 68 - 2  
 Elect - 2-3-4

Sr.

\* Phys Exam - 3  
 Sup. Teach - 2  
 \* Kinesiology - 2  
 Elec. Ed. - 3

Sup. Teach - 2  
 \* Org + Ad. - 3  
 \* Pers. Hyg - 2  
 Electives - 8-9

Elect - 5-6

Education Association  
 Kansas Health and Physical



ORAN SHEARER, PRESIDENT-ELECT  
ALLISON INTERMEDIATE  
WICHITA

HENRY SHENK, VICE-PRESIDENT  
HIGH SCHOOL  
JUNCTION CITY

# Kansas Health and Physical Education Association

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W. H. MIFFLIN, COFFEYVILLE  
ARDIS HILL, KANSAS CITY



January 26, 1942.

Dr. W. H. York,  
Chairman, Department of Health and Physical Education  
Princeton University,  
Princeton, New Jersey.

Dear Dr. York:

I wish to acknowledge with thanks your prompt response to our request for information regarding your Physical Fitness program. This will be helpful to us in formulating our program for the second semester.

Thanking you for your cooperation, I am

Very sincerely yours,

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



PHYSICAL FITNESS

During the present emergency it is necessary that all the available man-power of the nation be in the 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.



The 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. Combative 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



*Chase*

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*

W. H. York, M.D.  
Chairman



January 20, 1942.

Dr. Wilbur H. York,  
Director of Health and Physical Education,  
Princeton University,  
Princeton, New Jersey.

Dear Dr. York:

We are working up a course here at the University in "Physical Conditioning". I understand that you have a similar course at Princeton, and I wonder if you would be kind enough to tell me what is included in your course.

I shall greatly appreciate any information you are able to give me.

Very sincerely yours,

FCA:AH

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



January 20, 1942.

Chancellor Deane W. Malott,  
The University of Kansas.

Dear Chancellor Malott:

Thank you for your kind note of the 17th instant. I am glad you picked the name "Physical Conditioning" for our course. I am calling a meeting of the people on our staff to work out a program, and you may count on our enthusiastic cooperation in building this thing to the place that we believe you want it in the University program.

Very sincerely yours,

FCA:AH

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



THE UNIVERSITY OF KANSAS  
LAWRENCE

OFFICE OF  
THE CHANCELLOR

January 17, 1942

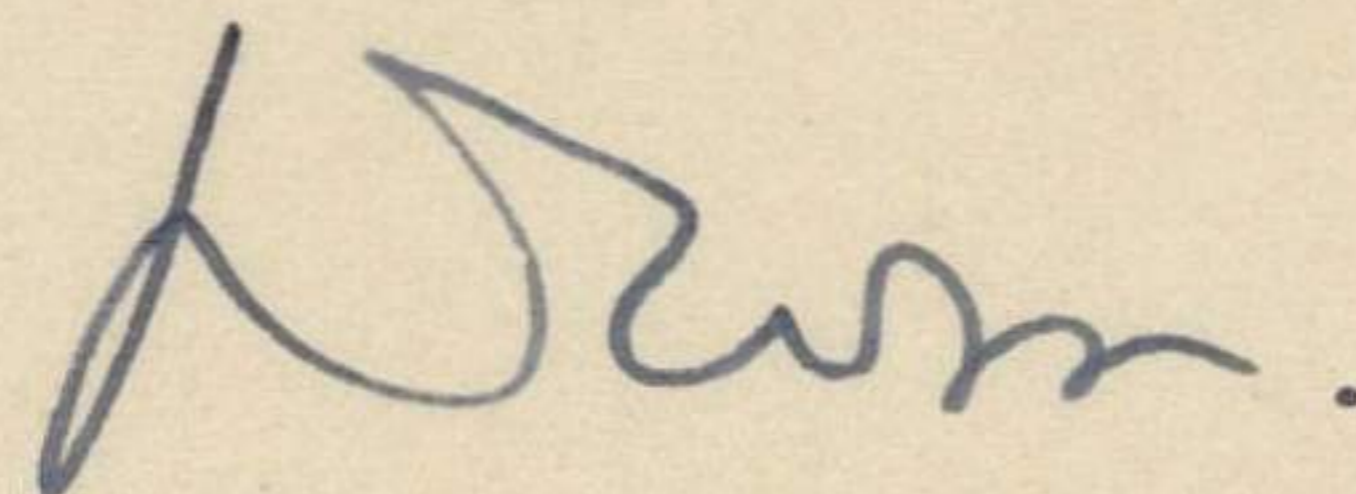
Mr. F. C. Allen  
105 Robinson Gym  
Campus

Dear Phog:

I have just noticed that Princeton has put in a tough "Physical Conditioning" course, as has also the University of Chicago.

I am counting on you to talk the thing up and also to get the information to all men on the faculty if you want them in the group.

Sincerely yours,



Deane W. Malott  
Chancellor

DWM:h



To be omitted from Section II of the Catalog, page 148 and following:

I. Courses in Physical Activity

Courses for Men

- 1a. Elementary Basketball
- 1b. Intermediate Basketball
- 1c. Advanced Basketball
- 2a. Elementary Tennis
- 2c. Advanced Tennis
- 3a. Elementary Swimming
- 3b. Intermediate Swimming
- 3c. Advanced Swimming
- 4. Volleyball
- 5a. Handball
- 5b. Handball
- 6a, b, c, d. Individual Gymnastics
- 7a. Elementary Tumbling
- 7c. Advanced Tumbling
- 8a, b. General Physical Education
- 15a. Elementary Boxing
- 15c. Advanced Boxing
- 16. Touch Football
- 17. Wrestling
- 18 & 38. Varsity Athletics
- 19. Playground Ball

Courses for Both Men and Women

- 41a. Elementary Golf
- 41c. Advanced Golf
- 42a. Elementary Fencing
- 42b. Intermediate Fencing
- 42c. Advanced Fencing
- 43a. Elementary Tap Dancing
- 43b. Intermediate Tap
- 43c. Advanced Tap
- 44a. Elementary Social Dancing
- 44c. Advanced Social Dancing
- 45a. Elementary Badminton
- 45c. Advanced Badminton
- 46a. Elementary Archery
- 46c. Advanced Archery
- 47a. Elementary Equitation
- 47b. Intermediate Equitation
- 47c. Advanced Equitation

Courses for Women

- 1a. Elementary Basketball
- 1c. Advanced Basketball
- 2a. Elementary Tennis
- 2b. Intermediate Tennis
- 2c. Advanced Tennis
- 3a. Elementary Swimming
- 3b. Intermediate Swimming
- 3c. Advanced Swimming
- 3d. Diving
- 3e. Life Saving
- 4. Volleyball
- 5. Handball
- 6a, b, c, d. Individual Gymnastics
- 7a. Elementary Tumbling
- 7b. Advanced Tumbling
- 8a, b. General Physical Education
- 9a. Elementary Hockey
- 9c. Advanced Hockey
- 10. Soccer
- 11a. Elementary Baseball
- 11c. Advanced Baseball
- 12a. Elementary Modern Dancing
- 12c. Advanced Modern Dancing
- 13a. Folk Dancing
- 13b. Intermediate Folk Dance
- 14a. Elementary Track
- 14c. Advanced Track



To be substituted for the section above:

Physical Education.

Physical Education activities may be elected by any student for one hour credit, each semester. Four such credits may be counted toward graduation.

The student may elect an outdoor activity for one-half of the semester, and an indoor activity for the other half of the semester, or he may elect a single activity which is carried on throughout the entire semester.

A student may enroll for a maximum of one and one-half semester hours credit in swimming and in equitation, one-half semester hour credit in life saving, four semester hours credit in varsity athletics, and one semester hour credit in each of the other physical education activity courses.

Activity Courses in Physical Education.

- Physical Education 1.
- Physical Education 2.
- Physical Education 3.
- Physical Education 4.

A student enrolling in Physical Education for the first time will enroll in Physical Education 1; a student enrolling in Physical Education for the second time will enroll in Physical Education 2; a student enrolling in Physical Education for the third time will enroll in Physical Education 3; a student enrolling in Physical Education for the fourth time will enroll in Physical Education 4.

Physical Education Activities:

Fall Activities. archery, badminton, basketball (M), boxing (M), equitation, fencing, folk dancing, golf, hockey (W), modern dance, recreational sports, soccer, social dancing, swimming, tennis, tumbling (W), varsity athletics (M).

Spring Activities. badminton, basketball (W), archery, boxing (M), equitation, fencing, golf, handball (M), individual gymnastics (M), life saving (W), modern dance, social dancing, softball (W), swimming, tap dancing, tennis, track (W), varsity athletics (M), volleyball (W), wrestling (M).

W = courses open to women only. M = courses open to men only.