Courses for Freshman and Sophomore Men

- 1a. Elementary Basketball. Methods of passing, catching, dribbling, the pivot, and floor bounce. The fundamental shots, such as the free throw, the push-chest, the one-hand English, and the lay-up.
- 1b. Intermediate Basketball. Theories of the individual defense, individual offense, the team defense and the team offense are thoroughly stressed and discussed. Prerequisite, 1a.
- 1c. Advance Basketball. The various phases of advance team play together with the screen or pick-off, is shown. A thorough knowledge of the basketball rules is required, which enables the player to coach or officiate a game properly. Prerequisites, 1a and 1b.
- 2a. Beginning Tennis. The fundamental skills of tennis. Emphasis on proper execution of various strokes and serves.
- 2c. Advanced Tennis. A more thorough mastery of fundamental skills is required, along with a definite knowledge of correct methods of play in both single and doubles. Also, a thorough study of tennis rules is required. Prerequisite, course 2a or equivalent.
- 3a. Elementary Swimming. A practical course designed to teach the student to use properly the basic swimming strokes primarily for safety purposes. It also embodies instructions in elementary diving and includes a list of specific water stunts designed to develop the student's skill in the water.
- 3b. Intermediate Swimming. Emphasis upon the development of the crawl, side, back, and breast strokes. Includes the fundamental dives. Prerequisite, course 3a or equivalent.
- 3c. Advanced Swimming. Specific instruction in diving, Red Cross life-saving test, racing turns, and starts, as well as other phases of competitive swimming. Prerequisite, course 3b or equivalent.
- 4. Volleyball. Practice in service and development of skill in handling the ball at various positions. Thorough knowledge of rules is required.
- 5a. Handball (four-wall court). Development of skills, including the service, right-and left-hand shots, method of recovery from wall, and thorough study of rules.
- 5b. Handball (one-wall court). Study and practice of fundamentals of one-wall court game, including service, right and left, and cross-court shots; a thorough study of the rules.
- 6a, b, c, d. Individual Gymnastics. Designed to meet the needs of individual students, primarily those who have been advised by the student health director to participate in only restricted physical activities. The aim of the course is to aid in the correction of remedial physical defects.
- 7a. Elementary Tumbling. Practice in fundamental tumbling exercises, as the front and back rolls, head and hand balance, neck, head, and hand springs, and cartwheels, and beginning pyramids.
- 7c. Advanced Tumbling. Emphasis upon individual performances in front and back somersaults starting with spring board, as well as work in doubles and advance pyramids. Prerequisite, course 7a, or equivalent.
- 8a, b. General Physical Education. Designed primarily for the student who wishes to improve his physical skills and general physical condition, but does not have a choice as to activity. Includes tumbling, apparatus exercise, handball, basketball. The time allotted to each activity will depend upon the instructor. Two periods each week. May be taken for one semester in either freshman or sophomore year.
- 15a. Elementary Boxing. Instruction in the fundamental stance, defense, feinting, footwork; work on straight left-hand punches and defense, left hook and defense, left uppercut and offense.
- 15c. Advanced Boxing. Continuation of practice of fundamental principles with the addition of work in the combined punches and defense for each; methods of clinching, a thorough study of boxing rules. Prerequisite, course 15a or equivalent.
- 16. Touch Football. Instruction in drop kicking, place kicking, punting, passing, pass-receiving, center pass, as well as a study of rules and play situations.
- 17. Wrestling. The study and practice of the fundamental positions; direct methods of taking an opponent to the mat; various holds for pinning an opponent and defense for each. A thorough knowledge of the I.C.A.A. rules is required.
- 18 and 38. Varsity Athletics. For men desiring to compete on freshman and varsity teams. Attendance is required in accordance with the desire of the coach of the sport, usually not less than five periods per week. Irregular attendance will not be tolerated. Upon the close of the season for the sport selected the student must report immediately for another varsity or freshman sport, or select a physical education class in order to receive credit, it being understood that each varsity athlete be required to offer at least one team and an individual sport in each semester.
- 19. PLAYGROUND BALL. Instruction in fundamentals, strategy, technic, playing position; study of the rules.

Courses for Freshman and Sophomore Women

- 1a. Elementary Basketball. The practice of the technic for passing, catching, basket shooting, foul shooting, the feint, pivot and dribble; elementary team play and rules of the game.
- 1c. Advanced Basketball. Advanced technic and strategy; team offense and defense; zone and man-to-man defense; team plays; practice in officiating. An opportunity for taking the examination for national referee rating. Prerequisite, course 1a or equivalent.
- 2a. Elementary Tennis. The fundamentals of tennis; the forehand and backhand drives; the service; general court position for singles and doubles; scoring; general knowledge of the rules and elementary tactics.
- 2b. Intermediate Tennis. Fundamentals of tennis with the addition of the volley and the lob; strategy and tactics of the game; detailed study of rules and tennis etiquette. Prerequisite, course 2a or equivalent.
- 2c. Advanced Tennis. Advanced technic of tennis; the overhead smash; the chop; and half volley; advanced strategy and tactics; practice in officiating. Prerequisite, course 2b or equivalent.
- 3a. Elementary Swimming. Open to all students who cannot swim fifty feet. Practice of the face and back float, treading water, breathing, the elementary back, sculling side and crawl strokes, the elementary standing dive, deep-water emergency tests.
- 3b. Intermediate Swimming. A practice and knowledge of the back side, single over-arm, and crawl strokes; practice on distance swimming; elementary springboard diving. Prerequisite, course 3a or equivalent.
- 3c. Advanced Swimming. Speed swimming, with the starts and turns, the crawl, trudgeon, back crawl and breast strokes; springboard diving. Prerequisite, course 3b or equivalent.
- 3d. Diving. Working the springboard. Required dives; front or swan, back, front jackknife, and the back jackknife. Advanced fancy dives. Prerequisite, course 3c or equivalent.
- 3e. Life Saving. Practice of the American Red Cross life-saving test. Prerequisite, course 3c or equivalent.
- 4. Volleyball. The technic of passing and serving; the method of rotation; technic of the passer; set up, and attack of players; advanced team strategy and team tactics; detailed study of rules; practice of officiating.
- 5. Handball. The basic principles of handball; the underhand strokes and the service; knowledge of angles and the rules of the game.
- 6a, b, c, d. Individual Gymnastics. An understanding and practice of a prescription of exercises, which are formulated by the instructor after a study of the student's physical examination, for the correction of the physical defects; also, to prevent such further developments. Recommendation of doctor is required. May be taken for four semesters.
- 7a. Elementary Tumbling. Elementary mat work, rolls, head stand, cartwheel, pyramids, single and double stunts.
- 7b. Advanced Tumbling. Advanced mat work, neckspring, headspring, handspring, roundoff, chestroll, advanced pyramids, single and double stunts; method of preventing injuries. Prerequisite, course 7a or equivalent.
- 8a, b. General Physical Education. For the student who does not desire to choose just one sport but wishes to improve his individual physical skill.
- Includes the elementary technic and skills necessary for tumbling, apparatus, track events, basketball, etc. May be taken for one semester in either the freshman or sophomore year.
- 9a. Elementary Hockey. Practice for the development of skill and knowledge of the fundamental technic, strokes, fielding, tackling, dodging; elementary strategy and tactics; position of the players, general rules of the game and team play.
- 9c. Advanced Hockey. Practice of advanced technic and strategy; umpiring practice and an opportunity to take examination for national umpiring rating. Prerequisite, course 9a or equivalent.
- 10. Soccer. The fundamental technic of kicking, tackling, fielding, heading; strategy and tactics; position of the players; rules of the game and team play.
- 11a. Elementary Baseball. The fundamental theory of catching, throwing, batting, and base running; position of each player; elementary rules and team tactics.
- 11c. Advanced Baseball. Practice of advanced technic and strategy; detailed duties of each player; coacher; team organization, plays, signals; practice in officiating. Prerequisite, course 11a or equivalent.
- 12a. Elementary Modern Dancing. An introduction to dancing based on natural technics involving exercise and control of the big body muscles, and balance dances taught with the aim of developing music appreciation and emotional expression; running, walking, leaping, elementary turns, torso exercises, and relaxation.
- 12c. Advanced Modern Dancing. A continuation of the natural technic given in 12a; special attention to arm work, turns and more advanced phases of technic; opportunity for individual creative work; some German technic. Prerequisite, course 12a or equivalent.
- 13a. Folk Dancing. Elementary; simple folk dances of all nations; American and English country dances emphasized; the folk element as it relates to peoples, customs and geography; polka, schottische, waltz, and simple folk steps.
- 13b. Intermediate Folk Dance. Folk and character dances calling for knowledge of more advanced technic; Russian, Hungarian, Swedish. etc.; the Mazurka, Polish step, advanced technics necessary for national dances. Prerequisite, course 13a or equivalent.
- 14a. Elementary Track. A study and practice of the different track and field events; an individual record of the performance of each individual; general knowledge of the rules for each event.
- 14c. Advanced Track. Continuation of the practice in elementary track; general knowledge of technique of the different events, with specialization of a few chosen events; individual record of performance. Prerequisite, course 14a or equivalent.

41a. Elementary Golf. For those who have never played. Fundamentals of stance, body position, grip, and swing. The work is confined primarily to practice.

41c. Advanced Golf. A continuation of course 41a, designed to help those who have played the game. Theory and explanation of the form used by some of the outstanding players; tournament play; match and medal will furnish opportunity for actual play and experience in competition. Prerequisite, course 41a or equivalent.

- 43a. Elementary Tap Dancing. The rudiments of tap work, starting with relaxation of ankles, triples, sevens, rolls, and waltz clog step; dances using these steps and giving practice in characterization.
- 43b. Intermediate Tap. Review of work in course 43a, with addition of double-shuffle time step and several breaks; special attention to developing coördination of entire body with foot movements; addition of soft-shoe principles. Prerequisite, course 43a or equivalent.
- 43c. Advance Tap. Advanced routines in fast buck, soft-shoe and waltz clog dancing; class on ensemble work as well as individual work; opportunity for creative dances on part of student. Prerequisite, courses 43a and 43b or equivalent.

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44a. Elementary Social Dancing. This course includes the fundamentals of social dancing, as: dance positions, leading and following, ballroom etiquette and the basic technique of promenade, rocking step, balance, pivot, two step, waltz, fox trot and canter.

44c. Advanced Social Dancing. A continuation of 44a with increased skill in the execution of the fundamental steps and the addition of advanced techniques as the tango, habanera, continental and ranchero.

45a. Elementary Badminton. The fundamental strokes of badminton. General court position and tactics for singles and doubles games. Rules.

45c. Advanced Badminton. Continuation of elementary badminton, with the addition of advanced strokes, and tactics.

46a. Elementary Archery. The development of good shooting form and the principles of archery. Scoring. Rules.

46c. Advanced Archery. A continuation of elementary archery in the development of skill. Study of proper equipment, scoring methods, tournament shoots and related archery activities.

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30. Personal Health. Three hours credit. First semester. Required of all men students majoring in Physical Education. A survey of the factors which determine personal health and an introduction to methods used in preventing disease.

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Courses 31M, 32M, 33M, and 34M are practice courses for men majors, designed to provide opportunity for the development of skills in recreative sports. Classes meet daily.

31M. Physical Education. Two hours credit. First semester. Skills and techniques in elementary gymnastics, tennis, and swimming. Staff.

32M. Physical Education. Two hours credit. Second semester. Boxing, intermediate gymnastics, volley ball, elementary golf.

Staff.

33M. Physical Education. Two hours credit. First semester. Tennis, handball, intermediate swimming, wrestling. Staff.

34M. Physical Education. Two hours credit. Second semester. Boxing, fencing, volleyball, golf.

Staff.

Courses 31W, 32W, 33W, and 34W are activity courses for women majors, designed to provide opportunity for the development of skills. Classes meet daily.

31W. Physical Education. Two hours credit. First semester. Elementary hockey, intermediate swimming, elementary folk dance, elementary tumbling. Staff.

32W. Physical Education. Two hours credit. Second semester. Elementary basketball, elementary and intermediate tap, track and field. Staff.

33W. Physical Education. Two hours credit. First semester. Advanced hockey, elementary and advanced modern dance, general physical education. Staff.

34W. Physical Education. Two hours credit. Second semester. Activity course and games, volleyball, baseball, tennis.

35. Football. Two hours credit. First semester. A complete study in the theoretical aspects of the fundamentals of football. Study of defensive and offensive tactics for each position. Required of all men majoring in physical education.

Conger.

36. History and Principles of Physical Education. Three hours credit. First semester. Required of all majors. The history and development of modern physical education and the underlying principles of school and college physical education.

Elbel.

37. First Aid. Two hours credit. Second semester. Emergency treatment of injuries, wounds, hemorrhage, burns and poisoning. Emphasis is placed on the technique of artificial respiration and emergency bandaging. Prerequisite, Physiology 1.

Allen.

39. ELEMENTARY SCHOOL PLAYGROUND ACTIVITIES. Three hours credit.
Required of all candidates for the elementary school certificate.
This course is intended to acquaint the student with theoretical and practical aspects of play in the school program. Play will be treated with reference to its purposes and values for both the individual and the group. Desirable habits, attitudes and activities for the individual's physical development, social adjustment, and the proper use of leisure will be stressed. Definite attention will be given to techniques, equipment and administration of play activities in the elementary school.

Stapleton.

Spring semester. In summers, alternate with #40.

(Part of program for Sixty-Hour Certificate in School of Education.)

AO. PERSONAL HYGIENE AND COMMUNITY HEALTH. Three hours credit.

Required of all candidates for the elementary school certificate.

This course emphasizes the physical aspects of healthful and intelligent personal living, and application of the fundamental principles of health to the social group in both school and community. The techniques of health teaching and health development, particularly on the elementary school level, and the selection and use of teaching materials pertaining to personal hygiene and community health receive special attention.

Elbel.

Fall semester. In summers, alternate with #39.

(Part of program for Sixty-Hour Certificate in School of Education.)

55. Theory of the Dance. Three hours credit. First semester. A study of the history of the dance; its influence on civilization and its place in the school curriculum. Lectures; research topics are assigned and discussed. Theory in analysis of the types of dancing and their relations to music. Elective for women majors.

Dunkel.

62. Theory of Athletics I. Two hours credit. First semester. A lecture course, which includes the theory and coaching methods of the following sports: tennis, hockey, soccer, volleyball. Required of women majors.

Hoover.

63. Theory of Athletics II. Two hours credit. Second semester. Similar to course 62, involving basketball, baseball, track and field. Required of Hoover.

64. Personal Hygiene. Two hours credit. Second semester. A course which stresses the fundamental laws of health as related to the individual. Emphasis is placed upon the mental phases of health as well as the physical. Required of women majors.

Dunkel.

65. Basketball. Two hours credit. First semester. Theory of basketball including methods of teaching fundamentals; individual and team offense and defense; various styles of play and methods of coaching. Required of men majors.

Allen.

67W. Physical Education. One hour credit. First semester. Activity course for junior women majors. Marching, apparatus, gymnastics. Three periods per week.

Hoover.

68W. Physical Education. Two hours credit. Second semester. Lecture and activity course for junior women majors. Three periods per week. A study of the methods of teaching the dance; social, folk, children's rhythms, tap and modern.

Dunkel.

71. Officiating I. One hour credit. First semester. A study of the rules and principles of officiating hockey, volleyball, darts, deck tennis, table tennis and basketball.

Hoover.

72. Officiating II. One hour credit. Second semester. A study of the rules and principles of officiating swimming, track and field, tennis, badminton, handball and baseball.

Hoover.

73. Problems in Intramural Sports. Two hours credit. First semester. Lectures and discussion of problems related to the various phases of intramural athletic programs. Philosophy of intramural athletics, organization, administration, point systems, and suggestions for intramural sports programs in the school system will be stressed in this course. Elbel.