

The election of subjects shall
in each case be determined
by the Department of Physical
Education on the basis of the
findings of the Student
Health Department.

\$ 150

General Suggestions

That starting with the fall semester 1933 that physical education classes be put on an optional basis, offering credit and grade points on the same basis as other subjects in the college. That starting at that time all students be required to present a total of 124 semester hours for graduation, four of which may be physical education. That during the freshman year the student electing physical education be required to enroll twice each week in a physical education class of his choice and an additional hour of Health education, for which upon proper completion of work the student receive one credit hour each semester. That during the Sophomore year the student electing physical education shall be required to attend said class three times each week. One credit hour will be given each semester for proper completion of this work.

Change of Terms

That the courses in Physical Education be known as Physical Education 1, 2, 3, etc rather than "Exercise".

That Hygiene be known as Health Instruction rather than "Hygiene. That Corrective Physical Education be termed "Individual Gymnastics".

Health Instruction:

That the present Hygiene requirement be increased to two semesters of Health Instruction since it is practically impossible for instructors to cover the subject which now embodies such a great field. Also, it is suggested that the work of the first semester be much of the same nature as that taught at the present time but that

the second semester be made up largely by lectures on specific subjects in which the department would seek the cooperation of numerous departments in the University, i.e., Home Economics of diet, etc.

Aims and Objectives in Physical Education

It is suggested:

1. That Physical Education program at the University of Kansas be so conducted as to:
 - A. Make a positive contribution to the health of the individual.
 - a. By furnishing relaxation and diversion from class room work.
 - b. By the promotion of pleasurable physical activities which develop motor control and coordination and create interest in worth while recreative activities.
 - c. By aiding in the correction of such remedial physical defects as may be detrimental to health.
 - B. Aid in the development of wholesome standards of social conduct through:
 - a. The promotion of physical activities which will interest the individual in the wholesome occupation of leisure time.
 - b. The promotion of and instruction in activities demanding physical skill and presenting an opportunity for the element of competition recognized as contributing to the development of desirable character traits.
 - C. The development within the individual of that aesthetic or cultural sense defined as physical poise by:
 - a. The promotion of such physical activities recognized as contributing to good posture and physical appearance and ease of movement.

General Curriculum -- Suggestions

It is also suggested that a definite instruction curriculum be followed in each Physical Education class and that the student be graded not only on attendance but upon his ability to execute definite skills required of the activity (using as far as possible standard tests), also, that a written examination be used in each class to aid

in determining the grade for the student.

RESTRICTIONS

That the department of Physical Education reserve the right to restrict the selection of activities in accordance with the findings of the student health department resulting from the physical examination of the student.

FEES

The department suggests that all students enrolled in Physical Education classes be required, as in the past, to pay a fee of \$1.50 each semester of the ^{Freshman} Freshman year and \$1.50 each semester of the ^{Sophomore} Sophomore year.

COURSES OFFERED

The Department, also, suggests that each course listed below be a half semester in length. The student enrolling for an outdoor activity in the fall semester which would continue for the first half semester, and at that time he would be required to re-enroll within the department for an indoor activity for the remainder of the semester. During the spring semester the same practice would be followed except that the indoor activity be chosen first. The average of the grades for the two half semesters' work would determine the semester grade--one hour credit for the semester. This method has been followed by the Women's Department for some time and has been considered satisfactory. It is also suggested in this respect that in swimming classes upon the advice of the instructor, the student be allowed to continue beginning and intermediate swimming for the entire semester.

Physical Ed. 1 M: Beginning Basket Ball. This course is designed for teaching the fundamental skills in basket ball including the various methods of passing, common shots, pivot and individual defensive. Fall and spring. Two periods per week. COX

Physical Ed. 2 M: Advanced Basket Ball. Deals primarily with the various phases of team play; various defenses and offensive types of play; various defenses and offensive types of play. A thorough knowledge of basket ball rules is required. Prerequisite course 1 M or equivalent in fall or spring. COX

Physical Ed. 3 M: Beginning Boxing. Embodies instruction in the fundamental stance, defense, feinting, footwork. Work on straight left hand punches and defense. Left hook and defense. Left upper cut and offense. Fall--spring. GETTO

Physical Ed. 4M: Advanced Boxing. Continuation of practice of fundamental principles with the addition of work in the combined punches and defense for each, methods of clinching. Also includes a thorough study of boxing rules. Prerequisite course, 3M or equivalent. Spring. GETTO

Physical Ed. 5M: General Physical Ed. Course 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. This course will include tumbling, apparatus exercise, handball, basket ball. The time allotted to each activity will depend upon the instructor. Two periods each week Fall and Spring.

Physical Ed. 6M: Handball (four-wall court) Development of skills including the service, right and left hand shots, methods of recovery from wall, and thorough study of rules. Fall & Spring ELBEL

Physical Ed. 7M: Handball (one-wall court) Study and practice of fundamentals of one-wall court game including service, right and

left, cross-court shots, also, a thorough study of the rules.

Fall and spring.

Physical Ed. 8M: Playground ball. This course offers an opportunity for students to receive instruction in this game which embodies many of the fundamentals, strategy, and technique employed in baseball. Embodies a study of the rules as well as instructions in playing various positions. Spring. LINDSEY

Physical Ed. 9M: Beginning Swimming. A practical course designed to teach the student to properly use 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 students skill in the water. ALLPHIN

Physical Ed. 10M: Intermediate Swimming. A combination of course 9M with specific emphasis upon the development of the crawl, side, back, and breast strokes. This course also includes the fundamental dives. Prerequisite course, 9M or equivalent. Fall & Spring ALLPHIN

Physical Ed. 11M: Advanced Swimming. Combination of course 10M. Specific instruction in diving, Red Cross Life Saving Test, racing turns, and starts, as well as other phases of competitive swimming. Prerequisite course, 9M or equivalent. Fall & Spring ALLPHIN

Physical Ed. 12M: Beginning Tennis. For the purpose of giving instruction in the fundamental skills of tennis. Emphasis on proper execution of various strokes and serve. Fall & Spring

Physical Ed. 13M: Advanced Tennis. A continuation of course 12M in which a more thorough mastery of fundamental skills is required along with a definite knowledge of correct methods of play in both singles and doubles. Also, a thorough study of tennis rules is required. Prerequisite course, 12M or equivalent.

Physical Ed. 14M: Touch football. A course which includes instruction in drop-kicking, place-kicking, punting, passing, pass receiving, center pass, as well as a study of rules and play situations. Fall

LINDSEY

Physical Ed. 15M: Beginning Tumbling. Course includes practice in fundamental tumbling exercises as the front and back rolls, head and hand balances, neck, head, and hand springs, and cartwheels, beginning pyramids. Fall & Spring.

ALLPHIN

Physical Ed. 16M: Advanced Tumbling. A continuation of course 15M with emphasis placed upon individual performances in front and back somersaults starting with spring board; as well as work in doubles and advanced pyramids. Prerequisite course, 15M or equivalent.

Fall & Spring.

ALLPHIN

Physical Ed. 17M: Volley Ball. Practice in service and development of skills in handling the ball at various positions. Thorough knowledge of rules ~~is~~ is required. Spring & Fall

ELBEL

Physical Education 18M: Wrestling. This course includes study and practice of the fundamental positions; direct methods of taking an opponent to the mat; various holds for pinning ~~and~~ an opponent and defense for each. A thorough knowledge of the M.C.A.A. rules is also required. Fall

Physical Ed. 19M: Individual Gymnastics. A course designed to meet the needs of individual students; primarily those who have been advised by the Student Health Department to in only restricted physical activities. It is the aim of the course to aid in the correction of remedial physical defects. Fall & Spring

NAISMITH

Physical Ed. 20M; 21M; 22M; 23M: 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 are required. Irregular attendance will not be tolerated. Upon the close of the season for sport selected the student must report immediately for another varsity sport or select another physical education class immediately in order to receive credit.

Courses for Sophomore Men

Phys. Ed. 1M*	Beginning Basketball)	Same as Course 1M except it meets 3 times a week.								
Phys. Ed. 2M*	Advanced Basketball)	" " "	2M	"	"	"	"	"	"	"
Phys. Ed. 3M*	Beginning Boxing)	" " "	3M	"	"	"	"	"	"	"
Phys. Ed. 4M*	Advanced Boxing)	" " "	4M	"	"	"	"	"	"	"
Phys. Ed. 5M*	General Phys. Ed.)	" " "	5M	"	"	"	"	"	"	"
Phys. Ed. 6M*	Handball (4-wall))	" " "	6M	"	"	"	"	"	"	"
Phys. Ed. 7M*	Handball (1-wall))	" " "	7M	"	"	"	"	"	"	"
Phys. Ed. 8M*	Playground Ball)	" " "	8M	"	"	"	"	"	"	"
Phys. Ed. 9M*	Beginning Swimming)	" " "	9M	"	"	"	"	"	"	"
Phys. Ed. 10M*	Intermediate Swimming)	" " "	10M	"	"	"	"	"	"	"
Phys. Ed. 11M*	Advanced Swimming)	" " "	11M	"	"	"	"	"	"	"
Phys. Ed. 12M*	Beginning Tennis)	" " "	12M	"	"	"	"	"	"	"
Phys. Ed. 13M*	Advanced Tennis)	" " "	13M	"	"	"	"	"	"	"
Phys. Ed. 14M*	Touch Football)	" " "	14M	"	"	"	"	"	"	"
Phys. Ed. 15M*	Beginning Tumbling)	" " "	15M	"	"	"	"	"	"	"
Phys. Ed. 16M*	Advanced Principles)	" " "	16M	"	"	"	"	"	"	"

Phys. Ed. 17M*	Volley Bell	Same as course in 17M except it meets 3 times a week.
Phys. Ed. 18M*	Wrestling.	" " " " 18M " " " " " "
Phys. Ed. 19M*	Indv. Gymnas-tics	" " " " 19M " " " " " "

Courses for Both Men and Women

Phys. Ed. 31: Beginning Golf. This course is outlined for those who have never played. Fundamentals of stance, body position, grip, and swing will be taught. The work will be confined primarily to practice.

Physical Ed. 32: Advanced Golf. This course is a continuation of the beginning course. It is designed, however, to help those who have played golf. 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, 31 or equivalent.

Physical Ed. 33: Beginning Fencing. This course embodies practice in the fundamental positions; the lunge and simple attacks. NAISMITH

Physical Ed. 34: Intermédiate Fencing. A continuation of course 33; continuing practice in fundamentals and complex attacks; the one two, double disengage, the reverse beat, simple parries and Riposts. Prerequisite course, 33. NAISMITH

Physical Ed. 35: Advanced Fencing. Continuation of courses 33 and 34 with additional work in complex Parries and Riposts and in special attacks. Grade determined not only by ability to execute above, but demonstrate various techniques in bouts. Prerequisites, 33 and 34. NAISMITH

Physical Ed. 36: Elementary Tap Dancing. The rudiments of tap work, starting with relaxation of ankles, threes, triples, sevens, rolls and waltz clog step. Dances taught which will use these steps and give practice in characterization. Fall & Spring.

Physical Ed. 37: Intermediate Tap. Review of work to be mastered in course 36. Addition of double shuffle time step and several breaks. Special attention devoted to developing coordination of entire body with foot movements. Addition of soft shoe principles. Dances more difficult and done much faster than in 36. Prerequisites, 36 or equivalent. Fall & Spring.

Physical Ed. 38: Advanced Tap. Advanced routines in fast buck, soft shoe and waltz clog dancing. Class works as a trained group on ensemble work as well as individual work. Opportunity for creative dances on part of student. Prerequisites, 36 and 37 or equivalent. Spring and Fall.

Physical Education courses continued:

Freshmen Women

Physical Ed. 1: Hockey, Elementary. Practice for the development of skill and knowledge of the fundamental technique, strokes, fielding, tackling, dodging, etc. Elementary strategy and tactics. Position of the players, general rules of the game and team play. Fall

Physical Ed. 2: Advanced Hockey. Practice of advanced technique and strategy. Umpiring practice and an opportunity to take examinations for National Umpiring Rating. Prerequisites, 1 or equivalent. Fall

Physical Ed. 3: Soccer. This course presents the fundamental technique of kicking, tackling, fielding, heading, etc. of soccer. Strategy and tactics. Position of the players, rules of the game and team play. Fall

Physical Ed. 4: 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. Fall & Spring.

Physical Education 5: 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. Prerequisites, 4 or equivalent. Fall & Spring.

Physical Ed. 6: Advanced Tennis. Advanced technique of tennis, the overhead smash, the chop and half volley. Advanced strategy and tactics. Practice in officiating. Prerequisites, 5 or equivalent. Fall & Spring.

Physical Ed. 7: Elementary Swimming. This course is open to all students who cannot swim 50 feet. It will include the 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. Fall.

Phys. Ed. 8: Intermediate Swimming. A practice and knowledge of the back, side, single over-arm and crawl strokes. Practice on distance swimming. Elementary springboard diving. Prerequisites, 7 or equivalent. Fall & Spring.

Physical Ed. 9: Advanced Swimming. Speed swimming, with the starts and turns. The crawl, trudgeon, back crawl and breast strokes. Springboard diving. Prerequisites, 8 or equivalent. Spring.

Physical Ed. 10: Diving. Working the springboard. Required dives; front or swan, back, front jack knife, and the back jack knife. Advanced fancy dives. Prerequisites, 9 or equivalent. Spring.

Physical Ed. 11: Life Saving. Practice of the American Red Cross Life Saving Test. An opportunity to pass the A.R.C.L.S. test. Emblem awarded for passing of test. Prerequisites, 9 or equivalent. Spring.

Physical Education 12: 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 developements. Recommendation of Doctor. Fall & Spring.

Physical Ed. 13: Elementary Basket Ball. This course will include the practice of the technique for passing, catching, basket shooting, foul shooting, the feint, pivot and dribble. Elementary team play and rules of the game. Winter.

Physical Ed. 14: Advanced Basket Ball. Advanced technique 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. Prerequisites, 13, or equivalent. Winter Fall.

Physical Ed. 15: Elementary Baseball. The fundamental theory of catching, throwing, batting and baserunning. Position of each player. Elementary

rules and team tactics. Spring.

Physical Ed. 16: Advanced Baseball. Practice of advanced technique and strategy. Detailed duties of each player. Coacher. Team organization, plays, signals. Practice in officiating. Prerequisites, 15, or equivalent. Spring.

Physical Ed. 17: Elementary Interpretive Dancing. An introduction to dancing based on natural techniques involving exercise and control of the bog 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 most emphasized phases of the technique. Fall

Physical Ed. 18: Advanced Interpretive Dancing. A continuation of the natural technique given in 17. Special attention paid to arm work, turns and more advanced phases of technique. Opportunity for individual creative work. Some German technique included. Prerequisites, 17 or equivalent. Fall

Physical Ed. 19: Folk Dancing, Elementary. Simple folk dances of all nations; American and English country dances most emphasized. The folk element as it relates to peoples, customs and geography is taught. Teach polka, scottische, waltz and simple folk steps. Fall

Physical Ed. 20: Intermediate Folk Dance. Folk and character dances ^{of} calling for knowledge more advanced technique than required in 19. Russian, Hungarian, Swedish, etc. The mazurka, polish step, advanced techniques necessary for national dances are included. Prerequisites, 19 or equivalent. Fall

Physical Ed. 21: Elementary tumbling. Elementary mat work, rolls, head stand, cartwheel, etc. Pyramids, single and double stunts. Fall & Spring.

Physical Ed. 22: Advanced Tumbling. Advanced mat work, neck spring, head spring, hand spring, round off, chest roll, advanced pyramids, single and double stunts. Method of preventing injuries. Prerequisites, 21 or equivalent. Fall & Spring.

Physical Ed. 23: Elementary Track. A study and practice of the different track and field events, sprints, hurdles, javelin, jumps, etc. An individual record of the performance of each individual. General knowledge of the rules for each event. Spring.

Physical Ed. 24: 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, 23 or equivalent. Spring.

Physical Ed. 25: Volley Ball. This course presents the technique of passing and serving, the method of rotation, technique of the passer, Set up, and attack players. Advanced team strategy and team tactics. Detailed study of rules. Practice in officiating. Fall and Spring.

Physical Ed. 26: Handball. The basic principles of handball, the underhand stroke and the service. Knowledge of angles and the rules of the game. Fall & Spring.

Physical Education 27: Natural Gymnastics. A course for the student who does not desire to choose just one sport, but wishes to improve his individual physical skill. The elementary technique and skills necessary for tumbling, apparatus, track events, basket ball, etc. will be included. The amount of time spent on each activity is dependent upon the desire of the majority of the class.

PHYSICAL EDUCATION FOR MEN - Fall 1933 Semester

Allen

First Half			Second Half	
80	Physical Therapy	10:30, M.W.F.	80	Physical Therapy 10:30, M.W.F.

Allphin

3 a.	Elem. Swimming	9:30, T.T.	3 b.	Int. Swimming	10:30, T.T.
3 a.	Elem. "	10:30, T.T.	23 b.	" "	10:30, M.W.F.
23 a.	" "	10:30, M.W.F.		Practice Teaching	12:20-1:30, T.T.
	Practice Teaching	12:20-1:30, T.T.			1:30-2:30, M.W.F.
		1:30-2:30, M.W.F.	7 a.	Elem. Tumbling	3:30, T.T.
8	Gen'l Phys. Ed.	2:30, T.T.	27 a.	" "	3:30, M.W.F.
8	" " "	2:30, M.W.F.	8	Gen'l Phys. Ed.	4:30, T.T.
8	" " "	4:30, T.T.	8	Gen'l Phys. Ed.	4:30, M.W.F.
8	" " "	4:30, M.W.F.			

Cox

2 a.	Elem. Tennis	10:30, T.T.	5 b.	Handball (Indoor)	10:30, T.T.
22 a.	" "	10:30, M.W.F.	25 b.	" "	10:30, M.W.F.
2 a.	" "	1:30, T.T.	5 b.	" "	2:30, T.T.
22 a.	" "	1:30, M.W.F.	25 b.	" "	2:30, M.W.F.
			60	Prin. Mjr. Sports (Basket Ball)	9:30, T.T.

Getto

16	Touch Football	11:30, T.T.	15 a.	Elem. Boxing	9:30, T.T.
36	" "	11:30, M.W.F.	35 a.	" "	9:30, M.W.F.

Physical Ed. Program for Men, Fall '33

First Half

41	Elem. Golf	11:30, T.T.
41	" "	11:30, M.W.F.

Hargiss

Second Half

Lindsey

60	Prin. Mgr. Sports - (Football)	9:30, T.T.	1 a. Elem. Basket ball	11:30, T.T.
			21 a. Elem. " "	11:30, M.W.F.

Elbel

Care of Water in Swimming Pool
 Supervision of Towel Room
 Intramural Athletics

52	First Aid	10:30, T.T.	52	First Aid	10:30, T.T.
51	Hist. Prin. Phys. Ed.	11:30, T.T.	51	Hist. Prin. of P.Ed.	11:30, T.T.
5 a.	Handball	9:30, T.T.	4	Volley Ball	9:30, T.T.
25 a.	" "	9:30, M.W.F.	24	" "	9:30, M.W.F.