

A PROPOSED REVISION OF THE PROGRAM OF PHYSICAL EDUCATION  
FOR MEN AT THE STATE UNIVERSITY OF IOWA

SUMMARY OF PROPOSED PROGRAM

- Time: Three times per week for all students between lower and upper test limits. Five times per week for those below lower test limit (those with "strength age" of 12 and below, based on Service Standards, or 15 and below on Civilian Standards).
- Who: All male students below 36 years of age.
- Credit: One s.h. per semester for all who are not excused.
- Tests: To be given at beginning of first semester, and at end of both semesters.
- Excused: Those excused by Student Health Service as not able to exercise will be entirely excused. Those certified as not eligible for draft to be required to take first two years only.

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A PROPOSED REVISION OF THE PROGRAM OF  
PHYSICAL EDUCATION FOR MEN AT THE  
STATE UNIVERSITY OF IOWA

The young men of the United States are being called to the Service for war. The number of such men will increase greatly in the next year or two. It is imperative that these young men be as fit as possible physically, mentally, and emotionally. The Division of Physical Education feels that every American educational institution at this time should take such steps as are possible to remedy the deplorable lack of physical fitness that exists in our country.

The men's department of the Division of Physical Education in our University has for many years been forced to labor under severe handicaps, which have greatly hampered its effectiveness. This situation is not due to staff or to administration, but to the fact that insufficient time has been allowed for the accomplishment of really effective results. With one 35-minute period a week for the first year and with two 35-minute periods a week for the second year, the total time (including the time for the organizing of the class and for the going to and from the playfields) has been the equivalent of, on the average, only 53 minutes a week for each year, or about 1 full classroom period a week a year. The student in his physical education courses is expected to master in this short time not only one activity but also a curriculum of not fewer than six different kinds of activities on



the elementary level and two on the intermediate or the advanced level; and he is expected to master them as well as the staffs of English, mathematics, or history expect him to master the subjects of their departments. These physical education skills should be so well learned that they will produce both immediate recreational benefits and carry-over values for the future. It is clear that the accomplishment of these objectives, as well as of the more purely developmental objectives, demands far more time than is now allotted.

From time to time educators tend to lose sight of the importance of the more purely physical and physiological objectives of sound bodies with adequate strength, endurance, agility, and poise, and of the ability to perform many fundamental physical and recreational skills with competence and with ease. The importance of these factors has been known by physical educators for generations, but it is frequently only in times of national emergency that the facts assume their true significance to educators generally. The present time is one when these facts should become clear to everyone.

It is proposed that the program of physical education for men at the State University of Iowa be extended to the point where it at least approaches adequacy. It is not proposed that the major content of the present program, which is reasonably satisfactory in this respect, be completely changed. It is proposed, however, that this program be extended, intensified, and improved, both in scope and in execution. It should be extended to include activities that will be of use to those young men who are soon to be inducted into the service of the armies of the United States. It should be intensified largely through added time allotments and through a greater emphasis on dosage and on training than is possible under present conditions. The program must, however, remain one that with easily made changes would be a satisfactory program after the war.

#### TIME

It is felt that the time allotment for physical education should be adapted to the needs of the individual. It is proposed that the basic time allotment be three periods a week for all students who are above the minimum standard of physical fitness (primarily strength and endurance) but who have not attained a satisfactory standard. For those students who are adjudged to be markedly lacking in physical fitness, that is, who are below the minimum standard, it is proposed that two periods a week be added, making a total of five periods a week. The additional two periods will be devoted primarily to training for the improvement of physical fitness. For students placed on the restricted program by the Health Service, an appropriate activity program that is remedial and conditioning will be worked out in collaboration with the Health



Service of the University. The Division will excuse entirely from the program (1) students who are excused by the Health Service because they are physically incapacitated for any activity program and (2) students that demonstrate to the staff of the Division, on the basis of objective tests, that they are adequately physically fit. The latter students will be re-tested periodically in regard to their physical condition; if they drop below the standard, they shall again be required to register for the course. Tests will be given at the beginning of the first semester and at the end of each semester. Students excused because of high standard who do not report for testing, must enroll for succeeding semester.

#### WHO IS TO TAKE THE PROGRAM?

In view of the national emergency and because of the fact that it is the juniors, the seniors, the graduate students, and the younger faculty who are most likely to be called to the Service, it is recommended that these requirements for physical education be extended for the period of the emergency to all male students in the University, undergraduate and graduate, who are below the upper limit of the draft age (44), and that special afternoon or evening sections be provided for those of the faculty who may wish to avail themselves of this privilege. Physical education for upper classmen will be reconsidered after the war in the light of current experience. Those physically incapacitated for the draft to take first two years (threetimes a week) only, These students must be so certified by the Student Health Service.

#### ACADEMIC CREDIT

It is recommended that undergraduate academic credit, to the extent of one semester hour a semester, be given for this program as long as it is elected by the student (i.e., all not above the upper standard).

#### RELATIONSHIP WITH THE HEALTH SERVICE OF THE UNIVERSITY

It is proposed that there should be a closer relationship between the programs of physical education and certain aspects of the Student Health Service of the University than there now is in order that the student may gain the greatest benefit from the medical examination and that the Division of Physical Education may have a more complete medical service at the Field House than at present. The relationship should also provide for adequate collaboration and advice in the organization and in the administration of the program for those students who are distinctly unfit (the restricted group) or for those whose physical condition is still doubtful.



## THE ACTIVITY PROGRAM \*

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\*The program of physical education should not encroach in content on that of the Military Department; for example, such as marching should be restricted in the physical education program strictly to the necessary movements and to the evolutions for groups for the efficient utilization of our all-too-limited periods for teaching. On the other hand, it is felt that the programs should be conditioning, instructional (skills), and recreational; and that they should be effectively administered to groups as small as are practicable.

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The activity program shall, in general, be divided into three parts:

1. The conditioning course for body development.--This

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\*Remedial activities, for the purpose of correcting remediable physical defects, shall be substituted for the conditioning course in the case of students designated by the Health Service or by the Division of Physical Education. These activities, which are to be substituted for the conditioning course, shall be individually prescribed.

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course shall be given for five periods a week to all students found deficient in strength, speed, endurance, and agility as measured by the physical achievement testing program. It shall consist primarily of:

- A. Calisthenics and conditioning exercises
- B. "Road Work" (cross country hiking, running, etc.)
- C. Apparatus exercises
- D. Graded weight lifting
- E. Vigorous informal games and contests

These activities shall be graded and prescribed in accordance with the condition of the student and with his individual needs, and the student shall continue in these activities until he meets the standards of fitness set by the Division of Physical Education. Much of the conditioning program will be included in the basic skills classes.

II. The basic skills courses.--These courses shall be added to the conditioning program (three times a week) of all men students taking the courses who are above the minimum condition standard. The content shall be divided into four divisions:



- A. Individual sports, such as tennis, golf, handball, badminton, squash, and codeball
- B. Individual activities, such as swimming and diving, life saving, track and field activities, apparatus and tumbling, remedial activities
- C. Team sports, such as touch football, soccer, basketball, volleyball, softball
- D. Combative activities, such as wrestling, boxing, hand-to-hand fighting (offered for the duration of the emergency only)

Each physically fit student shall, within his first two years in this basic course, be expected to make satisfactory progress in the elementary courses of at least six of these activities, of which one must be swimming. Two activities should be elected from group A, one from group B, one from group C, and one from group D. The other activities may be from any of the groups. In addition, two of these activities should be continued at the intermediate (or advanced) level. Upper classmen and graduate students shall select these activities only after consultation with their advisors. This basic skills course shall be added to the conditioning course during the regular three periods a week of required classwork.

III. Corrective activities. Individually prescribed activity programs will be offered for those unable to profitably pursue the regular courses described above.

#### TESTING PROGRAM

It is proposed that with the addition of more periods a week, a more comprehensive program of measurement be instituted in order that attention can be better directed to the individual needs of each student. These needs would include more individual remedial work for the correction of physical defects and deficiencies, as well as more attention to the raising of the individual's general physical efficiency.

For the period during which the United States is at war, it is proposed that both the standard of fitness ordinarily adjudged as satisfactory and also the standard usually held as a minimum be raised. In the service the soldier must, for a great part of the time, march for many miles with a load as heavy as forty pounds. Therefore, he must have developed a musculature adequate to care for this weight which is in addition to his own body weight. The standard for the individual of smaller stature and weight has to be higher than that for the taller and heavier individual, for the load which must be carried is proportionately greater for the smaller man than for the larger man. Adequate norms have been worked out so



that the standard for each man will be determined according to his height and weight. When the military emergency is over, these standards would, of course, be reduced to the peace-time standards. Those students who, beyond all doubt, will not be inducted into the armed forces of the United States will be judged at the present time on the basis of the normal standards.

A number of the tests used will be those which have been developed for the army by the staff of this Division.

The details of the testing program are available at the Division of Physical Education offices. In brief it consists of five types of tests:

I. A test of general motor capacity.--This test battery measures the individual's general native capacity for the achievement of physical education skills when adequate training is given. This battery will be administered only once, namely when the student enters college.

II. A test of muscular strength relative to weight

III. Tests for physical fitness and endurance.-- These measures are expressed in the form of indices that are relative to expectance for the student's age and weight.

IV. General physical achievement tests.-- These shall be composed of a battery of tests, some of them devised especially for the period of the military emergency. They test the types of skills that would be of value to a soldier.

V. Tests of ability in swimming and in life saving

#### RESEARCH PROGRAM

The Division of Physical Education will carry on a continuous program of research in all phases of the program, and changes will be instituted whenever they are found advisable.

#### STAFF

By increasing the size of the groups in each class, by increasing the loads of the instructors, and by utilizing the morning time of the coaching staff, it is expected that the increased load can be carried without increasing the size of the staff of the Division.

#### OUR PRESENT FRESHMEN

In order that the faculty of the College may be informed



concerning the condition of the freshmen of this College, the following statistics have been appended re freshmen tested in 1941. The index presented is the so-called "Physical Fitness Index", or "P.F.I.," which represents the percentage that the total strength of the student is of the usually accepted peace-time norm. The score 100 is "normal" in this test. In the first column are given the class intervals in which the index was tabulated. The second column represents the frequencies, or numbers of students, in each interval. The third column represents these frequencies in terms of the percentages of the whole number of cases. For military service, the norm for a student of average size should, according to our evidence, be approximately 115. Therefore in columns four and five, we have interpreted all scores below 100 and 115 in terms of what might be called "Strength Age"; that is, if freshmen are considered as being eighteen years of age and if we use the norms for that age, these "Strength Ages," which correspond to each interval, may be taken to mean that the boys in that interval have a strength which would correspond to that of a normal boy of that size (of the age indicated). For instance, if 100 is taken as the normal, a boy with a Physical Fitness Index of 80 would be one having a strength that might be normal for a twelve-year-old boy of that size. All indices above the normal should be interpreted simply in terms of the percentages that they are above the norm.

The graph on the separate sheet represents the distribution of such scores in our freshmen group. The average norm and the "desirable" norm are indicated, together with our College average, which is 103 for this group.



## DISTRIBUTION OF PHYSICAL FITNESS INDICES

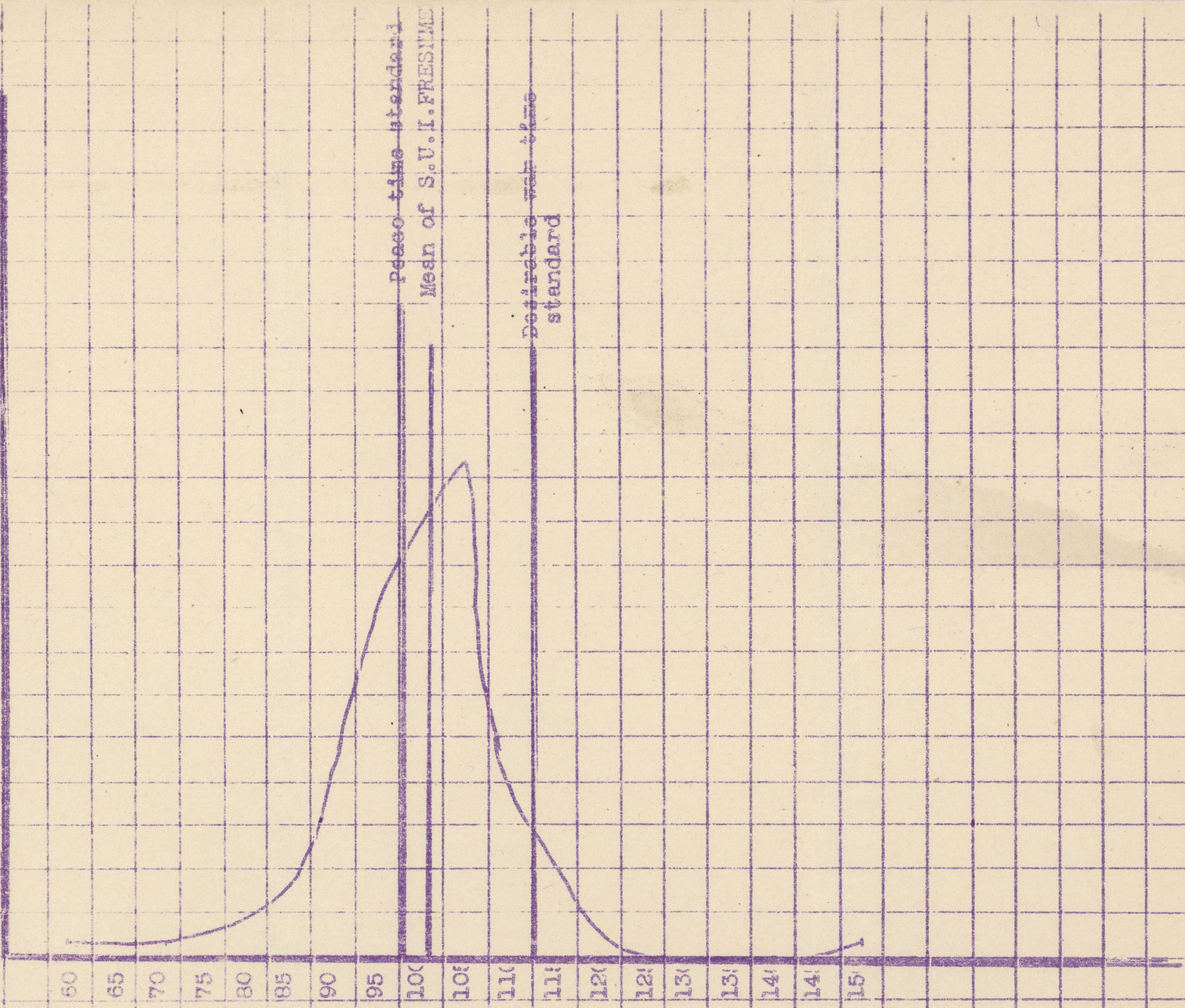
1941 FRESHMEN

P.F.I.	FREQUENCIES	PERCENTAGE FREQUENCIES	"STRENGTH AGES"	
			As of 100	As of 115
60	1	.23	9	8
65	0	.00	9½	8½
70	2	.46	10	9
75	3	.69	11	9½
80	6	1.38	12	10
85	14	3.25	13	11
90	43	9.96	14½	12
95	79	18.30	16	12½
100	100	23.20	18	13
105	112	26.00	Above normal	14½
110	39	9.04		16
115	24	5.60		18
120	4	.93		Above normal
125	1	.23		Above normal
130	0	.00		
135	0	.00		
140	0	.00		
145	1	.23		
150	2	.46		
	<u>431</u>			

Median number of "chins" on horizontal bar 6  
 Median number of "dips" on parallel bar 4



110  
100  
90  
80  
70  
60  
50  
40  
30  
20  
10



Distribution of "Physical Fitness Index" of  
Strength Relative to Age and Weight  
1941 Freshmen



STUDENT LEADERS FOR PHYSICAL CONDITIONING CLASSES

Charles Black  
George Dick  
Bob Githens  
Dick Miller  
Ralph Schaake  
Warren Hodges  
Paul Turner  
Jack Ballard  
Max Kissell  
Ray Evans  
Bill Brill  
Otto Schnellbacher  
Lewis Musick  
Hubert Ulrich  
Bill Atwell  
Walter Sheridan  
John Conley  
Armand Dixon  
Bob Dole  
Bob Humphreys  
D. L. Surles  
Bob Cohlmeier )  
Frank Emerson ) Swimming  
Jack Bryan )



1.

INSTRUCTIONS TO LEADERS IN THE PHYSICAL CONDITIONING CLASSES

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We are listing below certain practices and regulations which we want to make uniform during our program.

1. Responsibility. As instructors you must assume certain responsibilities. First of all, you must always be present and on time for your class session. Time is precious when we have so little in a period. An instructor who is negligent about getting the class started on time cannot expect promptness on the part of his students. There are very few reasons for being absent from a class. Sickness is one of the few legitimate excuses.

If you, for any reason, can not meet your class, let Dr. Allen's secretary, Mrs. Hulteen, know far enough in advance that she can arrange for a substitute. This is a must!

2. Roll Call. You will be given class rolls, upon which you should check attendance carefully each period. Should any boy get <sup>two</sup> ~~three~~ unexcused absences, you should report that fact sometime during the day to Mrs. Hulteen so that the Deans of the proper schools can be notified. *This is a must!*

The first few sessions you should call the names of all students and mark absent those who are not in attendance. Any students not on the roll should be sent to Mrs. Hulteen for an enrollment card. Do not accept anyone in your class whom you do not have on your roll unless they present a card from the office authorizing their admittance. Do not change the rolls unless you have received a note from the office to do so.

After the first few sessions roll should be checked, if out on the field, by having leaders appointed to check the roll with one leader for each squad of 10 boys. Inside, record the absent members and enter the absences in the grade book. We want to save time on calling the roll but it is necessary that it be checked each period. If possible, try to check the roll in two minutes.

3. Class Periods. After the first week, students should be suited up and at the designated meeting place not later than 22 minutes till the hour. This allows eight minutes for changing after the half hour. Classes should always be dismissed in time that they may have ten minutes to take their showers and change clothes.

Typical class period:

8:30 - 8:38	-- Change clothes
8:38 - 8:40	-- Check roll
8:40 - 9:10	-- Activities
9:10 -	-- Class dismissed

4. Suits. Insist on men being suited up in clean suits according to the regulations which will be issued. After the first week, consider that those who do not suit up as absent unless they bring a hospital permit.

\* *This is not Germanic militarism, but is a toughening course and we expect our instructors to be personable yet firm with their men. Know your students!*



5. Primary Objectives. Since this is primarily a conditioning program, our aim should be to see that each student gets increased respiration, circulation, and general body building activity. Another point that should be borne in mind is that many boys will be quite soft, whereas others will be in good condition. Our activities should not be too rigorous at the start of the program since the first group will not be able to "take it" and the last group will not need the violent exercise. As the entire group gets in better condition, we can increase the work done.

Each period should contain something of the fun element. Our program is new and we need to sell it to the students. If the men have a good time at the same time they are getting in shape physically, everyone will be happy and our program will go over with a bang!

6. Maximum Participation. Try to keep everyone busy. Don't have two or three busy and the rest acting as spectators. One of the poorest types of instruction is to have two or three performing and the rest standing around.
7. Leaders Garb. We will soon have a standard uniform which you will be expected to buy. Keep your uniform neat and clean. Remember you are setting an example.
8. Leaders Class. We will meet once each week at a designated time and place to go over the work for the following week. Bring any problems you have to that class. Attendance is required.
9. Leaders Manual. We will use as a general guide the Basic Field Manual of the U. S. Army, FM 21-20. The physical education department will present you with additional material from time to time.
10. Leaders Dressing Room. We are arranging for the leaders to dress in the Faculty dressing room downstairs. You will be provided a key to the door but should also have a lock for your locker.

Remember, - your cooperation, enthusiasm and leadership will not only sell the program (if it needs selling), but you will also be doing the boys, the University, the nation and yourselves a real service.



Conditioning Program for Student Leaders.

1st Week

- 1st Session.
1. Call roll by name.
  2. Explain the new program and reasons for it. (Write out)
  3. Explain the swimming program.
  4. List equipment needed - (allow 1 week to get clothes)
 

a. lock	e. socks	(Write home)
b. shirt	f. supporter	
c. shorts		
d. shoes		
  5. Locker room procedure (Mr. McElhinny)
 

(Instruction sheets in baskets)

    - a. checking baskets in and out
    - b. towels
    - c. placing street clothes in lockers, etc.
  6. Divide the class into two even groups if the class is large. Instruct Group A to report for swimming test the 2nd period and Group B report prepared to take a cross country hike.
 

(Information on hike)
  7. Give as many swimming examinations as time permits.

- 2nd Session.
- Group A. -
1. Take swimming test
  2. After test turn in deposit card for basket in the check room.

Group B. - 1. Take 40 min. cross country hike.

3rd Session. Reverse procedure for Groups A and B.

2nd Week

Students should have equipment and baskets.

- 1st Session.
1. Organize into Permanent Groups.
    - A. Beginning swimmers (not over 36)
    - B. Not to exceed 3 groups with 40 in group, and designate places for meeting both indoors and outdoors.
    - C. Have each group go to designated spot for tactics - calisthenics. (Brief) Also arrange in squads of 10 with leaders.
    - D. Play short game - Crow and Crane.

- 2nd Session.
- Group A. Meet at obstacle course south of gym.
1. Fall in!
  2. Roll call by appointed leaders.



- 3. Open ranks and take 8 min. calisthenics.
- 4. Have each squad leader take his squad to some part of the obstacle course and have the men practice on that part.

For example, one squad of 10 men practice scaling the wall, another squad taking the first hurdle and water jump, another squad on the balance poles, etc.

- 5. At the end of 5 min. instruction the instructor should blow a whistle and each squad move one place.

- 6. Line the entire class up in double file and have them try to run the entire course two at a time and on into the showers. (Do not insist that everyone scale the wall if they can not,)  
*but each must climb over some way.*)

Group B. March to obstacle course north of stadium and repeat same procedure as Group A running in at the end.

Group C. If there is a C group, give setting up exercises and marching 15 minutes.

- Then run football relays 15 min.:
- a. touching
  - b. passing

3rd Session.

Group A. Meet at intramural fields.

- 1. 10 min. calisthenics and marching
- 2. Football relays
  - a. passing
  - b. handing

Group B. Meet at intramural fields.

- 1. 5 min. marching
- 2. Practice the following football skills by squads
  - a. passing
  - b. punting
  - c. catching
- 3. Run over obstacle course on way to gym.

Group C.

- 1. March to stadium obstacle course.
- 2. Divide into squads and practice running over the different sections of the obstacle course.
- 3. Have everyone attempt to run over the course before going to gym.
- 4. Allow just enough time for everyone to run to gym.



5.

### Reasons for the New Program

"Men, many of you no doubt are wondering why this year the University is requiring three hours of conditioning work each week of all the men in the University. The reason for it is this, speaking bluntly -- This is war!

Many, if not all of you men, will be serving in some branch of the armed service before the year is out. Many of you will see active combat and many will not come back. It is our hope that by getting you men in as good physical condition as possible, you will be better prepared to take care of yourselves in battle. Good conditioning and physical agility may be the means of saving your lives.

This is a war of speed and mobility. A battle may be won or lost in five minutes or even five seconds. The ability to function perfectly during those few minutes may be not only the decisive factor in winning the battle, but also may save your life and might even save the nation.

Furthermore, when you are inducted into any branch of the armed services, the first thing that will happen to you is that you will have to undergo a period of intense physical training. If you are already in good physical trim, your period of basic training will be much easier for you and you will make better soldiers, sailors, marines, flyers or commandos, as the case may be.

We are planning to give you much the same type of program that you will later get in the army. It will be tough, you'll have to work, you'll have some fun, and you'll like it!

There may be a little confusion and things may not run smoothly at first in getting the program under way. We have an enormous load without any additional staff and the entire program is new. We want your patience and cooperation in helping to put over this important part of your training and education."



# Instructions to Leaders in the Physical Conditioning Classes

~~We have~~ We are listing below certain practices and regulations which we want to make uniform during our program.

1. Responsibility. As instructors you ~~are~~ must assume certain responsibilities. First of all, you must always be present and on time for your class session. Time is precious when we have so little ~~time~~ in a period. An instructor who is negligent about getting the class started on time can not expect promptness on the part of his students. There are very few reasons for being absent from a class. Sickness is one of the few legitimate excuses.

If, you, for any reason can not meet your class, let Dr. Allen's secretary, Mrs. Hulten know far enough in advance that she can arrange for a substitute. This is a must!

2. Roll call. You will be given class rolls ~~on~~ upon which you should check attendance carefully each period. Should any boy get three unexcused absences, you should report that fact ~~at~~ ~~the~~ ~~end~~ ~~of~~ ~~the~~ ~~day~~ ~~to~~ Mrs. Hulten so that the Deans of the proper schools can be notified.

The first few sessions you should call <sup>out</sup> the names of all students and mark those absent <sup>who are</sup> not in attendance. ~~at the~~ Any student not on the



roll should be sent to Mrs. Hulten for <sup>enrollment</sup> card. Do not accept anyone in your class whom ~~you do not have~~ <sup>unless they present</sup> a card from the office authorizing their admittance. Do not change the rolls unless you have received a note from the office to do so.

after the first few sessions roll should be checked, if out on the field, by having leaders appointed to check the roll with one leader for each <sup>squad of 10 boys.</sup> ~~boy~~ beside, record the absent numbers and enter in <sup>absence</sup> grade book. We want to save time on colling the roll but it is necessary that it be checked each period.

If possible try to check the roll in two minutes.

### 3. Class Periods, After the first ~~week~~ <sup>week</sup>, students should

Typical class period.

8:30-8:38 - change clothes

8:38-8:40 - check roll

8:40-9:10 - activities

9:10 - class dismissed

be suited up and at the designated meeting place not later than 22 minutes till the hour. This allows eight minutes for changing after the half hour. Classes should always be ~~to~~ dismissed in time that they may have ten minutes to take their showers & change clothes.

### 4. Suits, Insist on men being suited up in clean suits according to the regulations which will be issued. After the first week, consider those who do not suit up as absent unless they bring a hospital permit.



Primary objectives  
~~Some. School Administration~~

5. ~~Typical period of work~~. Since this is primarily a conditioning program, our aim should be to see that each student gets increased respiration, circulation, and general body building ~~activities~~ activity. Another point that should be born in mind is that many boys will be quite soft, whereas others will be ~~well conditioned~~ in good condition. Our activities should not be too rigorous at the start of the program since the first group will not be able to "take it" and the last group will not need the violent exercise, as the entire group gets in better condition, we can increase the work done.

Each period should contain something of the fun element. Our program is new and we need to sell it to the students. If ~~they get~~ the men have a good time at the same time they are getting in shape physically, everyone will be happy and our program will go on with a bang!

6. Maximum Participation.

Try to keep everyone busy. Don't have two or three busy and the rest acting as spectators. One of the poorest types of instruction is to have two or three performing and the rest standing around.

7. Leaders ~~garb~~. We will soon have a standard uniform which you will be expected to ~~buy~~. ~~Distinctions should~~ ~~garb themselves~~ ~~appropriately~~ ~~with these uniforms~~



Keep your uniform neat and clean. Remember you are setting an example. ~~Keep~~

8. Leaders' class. We will meet once each week at a designated time and place to go over the work for the following week. Bring any problems you have to that class. ~~If you do not~~ attendance is required.

9. ~~The~~ Leaders manual, We will use as a general guide the basic field manual of the U.S. Army FM 21-20. The physical education department will present you with additional material from time to time.

10. Leaders Dressing Room. We are arranging for the leaders to dress in the Faculty dressing room ~~just~~ ~~off~~ downstairs. You will be provided a key to the door but should also have a look for your lockers.

Remember your cooperation, enthusiasm and leadership will not only sell the program (if it needs selling), but you will also be doing the boys, the university, the nation and yourselves a real service.



# Conditioning Program

## 1st weeks

1st Session

1. Call roll by name
2. Explain the new program + reasons for it (with out)
3. Explain the swimming program
4. List equipment needed - (allow 1 wk. <sup>to get</sup> for clothes.)  
a. caps      c. shorts      e. socks  
b. shirt      d. shoes      f. supporter - with hand
5. ~~Procedure~~ Locker Room procedure - Mr. McShiney.  
(Instruction sheets in baskets).  
a. Checking baskets in + out  
b. Towels  
c. Placing street clothes in lockers, etc.

(Information for kids)

6. Divide the class into two even groups if the class is large. Instruct Group A to report for swimming test the 2nd period + Group B report prepared to take a cross country hike.
7. Give as many swimming examinations as time permits.

2nd session

- Group A. - 1. Take swimming test  
2. after test turn in deposit card for basket in the check room.

Group B. - 1. Take 40 min. cross country hike

3rd session

Reverse procedure for Group A + B.



2nd week

Students should have equipment & baskets

1st session

1. Organize into Permanent Groups
  - A. Beginning swimmers (not over 36)
  - B. Not to exceed 3 groups with 40-~~40~~ Group, + designate places for meeting ~~to~~ both indoors and outdoors.
  - C. Have each group go to designated spot for tactics & Calisthenics. (Brief.) Also arrange in squads of 10 with leaders.
  - D. Play short game Crowe + Crane.

2nd session

- ~~Group 1 -~~
- a. Roll call (by squads)
  - b. Setting up exercises + Marching 15 min.
  - c. Football relays - 15 min.
  - d. (1) Shuttle - handing ball
  - (2) " " Passing "
- ~~Group 2 -~~
- a. Warming up exercises - 10 min
  - b. Explaining game + select teams - 5 "
  - c. Play Touch football - 15 min
- ~~Group 3 -~~ Work on Obstacle course - 25 min
- Take 5 min - Cross Country Run.

3rd session - Change groups activities



## 2<sup>nd</sup> Session

Group A. - meet at obstacle course South of gym

1. Fall in!
2. Roll call by appointed leaders.
3. open ranks, ~~and~~ + take 8 min. Calisthenics
4. Have each ~~group~~ squad leader take his squad to some part of the obstacle course and have the men practice on that part.  
For example, one squad of 10 men practice scaling the wall, another squad taking the first hurdle + water jump, another squad on the balance plank, etc.
5. at the end of 5 minutes instruct the instructor should blow a whistle and each squad move one place.
6. ~~Have~~ line the entire class up in double file and have them <sup>try to</sup> ~~run~~ the entire course ~~at a time~~ <sup>top at a time</sup> and announce the showings. (Do not insist that everyone scale the wall if they can not.)

Group B. - march to obstacle course north of stadium + repeat same procedure as Group A running in at the end.

Group C. - If there is a C group, give setting up exercises + marching 15 minutes.  
Then run football relays 15 min.  
a. touching  
b. passing

(over)



3<sup>rd</sup> Session

Group A.  $\frac{1}{2}$  / ~~1~~ <sup>meet at ~~the~~ intramural fields</sup> ~~O~~min Calisthenics + marching

2. Football relays

a. Passing

b. ~~the~~ ~~ball~~ kicking

Group B. — 1. 15 min <sup>meet at intramural fields</sup> marching

2. Practice the following <sup>football</sup> skills by squads

a. passing

b. punting

c. catching

3. Run over obstacle course on way to gym.

Group C. —  $\frac{1}{2}$  march to stadium obstacle course

2. Divide into squads + practice running over the different sections of the obstacle course

3. Have everyone attempt to run over the course before going to gym.

4. allow ~~the~~ just enough time for everyone to run to gym.



~~Suggested explanation of the~~

Reasons for the new program

Men, many of you no doubt are wondering why <sup>this year</sup> the university is requiring three hours of conditioning work each week of ~~nearly~~ all the men in the university. The reason for it is this, speaking bluntly, This is war! Many, if not all of you men, will be serving in some branch of the armed service before the year is out.

Many of you <sup>will see active combat + many will</sup> ~~will~~ not come back. It is our hope that by getting you men in as good physical condition as possible, you will be better prepared to take care of yourselves in battle. ~~Good~~ Good conditioning <sup>+ physical agility</sup> may be the means of saving your lives. ~~This~~ This is a war of speed and mobility. A battle may be won or lost in 5 minutes or even 5 seconds. The ability to function perfectly during those ~~few~~ minutes may be not only the decisive factor in winning the battle but also that ~~battle~~ ~~may save~~ the nation and our liberty, may save your life, <sup>and might win some</sup> the nation and determine the destiny ~~and fate~~ of humanity for generations to come.

Furthermore, when you are inducted into



Any branch of the armed service, the first thing that will happen to you is that you will ~~not~~ have to undergo a period of ~~intense~~ physical training. If you are already in good physical trim, your period of basic training will be much easier for you, and you will make better soldiers, sailors, nurses, flyers or Commandos as the case may be.

We are planning to give you ~~the~~ <sup>much</sup> the same type of program that you will later get in the army. It will be tough, you'll have to work, you'll have some fun and you'll like it!

There may be a little confusion ~~ready~~ <sup>things</sup> ~~and~~ may not run smoothly at first ~~problems may arise~~ in getting the program underway.

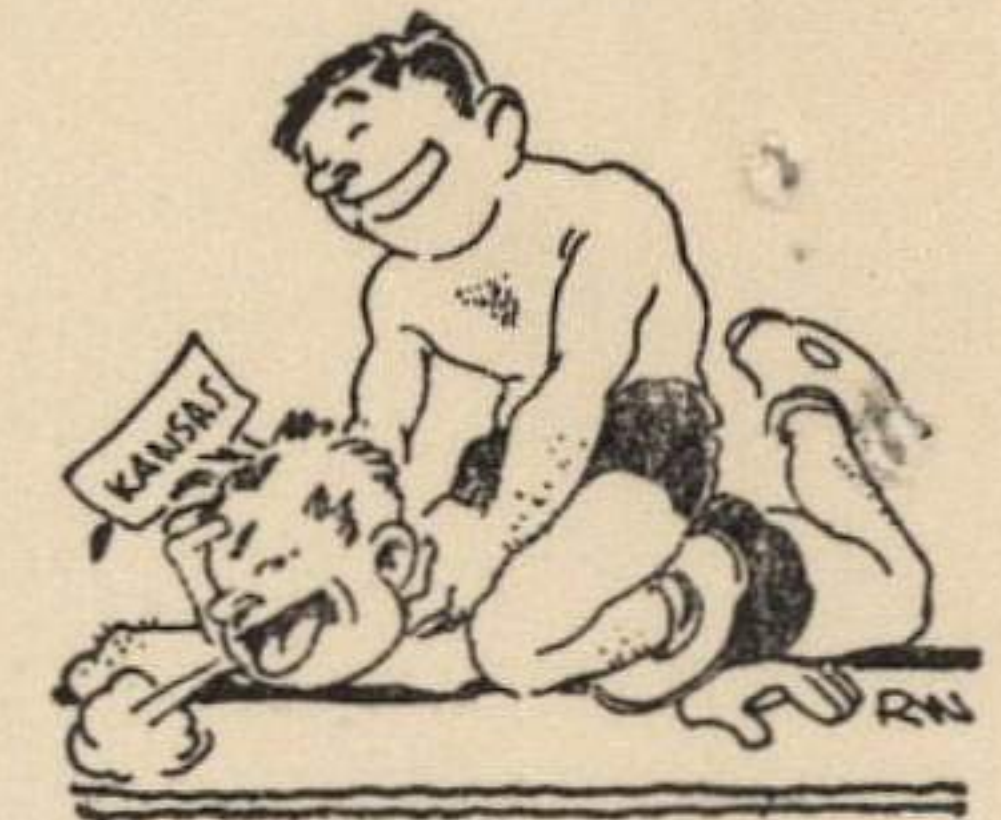
We have an enormous load without any additional staff and the entire program is new. We want your patience and cooperation ~~in helping to put over this physical training~~ <sup>in helping to put over this</sup> ~~physical training~~ <sup>is an excellent</sup> important part of your training and education.



## DO YOU KNOW?

### 1. That you can enroll in physical activity classes for credit?

"Physical activity courses are designed primarily to secure health, recreation and physical skills. Students in the College of Liberal Arts and Sciences are permitted to present four semester hours of credit in physical education for graduation."—Univ. Cat.



### CONSULT THE COLLEGE SCHEDULE

### 2. That both men and women students desiring to specialize in Physical Education may enroll in the Four-Year Curriculum in Physical Education?

Register in the School of Education and enroll at the Physical Education table during regular enrollment.

### CONSULT THE SCHOOL OF EDUCATION SCHEDULE

### 3. That a golf course, tennis courts, handball courts, swimming pool, gymnasium and other recreation facilities are available to students?

For information—men call at 105 Robinson gym; women, 106 Robinson gym.

### 4. That it is possible for you to participate in your favorite sport thru the opportunities offered all students in the Intramural Sports Program?

Register for Intramural Sports—men, room 107 Robinson gym; women, 108 Robinson gym.



Mrs. Hulter:

Will you please type this material?, Then let Dr. Allen look it over and if it meets his approval, we could mimeograph it tomorrow. The <sup>with</sup> schedule is just very tentative & I want to talk to Dr. Allen about it. Thanks!

H. Sherrill