

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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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