General Physical Education

During the present war emergency all men students at the University of Kansas who at the beginning of any semester are registered for Selective Service or are members of the various enlisted reserve services of the armed forces of the United States will be required to enroll in the physical conditioning program offered by the Department of Physical Education, three times each week, M.W.F. or T.T.S.

Credit for physical education will be given to students under the old regulations of the various schools. For instance, the College will continue to give a total of four semester hours, etc. In University divisions where credit is given for physical education one semester hour of credit will be given to those students who have completed satisfactorily a course which meets three hours each week throughout the semester.

Enrollment

Students in the School of Engineering and Architecture will enroll for physical education classes in Marvin Hall. Other students will enroll on the main floor, Robinson Gymnasium, during the regular enrollment period.

Substituting a sport for a physical education class is not permitted except as specified below. Men wishing to participate in varsity or freshman athletics must enroll in a regular gym class and report for the first session of the class. After the first gym class they will report for their varsity or freshman sport in accordance with the following:

Attendance is required in accordance with the desire of the coach of the sport concerned, usually not less than five periods per week. Irregular attendance will not be tolerated. At the close of the season for the sport selected, the student must either report back to his gym class or for another varsity or freshman sport.

Absences

Absences from Physical Education classes will be excused only for physical disability; in such event the student must secure an excuse from the Student Hospital, and present it to the instructor in charge of his Physical Education class. Satisfactory grades in Physical Education will not be given students who acquire unexcused absences totaling more than ten percent of the total number of periods for which the class meets.

Physical Examinations

Complete physical examinations are given each entering student by the University Student Health Service. The Department of Physical Education reserves the right to restrict the enrollment of students in activities for which their physical-examination record shows they are not fitted.

Use of Facilities

1. Receipts for the payment of exercise fees must be presented to the custodian of the equipment room in the basement of the gymnasium. Towel tickets are issued and basket assignments are made there. The fee for exercise is \$2.25, plus \$1 deposit, which is refunded at the end of the semester, provided there has been no loss of towels charged against the student. This fee entitles the student to three towel tickets, or the use of a total of 51 towels.

General Bhysical Edweatin

branch of the armed forces that are required to branch of the armed forces that are required to enroll in physical education classes, which meet three times each weeks, M.U. F or T.T.S.

Studiets of the School of Education and the College of Liberal arts & Sciences are permitted to present four senester bours of credit in Physical Education for graduation. For the armet of credit grated in other schools studiets shall consult their advisers.

Eurollment

architecture will enroll for physical Education Closes in marin Holl. Other student will enroll on the main floor, Robinson Gymnesium, during the regular enrollment placed.

Debotetute a sport for a Physical Education Class is not permitted except as specified below. Men

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Students who closing to use the locker row forilities and towels at times other than the regular gym class placeds, may purchase towel tribute for a fee of .75 of per tribet which entitle the one to a the use of 17 towels.

All male students will be required to take three hours of physical education each week during each semester that the student is in the University, provided that he is subject to service in the armed forces of the United States (i.e., registered in the draft, in the V-1, V-5, or V-7 programs of the Navy, in the R.O.T.C., or in the Air service). A maximum of four semester hours credit may be counted toward graduation.

The courses that a student will pursue under this program will be dependent upon the results of three examinations: (1) health examination, (2) swimming examination, and (3) physical performance tests. Students who are certified by the health department as being physically fit must pass the swimming test. If a student is unable to pass this test he must enroll in Elementary Swimming. If he successfully passes the swimming test but does not pass the performance test, he will be enrolled in general physical education. If successful in passing both of these tests he may elect any of the optional courses offered by the department.

Students who have not taken the tests at enrollment time should enroll in General Physical Education.

SALIENT POINTS IN THE PROPOSED COURSE IN REQUIRED PHYSICAL EDUCATION FOR KANSAS MEN.

1. Requirements: Each male student in the University of Kansas must, before enrollment, have (1) a health examination by the University of Kansas hospital, (2) a physical performance test given by the Physical Education Department, and (3) a swimming test also given by the Physical Education Department.

The health examination should screen out any persons physically unable to take vigorous physical exercise. All male students physically able to do so as certified by the health department must take three hours of physical education weekly. The men will be divided into three groups based upon the results of the swimming examination and the physical performance tests.

These groups shall consist of Groups A, B, and C.

Swimming Program

Group A will be composed of all those men who cannot pass the swimming test. These men will be required to take elementary swimming in the fall. The swimming test will consist of the ability to swim two lengths of the pool and to remain afloat 3 minutes in deep water. Upon completion of the elementary swimming course, students will be allowed to enroll in either Group B or Group C, depending upon their scores on the achievement test.

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Required Toughening Program

Physical Fitness course. This course will be primarily designed as a developmental conditioning and toughening course. This group will include men who have passed the swimming test satisfactorily, but have not achieved satisfactory standards upon the physical performance tests. Satisfactory in this case shall be taken to mean the score of 50 on the average on the test. The test used will be the Air Force Technical Training Command's physical performance test (see copy attached), plus such other tests as the Physical Education Department may devise. In other words, a student must have a physicial proficiency equal to the average man in the Army Air Force and must have passed his swimming requirement before he can participate in the optional program for Group C.

Students out for varsity sports will be considered as being in the toughening program until the end of that varsity sport, at which time they will go into either Group A, B, or C, depending upon their scores in the various tests.

Optional Required Program

Students will comprise Group C who have passed satisfactorily both the swimming test and the required physical performance standards. Anyone in this group may elect any of the regular offerings of the Physical Education Department but will be required to participate in three hours of physical education each week. This program is aimed at maintaining the degree of physical

fitness alreach achieved and adding to it. In addition, it is designed to teach skills, knowledges and techniques in the sports and activities in which the student is interested so that those activities may be pursued after the student is no longer in the University.

Intramurals

All men will be urged, in addition to the three hours of physical education in the required program, to participate in at least two hours per week of intramural athletics.

2. General Aims

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to develop and maintain an a high state of physical efficiency
the men of the University, and at the same time to provide the
opportunity for the development of a physically, mentally and
socially integrated individual through vigorous physical activities.
Specific objectives.

- 1. To teach men to swim acceptably well.
- 2. To toughen and harden men physically so that they will be able to make a greater contribution to the war effort.
- 3. To develop recreational skills and knowledges which will have a "carry over" value after college and also in time of peace.
- 4. Through the concomitant learnings attendant upon the physical education experiences to develop the individual's character and personality traits.
- 5. Development of safety knowledges and techniques on land and water.

Since this is a time of emergency and many, if not all of the young men of the University will be serving in some branch of the armed forces of the United States government, it is essential that these young men be in as good physical condition as possible when they enter the service. That the Army considers physical fitness very important is shown by the following quotation taken from the U. S. Army's Basic Field Manual FM 21-20, page one:

Possess great organic vigor, muscular and nervous strength, endurance and agility. The average recruit does not possess the degree of physical fitness required of a trained soldier.

The required degree of physical fitness can be acquired only through physical training. The performance of purely military exercises, that is, drill, marching, etc., is not alone sufficient to correct the deficiencies and incorrect postures too often acquired before becoming a soldier. Further, the complexities of modern warfare require so much technical training for the soldier that all too frequently no time is allotted for physical training; yet the soldier who possesses great technical skill but is unable to withstand the rigorous life demanded is of questionable value."

3. The Program:

A. Swimming. The customary course used to teach beginning swimming will be used. Emphasis will be upon the following points:

- 1. Overcoming fear of the water
- 2. Prone glides
- 3. Rhythmic breathing
- 4. Development of elementary crawl, side and back strokes
- 5. Floating
- 6. Finning and sculling
- 7. Feet foremost and head foremost dives
 - 8. Elementary turns.

The student must continue taking the course until the end of the first nine weeks. If he is not sufficiently advanced at that time to pass the swimmer's test he must enroll in swimming until he is able to pass the swimming requirement.

- B. The Toughener Course (Required). The following activities will be used in these classes to toughen and condition the men:
 - 1. Body conditioning exercises
 - 2. Running
 - 3. Hiking
 - 4. Obstacle course
 - 5. Relays
 - 6. Combatives
 - 7. Team contests
 - 8. Tumbling and apparatus
 - 9. Stunts and self-testing activities
 - 10. Mass games and contests (vigorous)
 - 11. Judo (Wiu-Jitsu)
 - 12. Miscellaneous games and stunts)

C. The Optional Required Program (Recreational).

The same activities as have been offered the last several years by the University will be offered in this program with more sections and more activities.

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4. Numbers in Class: Classes will be closed when filled to the maximum. In no case will a class be held with fewer than 10 students enrolled.

5. Class Procedure:

*Roll will be checked by recording uncovered numbers on the gym floor. If the class meets outside roll will be checked by the number calling technique.

Typical class period (Physical Conditioning Course)
9:30-9:38 Checking out baskets, dressing, etc.

*9:38-9:40 Roll call

9:40-9:45 (Marching, pacing and running) Warming up period 9:45-9:55 Conditioning exercises

9:55-10:05 Relay races - combats - stunts - low org. games, etc.

10:05-10:10 Obstacle course

10:10-10:20 Showers, dressing, etc.

6. Number in the Program: This proposed program should provide for approximately
1600 men. However, it is flexible enough that by some shifting
in classes a larger or smaller group may be handled. While it
is impossible to do much more than guess, a rough guess would
place about --

100 excused due to physical or health defects

300 in elementary swimming

150 in varsity athletics

50 in professional Physical Education school

500 in General Physical Conditioning course

500 in optional required gym courses.

7. Personnel:

0 4, 0

Most of the teaching will have to be handled by Junior and Senior majors in the Department of PhysicalEducation. These men should be closely supervised and directed by someone in the Department of Physical Education. These men should be paid for their services, but the experience gained should be very beneficial to them. Varsity ceaches might be called on to take over some of the administrative and teaching duties in this plan.

UNIVERSITY OF KANSAS

WARTIME PHYSICAL CONDITIONING PROGRAM

Under the Direction of Dr. Forrest C. Allen, head of the Department of Physical Education, the conditioning and toughening course will be in operation this fall. All men students at the University of Kansas who are subject to service in any of the branches of the armed forces will be required to take three hours of physical conditioning work each week. Assisting Dr. Allen will be Mr. Henry Shenk, who is also in charge of intramurals and practice teaching in the Department of Physical Education; Dr. Laurence Morehouse, who will be in charge of the swimming program and the graduate work for Physical Education majors; Mr. Wayne Replogle, freshman football coach; and a number of physical education majors who will form a "leaders corps" to be trained by the regular instructional staff so that they may work under the supervision of the above named men.

Last year the department served approximately 400 men students on an optional basis; this year approximately 1600 men will be actively engaged in the required conditioning course.

All men must take a swimming test. If they fail in this test they are enrolled in the swimming course under Dr. Morehouse's supervision.

The swimming test consists of the following skills: Jump into deep water, level off and swim fifteen yards. Without stopping or touching the sides of the pool, turn about and swim back to the starting point.

Men who have passed this test will go into the conditioning courses.

These will be broken up into sections of 40 students each. The electron of an activity is out, for lack of available instructors. As a were

Military authorities have noted the importance of swimming as a military accomplishment by observing the loss of many thousands of soldiers and another through their inability to swim. Each of experience and confidence in water has seriously handicapped, or caused the failure of attempted manocuvers. Thanking wantimex conditioning program will consist of physical and mental adjustments to water, buoyance, body position, balance and relaxation, propulsive movement and changing position, coordinated stroking, methods of entering the water and safety skills including swimming suggestions for men on duty of water infested with dangerous sea animals, or covered with oil or burning matter.

/In waters infested with dangerous sea animals or covered with burning gasoline or oil, or other burning matter, "every swimmer is a life saved and a potential life saver". He need not be a speed swimmer, but should be able to use endurance strokes, back, breast and side strokes.

move we have for the present dropped the optional activity courses and substituted the conditioning and toughening course. Roll will be called quickly by checking the absent members, and then the group will have 10 or 15 minutes of rigorous setting-up exercises. The conditioning will be the same as is done for football or basketball. Running, jumping, leaping, vaulting and climbing are the fundamental activities of man. These basic fundamental activities will be used in getting the men into condition.

Two obstacle courses have been built - one south of the gymnasium, and the other west of the stadium. Classes will be held out of doors whenever possible, and indoors only in inclement weather. Robinson gymnasium, Hoch auditorium and all the athletic playfields will be extremely busy during the morning and afternoon hours. Games that are in season will be used - touch football, basketball, boxing, wrestling, and all contact games. Every man will be in action - there will be no one standing around. (Crow and Grane - Dodge ball - games of low organization)

Physical examinations will be given at the University hospital under the direction of Dr. R. I. Canuteson. The men examined will be placed in three classifications -- Class A-men who are fit for anything; Class B-men who have slight limitations, but are still eligible for the toughener course; Class C-men who will not be allowed strenuous activity. Only the freshmen will be examined by the hospital, but Dr. Canuteson will go over the entire list of sophomores, juniors and seniors and check everyone to see if these men have had any accidents or illnesses which would bar them from taking the conditioning program.

Henry Shenk will conduct a course in track and field at the stadium or Monday, Wednesday and Friday at 4:30. A large group of men can be han in this body-building activity. Of course they will be subjected to

toughening course along with their track and field activities. It will not be possible for any man to choose a particular activity or sport unless the department can organize a class with a minimum membership of 40. The department will endeavor to follow these activity desires of the individual students if a minimum of 40 can be enrolled in a class. This applies to boxing, wrestling, touch football, basketball, track and field, and so forth. But each group will undergo rigorous training in addition to their chosen sport.

These large squads will be hely handled in the same fashion as varsity squads are handled. Conditioning, morale and intense enjoyment will be the aim. Singing on the march will be a part of the program. Dr. Allen with the has offered a \$5.00 prize to the outfit selected for the best song and headling music. The competition will be judged by a committee composed of Dean song. The D. M. Swarthout, chairman, Professor Allen Crafton, and Professor Otto Miessner.

The basket system will be used for checking equipment and towels.

Each student will pay a towel and locker fee of 75¢ per meeting hour

(this will amount to \$2.25 since the classes meet 3 times a week), plus

the usual deposit of \$1.00. This fee must be paid by every student when

he enrolls because each one must take the swimming test and he will need

towels. Mr. J. G. McElhinny/has been appointed full-time supervisor of

lockers and equipment. Mr. Met. is a statuted the lockers and equipment. The Department of Physical Education of securing the supervisor.

The Department of Physical Education is greatly xhandicapped x due x to allen, fact x that x attempting a herculean task in conditioning 1600 men. Some Check of the top physical education majors and graduate students who might are acc. have assisted in the program have gone. Murray Brown, who was to have a full-time

program in the program on the count.

The good on the count program in this war emergency.

taken graduate work in the department and coached freshman basketball, has gone to Topeka High School at a salary of \$2000. Marvin Vandaveer, a senior physical education major, is to be head coach at Haskell while finishing his work at the University.

Physical education will be required of each woman student entering the University for the first year. A program of a ctivities has been set up so that the women will have a choice of activities. On two days each week the women students will attend their activity classes, and on Friday they will meet for a conditioning and corrective period. The women's program is under the direction of Miss Ruth Hoover.

PERSONNEL and Additional Finances

Present Personnel	Hours (Activity courses in addition to teaching load)
	addreron oo oosonaa,
Dr. F. C. Allen	6
Henry Shenk	
Laurence Morehouse	
Wayne Replogle	1/9
Vic Hurt	
	33
Needed	
	. 30 (\$2100.00 - est.)
(John Doe)	. 30 (2100.00 - est.)
Student Assistants	51 hrs. per week (1750.00)
Murray Brown	(scholarship \$200)
Charles Black	
George Dick	14 the femb.
Bob Githens	
Ralph Schaake	
Hubert Ulrich	
Marvin Vandaveer	
Warren Hodges	
Paul Turner	
Bill Brill	
Kenny Thompson	
Otto Schnellbacher	
Clerical Assistance	@ \$75 (\$500.00) - additional (575.00)
	otal

ITEMS FOR CONSIDERATION IN COMPULSORY PHYSICAL EDUCATION PROGRAM

Additional class hours per week (activity courses)	. 144
Personnel and additional finances for assistance	\$7700.00
Equipment	\$1717.50
Towels	840.00

Dean Smith -State Printer Forms, Records, Rules and Regulations -

Information on Physical Education requirements for all students to accompany general information from University.

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Policy of Committee named by Chancellor

Dell Davidson -

Repair lockers Chinning bars, etc.

. Sec.		urso	Prerequisite courses	Credit	Time	Day	Room	Bldg.	Instructor
	First Ha	N lf Semeste							
	Elementa.	ry Baskett	*11		11:30	MWP	200	R	Allen
A	Elementa	ry Tonnis	60						Staff
3					11:30		E. St	adium	
C					1:30	MIT	E. St	adium	
	Advanced	Tomis	El. Tennis		9:30	TTS	202	R	
3					10:30	TTS	202	2	
C					11:30	TTS	202	22	**
^	Elementa	ry Swimmin			8:30	MIP	Pool	R	
3					9:30	MMP	Pool	R	
C					10:30		Pool	2	
D					3:30	MIE	Pool	R	
					4:30				
					8:30				
G					9:30				
					10:30				
	General 1	Physical E	ducation				200		
					9:30				
CA					10:30 ///3.0 2:30		101	R	
					3:30		200		
					4:30		200		
6					8:30				
					9:30				
				2	TT:20	TIS	200	R	

Physical Education - Men - Fall semester - First half - cont.

1	Touch Football	1	11:30 1MF	101 R	Staff
B		1	1:30 MP	101 R	
0		1	2:30 MIF	200 R	
D			8:30 TTS	200 R	
		1	10:30 TTS	101 R	
	Varsity Athletics		Appt.	Appt.	
A	Handball (20)		2:30 lim	Courts -	
3			3: 30 MMP		
C		1	8:30 TTS		
2		1	9:30 TTS		
2		3	10:30 TTS		
7		1	11:30 TTS		
	Elementary Golf	1	11:30 MMP	loir	
	Advanced Golf El. Golf.	1	11:30 TTS	101 R	
	Elementary Fencing	1	4: 30 TTF	101 R	
	Elementary Social Dance	1	3:30 law	102 R	
	Advanced Social Dance El. Soc. Dance		3:30 TTF	102 R	
A	Elementary Equitation	1	2:30 100	202 R	
3			3:30 100	202 R	
C		1	2:30 TT	202 R	
D		1	3: 30 TT	202 R	
			4:30 TT	202 R	
	Advanced Equitation El. Equit.		4:30 1117	202 R	

Second Half Semester

A	Elementar	y Basketball		1	9:30 IMF	Aud.	Hoch	Staff
3				1	1:30 MMF	Aud.	Hoch	
C				1	2:30 IMF	Aud.	Hooh	
D.					3:30 MMP	Aud.	Hooh	
8					4:30 MMF	Audo	Hoch	
P				1	8:30 TTS	Aud.	Hoch	
G				1	9:30 TTS	Aud.	Hoch	
I				1	10:30 TTS	Audo	Hoch	
I				1	11:30 TTS	Aud.	Hoch	
	Advenoed	Baskotball	El. Basketball	1	11:30 MMF	Aud.	Hooh	
A	Intermedi	late Swinning	El. Swimming		10:30 MP	Pool	R	
B				1	3:30 MMP		R	
C				1	4:30 IMF		2	
D				1	9:30 TTS		2	
2				1	10:30 TTS		R	
A	Volleybal				8:30 100	102	2	
3				1	10:30 line	101		
C					11:30 MMF	101	R	
D				1	4:30 MF	200	R	
2				1	8:30 TTS	200	2	
A	General I	hysical Educat	ti on	1	8:30 1MF	200	R	
3				1	9:30 1007	101		
C				1	10:30 mm	Aud.	Hooh	
D				1	11:30 MF	A200	R	
				1	2:30 1MF	200	2	
					3:30 MMF	200	R	
6				1	4:30 IMP	101	2	
H					8:30 TTS	101	2	

Men - Second half - cont.

	General P	hysical Educa	ation	1	9:30	TTS	101	R	Staff
J				1	10:30	TTS	101		00
				1	11:30	TTS	200	2	
	Elementer	y Boxing		1	9:30	MAF	200	2	
				1	2:30	MUF	200	2	
•				1	11:30	TTS	101	2	
	Varsity A	thletics		1	Appt.		Appt.		
	Advanced	Fencing	Elem. Fenciz	1	4:30	TIF	101	R	
	Advanced	Social Dance	El. Soc. De	1	3:30	MIF	101		
	Square Da	nce		1	3:30	TTF	102	R	
A	Intermed.	Equitation	El. Equit	1	2:30	lin	202	1	
3					3:30	M	202	R	***
0				1	2:30	TT	202	R	**
				1	3:30	TT	202	R	
				1	4:30	TT	202	2	
	Elementary	guitation		1	4:30		202		
	Indoor Tra			1	4:30	IMP	Stadiu		

All male students will be required to take three hours of physical education each week during each semester that the student is in the University, provided that he is subject to service in the armed or in one forces of the United States (i.e., registered in the draft, in the Yolke, V-1, V-5, or V-7 programs of the Navy, in the R.O.T.C., or in the following: Air service). A maximum of four semester hours credit may be counted

toward graduation.

The courses that a student will pursue under this program will be dependent upon the results of three examinations: (1) health examination, (2) swimming examination, and (3) physical performance tests. Students who are certified by the health department as being physically fit must pass the swimming test. If a student is unable to pass this test he must enroll in Elementary Swimming. If he successfully passes the swimming test but does not pass the performance test, he will be enrolled in general physical education. If successful in passing both of these tests he may elect any of the optional courses offered by the department.

Students who have not taken the tests at enrollment time should enroll in General Physical Education.

PERSONNEL.

Present Personnel	Hours (Activity courses in addition to teaching load)
Dr. F. C. Allen	6 ELECTRON CO COMPUTATION ACCOUNT
Henry Shenk	
Laurence Morehouse	
Wayme Replogle	
Vio Hurt	
Needed (Full time)	
R. R. Strait	\$2000.00 - es
Meno Stukey	\$2000.00 - es
Student Assistents	51 hrs. per week \$1750.00 - es
Murray Brown (\$200 scholarship Charles Black George Dick Bob Githens Ralph Schaake Hubert Ulrich Marvin Vandaveer Warren Hodges Paul Turner Bill Brill Kenny Thompson Otto Schnellbacher	
Clerical Assistance	\$ 500.00
Wowel Room - full time custodier	(9 mos.) \$ 675.00
Student Assistants	\$ 575.00
	Total \$7500.00

^{*} It should be mentioned that the increased enrollment will result in an increased amount of fees from the students for their towels. It will also necessitate the hiring of more assistance for the towel room. We have depended heretofore upon student labor entirely on the 35¢ an hour basis. It is our conviction that for a program of this nature it is necessary to have a custodian of the towel room. This should be a full time man. Doubtless it will be possible to hire an elderly, efficient gentleman at \$75.00 a month. This angle of full time supervision is very important to protect us from thefts that are sure to occur in a congested program of this sort. It will still be necessary to employ a large number of students to help in this rush program.