

WAR 'WORKOUT' AT K. U.

THOSE SUBJECT TO DRAFT AND
IN RESERVES TO TOUGHEN UP.

Compulsory Physical Conditioning Program Will Be Under Supervision of Dr. Forrest C. Allen.

(By The Star's Own Service.)

LAWRENCE, KAS., Sept. 14.—A compulsory war-time physical conditioning program for all men registered for selective service or enlisted in the reserves of the armed forces will go into operation with the opening of the fall semester at the University of Kansas.

Dr. Forrest C. Allen, head of the department of physical education, will direct the program, which will be substituted for optional activity courses, dropped from the curriculum because of a lack of available instructors.

An estimated 1,600 men will participate in the program, composed of three hours of rugged conditioning each week, as compared to 400 men, who were enrolled in optional courses last year.

ALLEN TO HAVE ASSISTANTS.

Assisting Dr. Allen will be Henry Shenk, who also is in charge of intramural sports and practice teaching; Dr. Laurence Morehouse, who will head the swimming program and graduate work for physical education majors, and Wayne Replogle, freshman football coach.

In preparation for the program, two obstacle courses have been constructed, patterned after those used by the army and navy in their conditioning programs. One is located south of Robinson gymnasium, the other is west of Memorial stadium.

In running over the 150-yard course, laid out over rough terrain, the men will have to climb over an 8-foot barrier, broad jump over a water hazard, scurry the length of a 50-foot log, leap and jump over hurdles and vault. Cross-country jaunts also are included.

OUTDOOR CALISTHENICS STRESSED.

Fifteen minutes of rigorous calisthenics, which will open class routine, will be staged out of doors on the athletic fields. In case of inclement weather they will be held in the gymnasium and Hoch auditorium. Games that are in season will be used—touch football, basketball, boxing, wrestling and other contact sports.

Before being grouped for the out-of-door conditioning sessions, all men must take a swimming test. Men who fail will be enrolled in a swimming course. The swimming test includes jumping into deep water, leveling off and swimming fifteen yards, completing a turn, and swimming back to the starting point.

Military authorities have noted the importance of swimming as an accomplishment. Since hundreds of soldiers and aviators have been lost to the nation through their inability to swim, an effort is being made to make "every swimmer a life saved and a potential life saver."

TO GIVE PHYSICAL EXAMINATIONS.

Before actively engaged in the program, all men will be given physical examinations at the University hospital under the supervision of Dr. R. I. Canuteson. From the examinations the men will be placed in three classifications: Class A—men who are fit for anything; Class B—men who have limitations, but still are eligible for the toughener course; Class C—men who will not be allowed strenuous activity.

In the absence of Bill Hargiss, track coach, a course in track and field at the stadium will be held three days a week.

"Conditioning, morale and intense enjoyment is the aim of our program," Dr. Allen says. "Even singing on the march will be encouraged."

The basketball system will be used for checking equipment and towels. Each student will pay a towel and locker fee of \$2.25 and a \$1 deposit. J. G. McElhiney, a Kansas university graduate, has been appointed full-time supervisor of lockers and equipment.

Physical education will be required of each student entering the university for the first year. A program of activities has been set up so each co-ed may have a choice of sports activities. On two days of each week the women will attend activity classes. On Friday they will meet for a conditioning and corrective period. Miss Ruth Hoover is in charge of the women's program.