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A HISTORY OF PHYSICAL EDUCATION
AT NORTHWESTERN (OKLAHOMA) STATE COLLEGE
1897 TO 1965

By

..... Herbert G. Bridgewater

A Thesis

Submitted in Partial Fulfillment of the
Requirements for the Degree of
Master of Science in Physical Education

The University of New Mexico

1966

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This thesis, directed and approved by the candidate's committee, has been accepted by the Graduate Committee of the University of New Mexico in partial fulfillment of the requirements for the degree of

MASTER OF SCIENCE

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May 20, 1966
Date

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This study is dedicated in memory of the late Wistar D. Newby. Mr. Newby served the Department of Health and Physical Education at Northwestern (Oklahoma) State College as Director of Athletics, Associate Professor, and Coach for twenty-six years.

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CHAPTER I

INTRODUCTION

Through the efforts of the Commercial Club and citizens of Alva, Oklahoma, a Normal School was founded in that town by the Legislative Assembly of 1897. Athletic interest sprang up with the organization of the school. Physical culture was considered important enough to become a required element in the curriculum of the Preparatory Department. Intramurals were established in 1899, consisting of competition between two organizations, the Occidents and the Orients, from which few students were exempt.

A degree in physical education was offered beginning in 1930 by Northwestern State Teachers College. Since that time, many changes have occurred in the physical education curriculum, facilities, and faculty. What are these changes? What changes occurred in the student organizations which supported various aspects of the physical education program? An attempt was made to answer these and other questions in this work.

I. THE PROBLEM

Statement of the problem. It was the purpose of this study to trace the history of physical education at Northwestern State College in order to present an accurate picture of the establishment of a curriculum in physical education; to reflect the changes made in the general field of physical education at that institution; and finally, to provide the museum at Northwestern State College and interested scholars with a

permanent historical record of physical education at Northwestern (Oklahoma) State College from 1897 to 1965.

Importance of the study. A search of existing literature revealed that such a study as this had never been executed at this school, even in limited scope. The growth of Northwestern (Oklahoma) State showed a fifty per cent increase in enrollment during the past two years. This increase of students at the school is expected to continue for several more years. A study of the history of physical education at Northwestern (Oklahoma) State College was envisioned as contributing to wise solutions of present problems confronting that department in its attempt to serve more students. More important, through a knowledge of past history, it was envisioned that the quality of physical education could be improved.

Definitions. Physical education is the act or process of instruction aimed at the development of total fitness of the individual. Physical education includes the professional and service curricula. The professional curriculum is the program of professional training in physical education for men and women. The goal of this curriculum is the training of teachers for the field of physical education.

The service curriculum is the program in physical education for students enrolled at the college. It is the group of courses in which the general student body enrolls and must secure credit to meet general graduation requirements.

Health is that program in physical education which provides

learning experiences for the purpose of influencing knowledge, attitudes, and conduct relating to individual and group health. Recreation is the program in physical education concerned with the wise use of leisure. The goal of this program is the promotion of knowledge, attitudes, and skills through which the individual may find satisfying refreshment.

Intramurals is the recreational service program concerned with those physical education activities in which students compete among themselves voluntarily during their leisure within the school environment. Intercollegiate athletics is that program of competitive physical education activities carried on between schools.

Northwestern State College is a four year liberal arts school located in northwestern Oklahoma at Alva. Previous names of the school have been Northwestern Territorial Normal School, Northwestern State Normal School, and Northwestern State Teachers College.

The organization of the remainder of the study. The chapters succeeding the introductory chapter trace the history of physical education at Northwestern (Oklahoma) State College chronologically. Chapters II and III will be a discussion based upon research gathered from literature and personal interviews regarding the development of physical education at Northwestern (Oklahoma) State College in all of its ramifications: interscholastics, intramurals, health, physical education, and recreation. Chapter IV will contain tables and discussion concerning physical education personnel. Chapter V will include a summary, with recommendations for possible direction in the future.

Sources of data and method of procedure. Primary sources of data for this work were obtained from official reports of Northwestern State, including minutes of the Board of Regents meetings, President's Reports, and minutes of the Oklahoma Collegiate Athletic Conference. Other primary sources include college catalogs, yearbooks, Alva Pioneer, The Northwestern, and scrapbooks of Mrs. Clara McKitrich and Wistar D. Newby. Personal interviews were conducted with persons directly and indirectly connected with physical education at Northwestern.

The method of procedure involved the examination of primary and secondary sources which exposed and interpreted the evolution of physical . . . education at Northwestern State College. . . .

CHAPTER II

THE BEGINNING: 1897-1930

Introduction

Northwestern in 1897 was a small territorial normal school. Its purpose was that of preparing teachers for the public schools of the State of Oklahoma. By 1910, Northwestern progressed from a small school to one of the largest normal schools in the state of Oklahoma. In the spring of 1930, Northwestern underwent a reorganization, and added two years of work to her curriculum. This gave the school the privilege of granting the baccalaureate degree.

Northwestern was fully accredited by the North Central Association of Colleges and Secondary Schools in 1922. The school had been a member of the American Association of Teachers' Colleges since the organization of that association.

In 1930 the purpose of Northwestern was still that of preparing teachers. Northwestern offered courses primarily for teachers leading to the Bachelor of Arts and Bachelor of Science Degrees, carrying with them a Life Certificate to teach in Oklahoma.

The part that physical education played in the aim and purpose of Northwestern from 1897 to 1930 is found on the following pages.

Athletics

Physical education, in the form of athletics, began early at

Northwestern Territorial Normal School.¹ To what extent this branch of physical education was conducted in its early stages is difficult to determine. It is believed that athletics were conducted by the students the first two years of the life of the school.²

In 1898 the young men of Northwestern organized an athletic association and drew up a constitution.³ This organization soon became a member of the Territorial Intercollegiate Association which allowed it to take part in the annual meet between the normal schools and universities of the state. This meet was held at Guthrie, Oklahoma during the spring of the year.⁴

There was undoubtedly some type of athletic competition between Northwestern teams and various college and high school teams between 1897 and 1899. However, direct attention is given to intercollegiate competition during the school year of 1899-1900.⁵ In that year, Northwestern fielded a football team and put a girls' basketball team on the court. The baseball schedule for the spring of 1900 consisted of games with Oklahoma University, Fairmount College of Wichita, and Fairfield University. In that same year, Northwestern was represented in the

¹Northwestern Bulletin, 1902-1903, (Vol. I, No. 1. June, 1902), p. 20.

²The Northwestern Territorial Normal, (Vol. I, No. 1, February, 1901), p. 17.

³Ibid., p. 16.

⁴The Northwestern X-Ray, (Vol. II, No. 1, September, 1903), p. 19

⁵The Northwestern Territorial Normal, (Vol. I, No. 1, February, 1901), pp. 16-17.

annual athletic contest at Guthrie, winning the one hundred yard dash and the mile bicycle race.

In January, 1901 the Northwestern Athletic Arena was completed.

The Northwestern Territorial Normal has the finest athletic grounds and equipment of any college in the southwest. The enclosure is 400 feet by 300 feet. It is built on the level south of the Northwestern Territorial Normal building. The amphitheatre is 70 feet by 30 feet, will seat about 500 people and is placed in the most advantageous position for viewing the games.⁶

The athletic building is situated just south of the enclosure and is 40 feet by 30 feet. It has two large rooms and three lockers. The basketball girls have charge of one of these large rooms. The other is for band practice, athletic meetings, and general gymnasium work.

This athletic ground will make Northwestern Territorial Normal athletics permanent, and will be a great help to the school. It has been put in shape at an expense of \$1600.⁷

The exact date of the construction of the tennis courts is not known. These courts were in existence by the fall of 1902.⁸ The tennis courts were located on the northwest corner of the campus where the present Eighth Street meets Highway 64. The athletic arena was located at the southeast corner of the campus where the athletic fields are presently located.

Members of the faculty began to manage the various sports in the 1899-1900 school year.⁹ By the school year of 1903-1904, a system was

⁶The Northwestern Bulletins of 1902-1903 and 1909-1910 report the seating capacity of the Amphitheatre to be 1000.

⁷The Northwestern Territorial Normal, (Vol. I, No. 1, February, 1901), pp. 16-17.

⁸Northwestern Bulletin, 1902-1903, loc. cit.

⁹The Northwestern Territorial Normal, p. 17.



Fig. 1

NORTHWESTERN NORMAL ATHLETIC ARENA, 1901

worked out by the athletic committee, (composed of faculty members), whereby various teachers of the committee took charge of a sport.¹⁰ The popular sports of the period from 1899 to 1906 appear to have been football, baseball, and girls' basketball.¹¹

The purpose of athletics as viewed by Northwestern at this time was as follows:

Athletic sports are encouraged as a means of pleasant recreation, for their value in developing the body, as a source of social and ethical culture, and as cultivating a spirit of the feeling of potential power.

¹⁰Northwestern Bulletin, 1905-1906, p. 19-20.

¹¹Northwestern Bulletin, 1902-1903, p. 20.

These sports are indulged in mainly to develop the physical side of manhood and womanhood, that is too often neglected, when students are struggling for mastery in the intellectual world. Basketball, tennis, golf, baseball, and football are the games that have working organizations. These games are so organized that contests at home, with teams in other schools, are of frequent occurrence, thus keeping up a lively interest in these sports that draw pupils into active out-door exercise.¹²

With the beginning of the 1906-1907 school year, athletics at Northwestern Territorial Normal took on new life. School had begun in 1897 with an enrollment of fifty-five students and three teachers. In 1899, when the school was transferred to its permanent quarters in the "Castle on the Hill," it had an enrollment of 413 students and eleven instructors.¹³ In 1905 Northwestern was utilizing every inch of space and had partitioned additional rooms in the basement and attic of its main building.¹⁴ On March 2, 1905, measures were taken to appropriate \$50,000 for the construction of a new library and science hall for the Northwestern Normal. By the time this building was completed on March 26, 1907, the enrollment at Northwestern was nearing 1000 students and the faculty numbered twenty-five.¹⁵

The new Science Hall contained a gymnasium as well as a library and auditorium. The gymnasium was used for basketball practice and games and for the conducting of other classes in physical culture.

Little is known about athletics at Northwestern between 1906 and

¹²Northwestern Bulletin, 1903-1904, p. 27.

¹³Northwestern Bulletin, 1902-1903, p. 7.

¹⁴Northwestern Bulletin, 1907, p. 21.

¹⁵Ibid., p. 21.



Fig. 2

SCIENCE HALL, 1907

1914. However, it may be assumed that athletics were being improved and becoming more popular during this period. This assumption is based largely upon the evidence presented in sources following the spring of 1914. For instance, in considering football prior to the fall of 1914, this statement was made:

In considering what our success in football has been this year, it would be well to compare this year with previous years. As far as the number of games won is concerned, other years have been more successful. We give great credit to the former coach, Professor Wyatt.¹⁶

The baseball teams between 1906 and 1914 evidently improved

¹⁶The Ranger, 1915, p. 91.

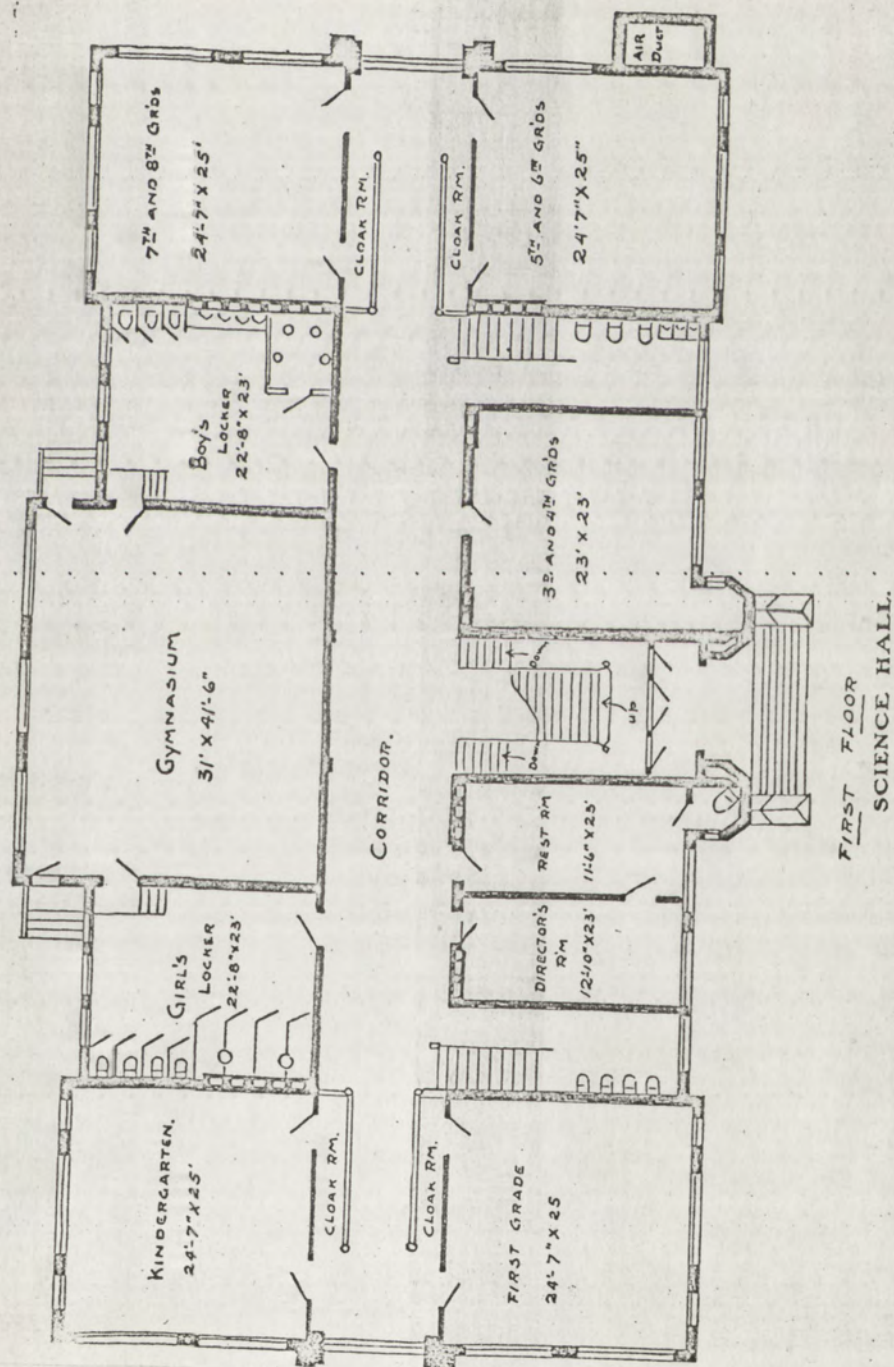
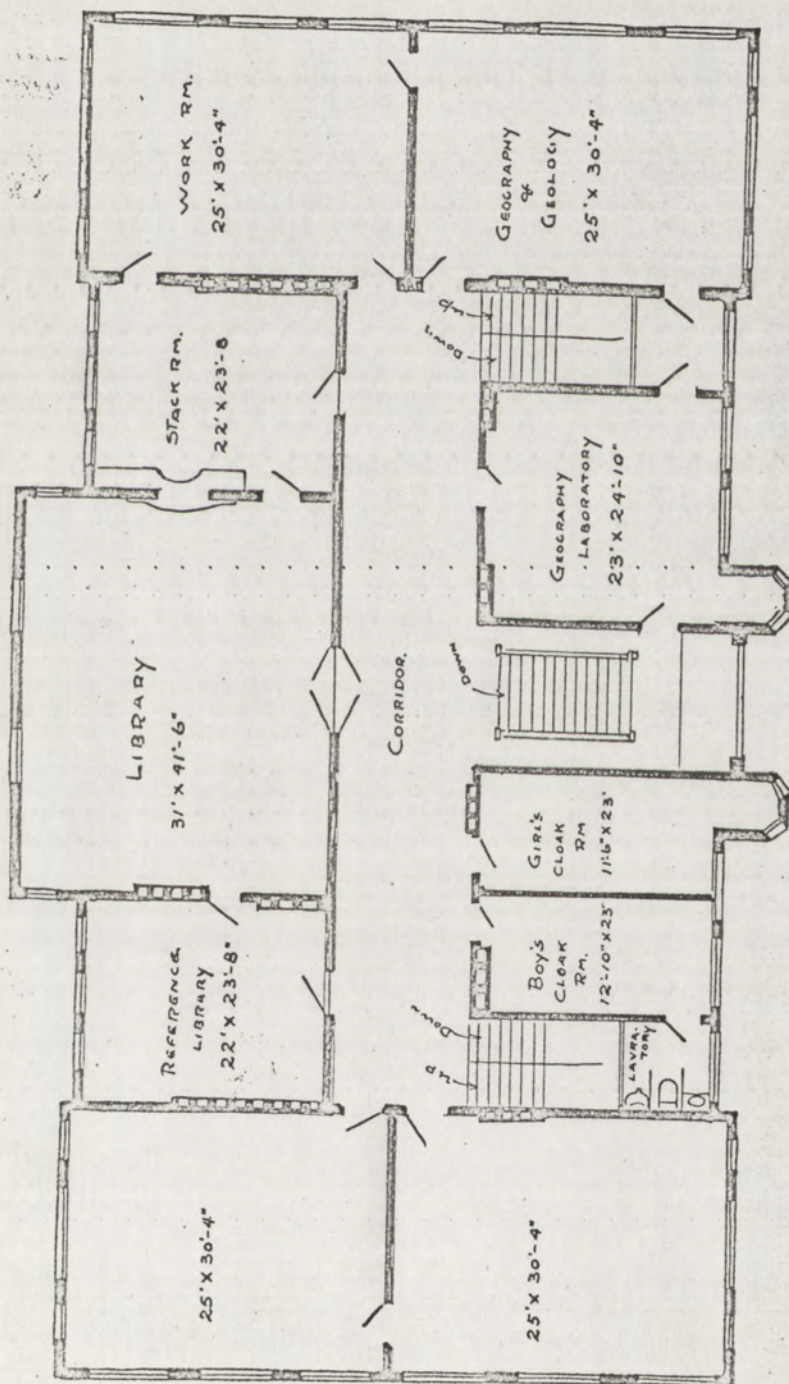


Fig. 3



SECOND FLOOR.
SCIENCE HALL.

Fig. 4

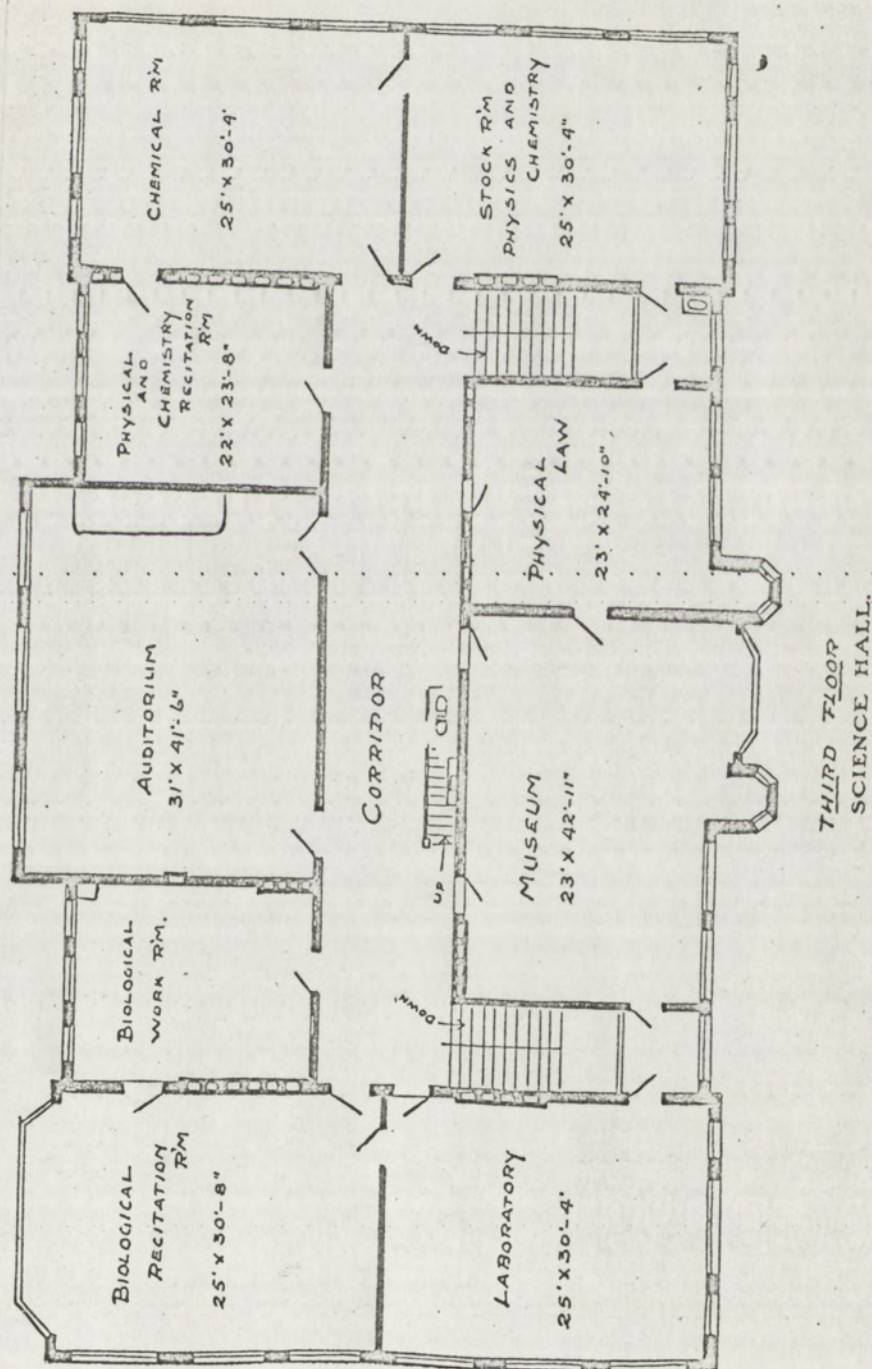


Fig. 5

gradually until a championship team was formed in 1915. Interest in baseball reached a climax in that year.¹⁷

The girls' basketball team continued during 1906-1914, but information regarding interest displayed in the team was not found. However, the seasons following 1914 were successful in winning games.¹⁸

Boys' basketball was introduced as an intercollegiate sport at Northwestern during this period, 1906-1914. The 1914-1915 basketball season was one with many defeats, but the following year the team was a strong contender for the championship among the Normal schools.¹⁹ The fact that basketball was popular at Northwestern by 1914 and that these were strong teams, plus the fact that a gymnasium was made available at the school in 1907, may indicate that the team was formed during 1907 or a short time later.

Track and field at Northwestern was strong during the spring of 1915.²⁰ Although popularity in this area was not overwhelming, there is evidence that interest was increasing.²¹

The assumption that athletics was gaining in popularity at Northwestern is supported even further by the fact that in 1914 there were

¹⁷Ibid., p. 95.

¹⁸The Ranger, 1915, p. 95; The Ranger, 1916, p. 96; The Ranger, 1917, p. 74.

¹⁹The Ranger, 1915, p. 93.

²⁰Ibid., p. 97.

²¹Annals available between 1915 and 1930 support the assumption that track and field at Northwestern was a very unstable sport in its popularity.

four physical training instructors as compared with one in 1906.²²

Much of the growth and success of athletics at Northwestern may be attributed to Frank S. Wyatt, employed as director of physical training in 1906.²³ Although other members of the physical education staff undoubtedly aided in the early development of athletics, Frank Wyatt, as athletic director, directed its growth from 1906 to 1918.

Frank Wyatt received his A. B. degree from Oklahoma University. He had studied as a student at the University of Chicago and Bethel College at Newton, Kansas. Mr. Wyatt had served as principal of the high school at Newton from 1900 to 1901, and as principal of the Okeene Public School at Okeene, Oklahoma, from 1902 to 1906.²⁴ At Northwestern Mr. Wyatt also taught history and economics.

In the 1914-1915 school year, Professor Wyatt was relieved of some of his coaching responsibilities with the employment of H. H. Williams. The only qualifications available on Williams were that "he received his training in Vanderbilt University, where he served as captain of the teams when they tied Yale University."²⁵ Mr. Williams coached football, while Professor Wyatt coached baseball and track and field. Basketball was coached by the foreign language instructor, Mr. C. S. Warren.

²²The Ranger, 1915, p. 86, p. 95.

²³Northwestern Bulletin, 1907, p. 24; 1908-1909, pp. 23-24; Statement by John C. Julian, interviewed March 19, 1966.

²⁴Northwestern Bulletin, 1906-1907, p. 7.

²⁵The Ranger, 1915, p. 86.



Fig. 6

FRANK S. WYATT, 1906-1924



Fig. 7

H. H. WILLIAMS, FOOTBALL COACH, 1914-1915

The football team went down in defeat in that year, although the basketball team was successful. Basketball opponents in 1914-1915 were Tonkawa, Weatherford, Phillips University, Edmond, and Oklahoma University. Football opponents included Henry Kendall College, Tonkawa, Friends, Phillips University, and other Normal Schools of the state.²⁶

²⁶Ibid., pp. 86, 93.

The baseball team of 1915 was undefeated. "In the spring of that year they had victories over Oklahoma University and Chinese University of Hawaii."²⁷ School spirit increased tremendously with the success of the baseball team.²⁸

Track was poor at Northwestern in the spring of 1914. However, victory shone in favor of the Northwestern State Normal in 1915. In that year the Rangers took third place in the Oklahoma A. and M. meet, and second in the meet between the Normal Schools of the state.²⁹

Girls' basketball was coached by Miss Frances Edmonds, head of the department of physical education for girls. The girls had a championship team in 1914-1915, winning all but a few of the games played. Their schedule included games with Waynoka, Aline, and Cherokee High Schools; also the Normal Schools at Ada and Edmond.³⁰

H. H. Williams left Northwestern at the close of the 1914-1915 school year. This left two members on the physical education staff at Northwestern in 1915-1916, Mr. Frank Wyatt and Miss Frances Edmonds. Wyatt coached the football, basketball, and baseball teams and assisted Miss Edmonds in the coaching of the girls' basketball team. The girls' team won the championship among the Normal Schools of the state in this year.³¹ No mention is made concerning the success or failure of the

²⁷Jones S. Graves, personal letter, March 22, 1966.

²⁸The Ranger, 1916, p. 81.

²⁹Ibid., p. 103.

³⁰The Ranger, 1915, p. 95.

³¹The Ranger, 1916, pp. 89, 99.



Fig. 8

BOYS' BASKETBALL TEAM, 1915, AND COACH C. S. WARREN



Basket Ball

Purcell, Jones, Sizeth, Wycoff, Miss Edmonds, Rolf, Lewallen, Shewely, Hoffsommer.

Fig. 9

GIRLS' BASKETBALL TEAM, 1915, AND COACH FRANCES EDMONDS



Fig. 10

FRANCES EDMONDS, 1914-1916

track team for the spring of 1916.³²

Football in the fall of 1916 was coached by F. Park Geyer, who was director of physical training for men and athletic coach. Geyer had gained popularity as "Oklahoma University's famous all-around football man."³³ Under the direction of Coach Geyer, Northwestern achieved

³²The Ranger, 1917, p. 81.

³³Ibid., p. 63.

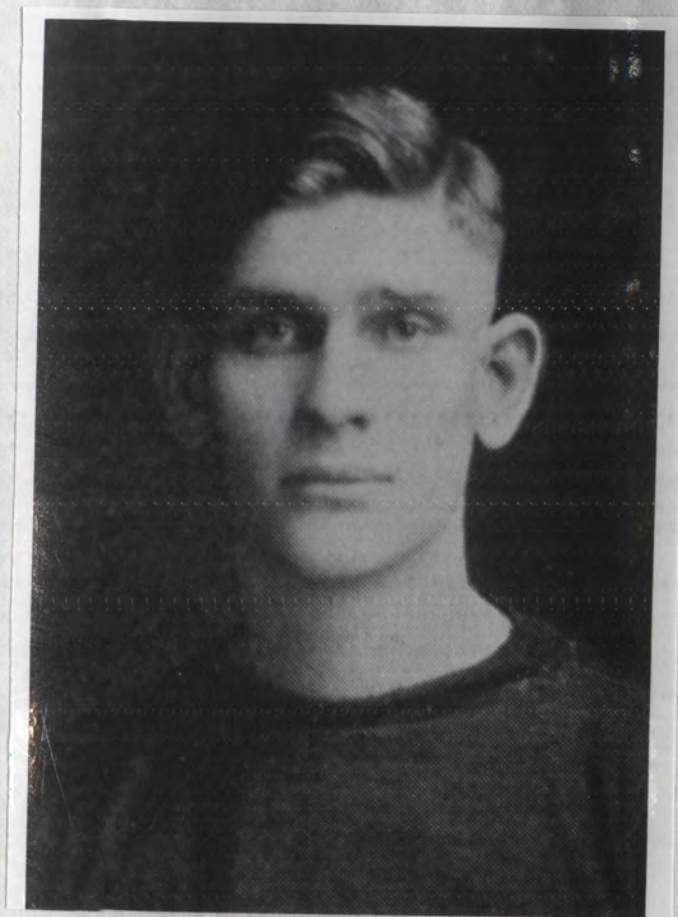


Fig. 11

F. PARK GEYER, FOOTBALL COACH, 1916-1917

second place among the Normal Schools, with Edmond being the only school in her class to defeat her.³⁴

In 1916-1917, athletics at Northwestern were both helped and hindered. Northwestern's president, J. W. Graves, was an enthusiastic supporter of the athletic program.³⁵ On the other hand, athletics appears to have been hindered by placing a great deal of emphasis on one

³⁴Ibid.

³⁵Ibid., p. 79.

sport. The basketball team made a trip to the West Coast, and little effort or emphasis was given to the teams that remained at home.³⁶ The athletic spirit of the school and community was high; but it was channeled toward the team on the road. The girls' basketball team and the track and baseball teams all indicated great potential for victories, but they received little attention.³⁷ Miss Ruby Williams was in charge of girls' basketball during the year.

Despite the fact that so much attention was focused on the trip to the West Coast, the reserve basketball team that remained at home did very well. "Northwestern would have made a good showing if the reserve team had been her only basketball team."³⁸ The reserve team played a stiff schedule, competing against such teams as the Chicago Crescents, Methodist University, Oklahoma A. and M., Phillips University, and Central State College at Edmond.

The trip to the West Coast is related by the basketball coach, Frank S. Wyatt:

At the close of the 1915-1916 season the Ranger's basketball team held the championship of the secondary schools of the state, and was pronounced by all who saw them in action as the best five in the state. Because of their scientific playing, size, and age, it was decided that if sufficient financial aid could be secured, the team should make a trip to the Pacific coast.³⁹

³⁶Ibid., p. 74.

³⁷Ibid., pp. 74-81.

³⁸Ibid., p. 75.

³⁹Jones S. Graves, personal letter, March 22, 1966, indicated that the team became masters of the short pass type of playing basketball.

When the season opened the trip to the coast was practically assured. The boys started to work with a will. Capt. Lane went around the route early in the fall and secured the games for the team to play on their western trip.

The trip to the coast was the greatest feat ever accomplished by any school in the middle west. On their tour the Rangers won eighty percent of the games played. Their success is hailed by all as unparalleled. For a bunch of boys whose average age is 19 and whose average weight is 140 pounds, to successfully complete such a tour seems almost miraculous. On this tour the Rangers met teams such as the champions of the Pacific coast, and the team which took second place in the great tournament at Chicago, and they also won from teams which had beaten last year's United States champions.

After the return of the Rangers from their western trip, the athletic coach at Northwestern tried to secure games with teams in our own state. A challenge was issued. There were but two acceptances, one of them being a professional club, and in each case the opposing teams went down before the onslaught of the Rangers and their unconquerable basketball tactics.

At the last of the season the team was sent to Chicago to take part in the National tournament. Their first game was won easily, but the second was with the Brigham Young University and was lost by a small score. They started on their return trip and on their way won from the Whiting Owls of Whiting, Indiana, who also took part in the Chicago tournament. They returned home and are now hailed in Ranger land as champions of Oklahoma, conquerors of the west, and worthy opponents for any team in the world.⁴⁰

A majority of the games played on the trip is listed below:⁴¹

<u>NSN</u>		<u>OPPONENT</u>
34	Mooreland	17
78	Supply	16
42	Friends University	21
98	Shattuck	6
38	Bethany College	19
76	Salina W. B. C.	36
64	Denver A. C.	6
38	Colorado Aggies	22
14	Wyoming University	17
45	Rawlins All-Stars	20

⁴⁰The Ranger, 1917, p. 70.

⁴¹Ibid., p. 72.

<u>NSN</u>		<u>OPPONENT</u>
78	Rock Springs	12
44	Evanston High School	16
53	Elko County High School	12
17	Sacramento A. C.	24
37	St. Mary's	28
25	Red Bluff	9
32	Oregon University	12
15	Williamette	17
9	Mullanomah	48
30	Seattle Elks	29
25	Montana University	24
25	Gonzaga University	30
15	Bozeman	45
26	Brandies, Omaha	27
27	Kendall College	26
45	Blackwell A. C.	20
47	Hamlin Triangles	28
24	Brigham Young University	35
34	Whiting Owls	28

During World War I, there was a lull in athletics at Northwestern from 1917 to 1920.⁴² Since Miss Williams and Professor Wyatt were teaching physical education in 1917-1918, it is assumed that athletics were carried on during this year. An interview with John C. Julian on March 19, 1966 revealed that a limited amount of athletics was carried on in 1918 and 1919. However, this being true, athletics were conducted by members of the staff other than physical educators. Frank Wyatt was on leave of absence with the Army Y. M. C. A. in 1918 and did not return until the fall of 1919.⁴³ Whether or not Miss Williams remained at Northwestern during this period is not known.

That some form of athletics was conducted in 1918-1919 is given

⁴²Jones S. Graves, personal letter, March 22, 1966.

⁴³Northwestern Bulletin, 1918-1919, p. 6.



Fig. 12

RUBY WILLIAMS, 1916-1918
GIRLS' BASKETBALL COACH

support by the curriculum of that year. Listed in that year's catalog, the Northwestern Bulletin, is the course "428 Athletics," consisting of thorough training in football, baseball, track, and tennis. This course was taught two or three hours each week for one-third unit of credit. Other course listings for physical education in that year indicate that a physical educator may possibly have been on the faculty.

In 1919 James P. Battenberg became president of Northwestern. He was interested in athletics and served as basketball coach in that



Fig. 13

R. W. JOHNSON, FOOTBALL COACH, 1919-1920

year.⁴⁴ In this same year, football was coached by Richard W. Johnson. Johnson was the commerce teacher as well as coach of athletics.⁴⁵ The football team came within one game of winning the Normal School State Championship in this year. Mr. Wyatt returned to Northwestern in 1919 and coached the second team in football.

⁴⁴Ibid., p. 38.

⁴⁵The Ranger, 1920, p. 11.

Boxing was introduced to Northwestern in 1919-1920.⁴⁶ This course was entitled the "manly art of self-defense." Boxing, however, lasted for only that year at Northwestern, leaving with its founder, Coach Johnson.

In 1919-1920 a hurried effort was made by the faculty, the president, and the Commercial Club of Alva to secure an adequate gymnasium.⁴⁷ The gymnasium in the Science Hall was too small and no team would play the Rangers on it. Consequently, games were played on the court in what is presently the Alva Junior High School building.⁴⁸

In the spring of 1919, an appropriation of \$50,000 was secured for the erection of a gymnasium. The building could not be fully completed according to the original plans owing to war prices. However, in its partially finished condition, it provided a floor about 65 by 90 feet in dimension, and classes in physical education, as well as basketball games, are well provided for. An additional appropriation is needed to procure interior finish, a swimming pool wing, and adequate athletic equipment.⁴⁹

The building was named Wyatt Gymnasium and was available in the fall of 1920 for basketball games and physical education classes.⁵⁰

In the 1920-1921 school year at Northwestern, the intercollegiate athletics program was composed of football, basketball, freshman basketball, baseball, track and field, tennis, and girls' basketball. The reorganization of Northwestern State Teachers' College in 1920 made the

⁴⁶Ibid., p. 115.

⁴⁷Northwestern Bulletin, 1920-1921, p. 5.

⁴⁸Ibid., p. 5; Jones S. Graves, personal letter, March 22, 1966.

⁴⁹Northwestern Bulletin, 1923-1925, p. 11.

⁵⁰Jones S. Graves, personal letter, March 22, 1966.

school a four year college with the power to grant degrees.⁵¹ This made it possible for Northwestern to have a freshman basketball team.

Frank Wyatt became athletic coach for the major sports at Northwestern in 1920. Wyatt's teams made a good showing in all sports with outstanding success in football.⁵² Although girls' basketball was played during the 1920-1921 school year, the coach is unknown.⁵³ Since there was not a woman physical educator until the arrival of Miss Emma Stevning in 1922, it is possible to assume that the girls' basketball team was coached by Wyatt or some other faculty member.⁵⁴

The 1921-1922 school year at Northwestern saw the football team again under the direction of Wyatt. This year the Rangers lost the conference championship to Central State at Edmond.⁵⁵ Mr. Wyatt was also coach for basketball and minor sports. These minor sports consisted of track, swimming, field events, tennis, volleyball, military drills, and baseball.⁵⁶ The girls' basketball team was defeated in the championship play-offs by Phillips University. Phillips defeated Northwestern by a score of sixteen to twelve.⁵⁷

⁵¹Northwestern Bulletin, 1920-1921, p. 5.

⁵²The Ranger, 1921, pp. 73-92, 95-99.

⁵³Ibid., p. 94.

⁵⁴This is an assumption of the author based upon the fact that pictures of a girls' basketball team are available for this period, but no coach is mentioned for them in the material researched.

⁵⁵The Ranger, 1922, (n.p.).

⁵⁶Ibid.

⁵⁷Ibid.

Athletics at Northwestern from the fall of 1922 to the spring of 1924 was conducted by Miss Emma Stevning and Frank Wyatt. Girls' basketball disappeared from intercollegiate competition during 1922-1923. During the period of 1922 to 1924, all areas of athletics witnessed successful but not outstanding seasons.⁵⁸ Much credit for the success of the teams was rightfully given to Frank S. Wyatt.

Mr. Wyatt, for eighteen years has been the mentor of Northwestern! Eighteen years one of the foremost figures in Oklahoma Athletics! Eighteen full years! Years in which he has produced many winning teams in the various branches of athletics sponsored by the school. He is nationally known as an athletic director.⁵⁹

He might well be called the father of athletics in Northwestern Oklahoma! For not only has he assisted in developing athletics in the high schools of this section through actual personal contact, but members of Ranger teams have been coaching these same teams for over a generation, carrying the knowledge that they received here to those who may eventually come here in later years....

His name is synonymous with Northwestern athletics. He is indeed the "grand old man of Ranger athletics."⁶⁰

In 1924 John McCormick was employed at Northwestern as an instructor in athletics. He had attended Northwestern from 1917 to 1921. He had been a special student in the school of athletics at the University of Illinois and University of Chicago. From 1922 to 1924, McCormick was athletic coach at the Alva High School.

⁵⁸The Ranger, 1924, pp. 48-54; The Ranger, 1925, pp. 24-33.

⁵⁹The writer of this quotation is one year off on the number of years Frank S. Wyatt had coached at Northwestern up to this time. Evidently the writer failed to take into consideration the absence of Wyatt during W. W. I. The actual number of his years at Northwestern from 1906 to 1924 is seventeen.

⁶⁰The Ranger, 1924, p. 48.



Fig. 14

JOHN W. McCORMICK
INSTRUCTOR IN ATHLETICS, 1924-1933

From 1924 to 1925, McCormick coached the football, basketball, and track teams while Frank Wyatt coached tennis and served as Director of Athletics.⁶¹ McCormick was noted for his good basketball teams.⁶²

During the 1925-1926 school year, Frank S. Wyatt left Northwestern

⁶¹The Ranger, 1925, p. 36.

⁶²Jones S. Graves, personal letter, March 22, 1966.



Fig. 15

KATHRYN L. ROSE, 1924-1926

after spending eighteen years on the faculty. His years of service had added to the magnitude of athletics at Northwestern. That the students responded to his leadership as a coach and teacher is evident by the praise given him by the students themselves.⁶³ Frank Wyatt had carried athletics at Northwestern from infancy to youthfulness. New hands were needed to continue to nurture and guide its growth.

⁶³The Ranger, 1915, p. 91; The Ranger, 1924, p. 48.

From the fall of 1925 to the spring of 1927, McCormick continued in his position as instructor. He was aided in this period by Miss Kathryn L. Rose. She came in 1925 as director of girls' physical education. She received her Bachelor of Arts degree from Lombardy College at Gainsville, Illinois. Miss Rose gave attention to playground supervision and coaching courses.⁶⁴

From 1927 to 1930 and beyond, the physical education staff at Northwestern consisted of Wistar D. Newby, John McCormick, and Miss Louise Fees. Mr. L. A. Ward was librarian and instructor of social science, but he was also appointed as director of athletics in 1928.

Wistar Newby was employed in 1927 as instructor in athletics and football coach. He had graduated with a B. A. degree from Friends University. From 1924 to 1927 he attended the Michigan Coaching School, and in the summer of 1927 he attended the coaching school at Southern Methodist University, under the direction of Rockne and Meanwell.

Louise Fees was employed in 1927 as women's physical education director. He degree was from Oklahoma University.

John McCormick continued as basketball and tennis coach during this period, (1927-1930). During this time he turned out good teams in both sports.⁶⁵

Newby coached football and track during this period. He was a successful coach and a student of the game of football. Before 1930 had arrived, he had studied at various coaching schools. A few of these

⁶⁴The Ranger, 1926, (n.p.).

⁶⁵The Ranger, 1930, p. 157.



Fig. 16

LOUISE FEES, 1927-1933

were Roper of Princeton, Spears of Wisconsin, Jones of Southern California, and Warner of Leland Stanford.⁶⁶

Newby was successful in raising the prestige of football at Northwestern. He was a stickler for cleanliness and maintained hygienic

⁶⁶Ibid.



Fig. 17

L. A. WARD, DIRECTOR OF ATHLETICS, 1928-1933

conditions in the dressing rooms.⁶⁷

In 1929-1930 Newby and a group of alumni (composed of L. A. Ward, A. G. Vinson, John Cameron, Joe Bell, and Art Lane) led a drive to do

⁶⁷Jones S. Graves, personal letter, March 22, 1966. Also, in April of 1964, Mr. Newby, in a conversation with the author, stated the problems he had encountered in cleaning the dressing rooms in Wyatt Gymnasium in the summer of 1927. He stated that there was moss in the showers and that they were generally filthy. In cleaning and disinfecting them, he acquired a bad case of scalp disease which he was unable to get rid of for several months.

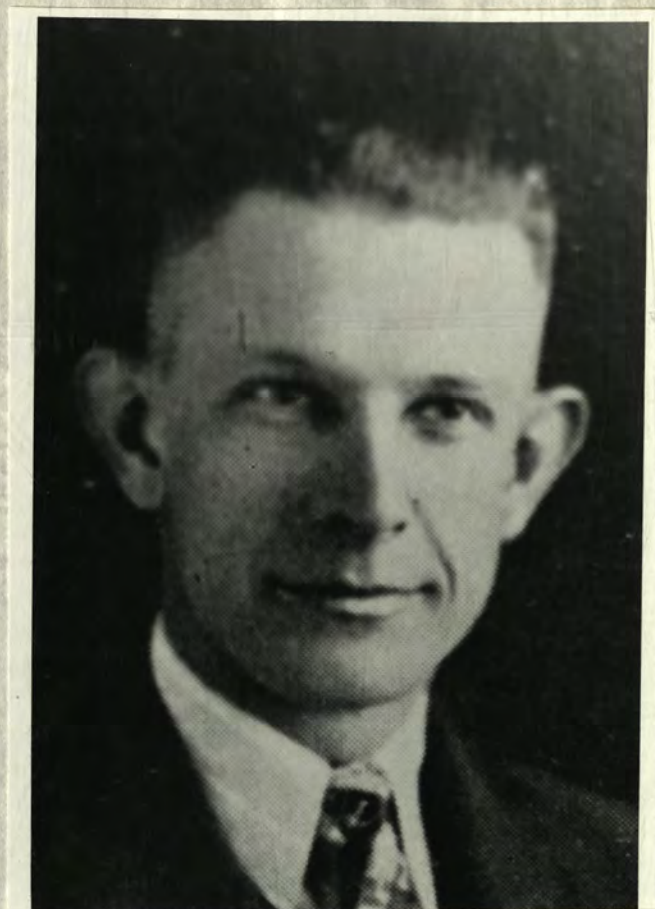


Fig. 18

W. D. NEWBY
INSTRUCTOR OF ATHLETICS, 1927-1933

something about the football field. Goals were leveled and a sodded playing field, lights, and permanent stands were added.⁶⁸ The new stadium was wooden, spanned 232 feet in length, and seated approximately 2000 spectators.⁶⁹

Because of the guidance of W. D. Newby in this project, the field

⁶⁸Ranger Round-up, Vol. XXVII, No. 2, Fall, 1961, (n.p.).

⁶⁹Ibid.

was named in his honor. By the time the fall of 1930 had arrived, Newby field was in readiness.⁷⁰

Newby's success as a coach and teacher was related to his interest in the students. He often stated that "a man has no business as an athletic coach unless he is willing to put the boy first. If he does that, he will win the boy, and if he wins the boy, the scoreboard will take care of itself."⁷¹

Wistar D. Newby had picked up the torch of Northwestern athletics from Frank S. Wyatt. He was destined to carry it far into the future.

The Curriculum

The purpose of Northwestern Territorial Normal School was the preparation of teachers for the public schools of Oklahoma. With this end in view, the courses were along the line of the science and art of teaching.⁷²

The part that physical education played in this purpose was viewed by the members of the athletic committee in 1903. According to them, it contributed a spirit of the feeling of potential power, it encouraged pleasant recreation, it developed the body, and was a source of social and ethical culture.⁷³

⁷⁰Ibid.

⁷¹Ranger Round-up, Vol. XXIX, No. 2-3, Winter, 1963, (n.p.).

⁷²Northwestern Territorial Normal, 1900-1901, p. 6.

⁷³Northwestern Bulletin, 1903-1904, p. 27.

In 1905 the athletic committee mentioned a need for a gymnasium and physical training instructor.⁷⁴ This need was answered by the employment of Frank S. Wyatt as physical training instructor in the fall of 1906.

Under the direction of Wyatt, physical culture gained in popularity and interest. Physical culture was introduced in 1907 as a required element in the curriculum of the Preparatory Department.⁷⁵ Also in 1907 a class in physical culture was offered as one of the Teacher's Review Courses. Teachers taking the review courses were encouraged to take advantage of this and other branches of study not found in the school's common curriculum.⁷⁶

In 1908 physical education was viewed as something which all teachers should have a knowledge of in order to direct the play of youth and instill habits of health.

Within the last year the subject of physical education has been growing in interest, until now the best educators concede it a place in schools of every class from kindergarten to college. Believing that the growing time is the period in which to form the habits of health and teach a greater reverence for the sanctity of the body. We begin the care and training of the physical being with the pupil's advent into school.⁷⁷

In 1911 physical training was required of all students throughout the year. Only those students were excused who had written advice from

⁷⁴Northwestern Bulletin, 1905-1906, p. 20.

⁷⁵Northwestern Bulletin, 1907, p. 15-16.

⁷⁶Northwestern Bulletin, 1907, p. 24.

⁷⁷Northwestern Bulletin, 1908-1909, pp. 23-24.

a physician stating the reasons why they should not participate in physical activity. One free period was available in which students engaged in desired activity.⁷⁸

In 1912, physical education was promoted as an important element in the training of teachers. It was considered important that public school teachers know the purposes of physical education. These purposes were listed as promoting vigorous health, promoting friendliness and morality, and providing wholesome pleasure.⁷⁹

In 1913, two years of physical training were required. This was stated in Rule 12, as listed below:

In normal schools where physical training is offered, students entering on or after September 9, 1913, are required to take two years of gymnasium work and will receive one credit for each year's work; provided, however, that any student shall be excused upon written advice of a physician.⁸⁰

In 1916 the first courses in physical education appeared in the Northwestern Bulletin. These courses were intended to impart knowledge in playground supervision, teaching games and dances to grade school children, and coaching. Service courses were also offered. The course listing was as follows:

426. Folk Games and Dances. The teaching of these activities in the grades. An elective for advanced students.

427. Playground supervision. Organization and supervision of playground activities. An elective for advanced students.

⁷⁸Northwestern Bulletin, 1911, p. 5.

⁷⁹Northwestern Bulletin, 1912, (n.p.).

⁸⁰Northwestern Bulletin, 1913-1914, p. 5.

428. Theory of Athletics. Coaching, supervision of athletics, activities in games, track and field work. An elective.

429-430. See rule 12. Classes in gymnasium work are offered continuously.⁸¹

In 1917 the "Theory of Athletics" was omitted as a course offering. The other courses remained the same.

During 1918-1919, "Military Drill" was added to the physical education curriculum. This activity was under the direction of an officer of the United States Army.⁸² Classes in athletics were resumed in this year.⁸³

Northwestern was granted the right to award baccalaureate degrees in the spring of 1920. With this privilege went the responsibility of adding two years of college work to the school curriculum.⁸⁴

The curriculum in physical education from 1920 to 1924 dropped "Military Drill" and in its place physical exercise of another type was offered. New courses were offered in "The Theory of Coaching," "Hygiene and First Aid," and "The Theory of Physical Education." A total of eight courses were now included in the physical education curriculum. Of these, two were service courses and the remainder were professional courses.

"Physical Exercise" was offered as a service course. Participation in intercollegiate athletics was also sufficient to fulfill the

⁸¹Northwestern Bulletin, 1916-1917, p. 41.

⁸²Northwestern Bulletin, 1918-1919, p. 27.

⁸³Ibid., p. 29.

⁸⁴Northwestern Bulletin, 1920-1921, p. 5.

physical education requirement. One professional course, "The Theory of Physical Education" was divided into two sections. One section was intended primarily for those who wished to become teachers in high schools and colleges. The other course contained methods in teaching physical education for the primary and grammar grades.⁸⁵

The professional and service curriculum for this period was listed as follows:

1. Physical Exercise. Development of organic power. Three hours a week. One hour of credit.

Men (a) One hour of outdoor games while weather permits, other indoors.

(b) Various athletic games, during the seasons, in place of (a).

Women - Emphasis is laid upon development of good posture and poise. Outdoor games while weather permits, and indoor games, folk dances and elementary work in aesthetic dancing, calisthenics and apparatus.

2. Physical Exercise. Three hours a week. Men - continuation of course 1. Women - continuation of course 1. Advanced work.

3. Playground. Organization and supervision of playground. Theory and plays and games from the simple to the highly organized; practice in playing and coaching of games, athletics and folk dancing. Organization of tournaments, meets and various competitions. Equipment of playground, including construction of hand-made apparatus. Prerequisite: Course 2, physical and psychology. Two hours credit.

4. Theory and Dancing. Technique of dance. Study of folk and national dances, selected and arranged to meet the need of the schoolroom and playground. Elementary and advanced work in aesthetic and interpretative dancing. Study of pageantry. Two hours credit.

5. Theory of Coaching. This course is designed for those who

⁸⁵Ibid., pp. 63-64.

wish to coach teams, such as football, basketball, volleyball, track, baseball, and tennis. The various sports will be taken up and methods of training teams and formation worked out. Two hours credit.

6. Hygiene and First Aid. Personal, school, and social hygiene, study of physical diagnosis and physical examination. Lectures and demonstrations in handling emergencies. Two hours credit.

7. Theory of Physical Education. Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching physical education for the primary and grammar grades. Gymnastics for schoolroom use, games, folk dances, and story plays. Prerequisites: Courses 2, 3, 4. Two hours credit.

8. Theory of Physical Education. This course is intended primarily for those who wish to become teachers of physical education in high schools and colleges. Prerequisites: Courses 2, 3, 4, 5, 6, and 7. Two hours credit.⁸⁶

In the period from 1924 to 1927, one additional health course was added to the curriculum. This course was a combination of health, tests and measurements, and correctives. In this period the first recreation course made its appearance in the physical education curriculum.

9. Community Recreation. Methods of arousing interest in indoor recreation; how to promote social events for all occasions; principles for the adaptation of recreation activities to the needs and capacities of community groups; organization and conduct of community progress for all occasions. One hour credit.

10. Physical Diagnosis. An attempt to train teachers so that they may offer intelligent advice to parents regarding health disorders common to children of school age; a study of the normal human body and variations from the normal; growth and tendencies; growth divergencies and control of growth handicaps; method of examining children as to their capacity and needs of exercise, and how to prescribe and give corrective training to individuals and classes. Two hours credit.⁸⁷

⁸⁶Ibid.

⁸⁷Northwestern Bulletin, 1924-1925, p. 89.

In 1924 the "Theory of Dancing" was replaced by "Physical Education." This course covered much the same material as presented in the course entitled "Playground."

4. Physical Education. (Required of all applicants for Life Certificates.) A study of the theory of play; educative plays and games; practical management of the playground; demonstration and practice of games suited to grade children; posture exercises; mass plays and games, management of tournaments and festivals. One hour credit.⁸⁸

During this period (1924-1927), ten courses were listed in the physical education curriculum. Of these, there were two service, two health, one recreation, and five physical education courses.

From 1927 to 1930, the curriculum in health education gained four new courses. They are listed below:

2. (New) School Hygiene. Hygiene, definition, scope, and relation to education; playground; school buildings, their location and construction; school water supply; school toilets, ventilation of school buildings, heating of school rooms; physical defects of school children, school room sanitation; medical inspection. Two hours credit.

4. (New) The Hygiene of the School Child. Physical basis of education; general laws of growth; factors in growth; children and adults, their physical differences; defective ears, eyes and teeth; children's diseases; speech defects; sleep and rest; the prevention of disease; health habits. Two hours credit.

100. (New) Planning School Buildings. This course is open to those preparing for city or county school supervision. Hygienic demands of school grounds and school rooms; planning school buildings; much individual instruction. Prerequisite: four hours in health education. Two hours credit.

101. (New) Methods of Teaching Health. Methods of health teaching in the school; preparation of charts and teaching helps

⁸⁸Ibid., p. 88.

needed in public and community health instruction. A consideration of the work of the United States Public Health service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health. Two hours credit.⁸⁹

Personal Hygiene became a required course for all freshmen, and for those wishing to obtain a Life Teaching Certificate or degree.

Students graduating with a degree after September, 1928, had fulfilled the following requirements.

3. Four of the 124 semester hours required must be done in physical education.

18. At least two semester hours of General Hygiene must be completed.⁹⁰

Physical education courses were now classified into two groups: physical education for men, and physical education for women.⁹¹

Service courses in this period from 1927 to 1930 included exercises one and two for men. Competitive sports, individual exercises one and two, and two courses in heavy apparatus were also service courses for the men.⁹² Service courses for women included organized athletics; folk, national, natural, and character dancing; elementary swimming; and formal gymnastics.⁹³

The professional curriculum for men contained several courses in the theory and practice of various sports. Theory of basketball,

⁸⁹Northwestern Bulletin, 1927-1928, pp. 53-54.

⁹⁰Northwestern Bulletin, 1929-1930, pp. 14-15.

⁹¹Northwestern Bulletin, 1927-1928, pp. 86-89.

⁹²Ibid., p. 86.

⁹³Ibid., p. 87.

baseball, football, track and field, wrestling, swimming, and life saving were offered. Practice coaching in basketball, baseball, football, and track and field were open to a student after he had taken and passed the theory courses. Other professional courses for men were:

104. Examination and Measurement. Instruction in physical examination of the various regions of the body, use of the stethoscope, study of the spine, reaction of the heart to exercises. Opportunity is offered for individual practice. Prerequisite: permission. One hour.

105. Organization and Administration. Lectures, reports, and classroom discussion for athletic directors. Deals with intercollegiate and intramural athletics from the point of view of administrative responsibility. Program of activities, business management, planning and upkeep of fields and gymnasium, purchase and repair of equipment, publicity, awards, managers, methods of arousing interest and of handling intramural sports; management of tournaments. Prerequisite: permission. Two hours.

106. Chemical Dietetics. A study of the chemistry of foods with the idea of determining food values and proper training food. Required for physical education major students. Two hours.

107. Public Appearance. A study in public speaking, review of advanced grammar and general instructions on how to meet the public. Required of major students in physical education. Two hours.⁹⁴

Professional curriculum for women physical education majors consisted of the following:

7. (New) Rhythmic Activities of Primary and Elementary Grades. Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Notebook required. Four hours a week, two hours. Twice a week, one hour.

8. (New) A Program of Physical Education. Activities for rural schools; self-testing activities; hunting exercises; athletics for individuals and groups; relief period exercises; and how to

⁹⁴Ibid.

conduct such after-school activities as Field Day, Kite Flying, Tournaments, Stilt Walking events, etc. Notebook required. Four times a week, two hours. Twice a week, one hour.

9. (3) Playground Activities. Demonstration and practice of plays and games suitable for children of the elementary grades. Notebook required. Twice a week, one hour.

13. (New) Playground Supervision. The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of handmade apparatus. Four times a week. Two hours.

14. (New) School Drama and Festivals. Includes dramatization of children's stories; organization of school and community play days; how to play, organize and conduct festivals and pageants. Notebook required. Two times a week. One hour.⁹⁵

The following subjects, listed under physical education for

women, may have been open to both sexes.

15. (New) Physical Examination and Growth Divergencies. For elementary and high school teachers; a study of the normal human body; divergencies from the normal defects; growth handicaps and their control; a course in child pathology for educators; also the special techniques in determining or estimating individual needs and capacities for physical training activities and the adaptation of activities; detection of impairments for reference to physician. Four times a week, two hours.

101. (New) Anatomy. A study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems. Thoracic and abdominal viscera. Four times a week. Two hours.

102. (New) Kinesiology. Topics: levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastics and athletic movements. Four times a week. Two hours.⁹⁶

Of the combined curriculum for both men and women from 1927 to 1930, there were fifteen service courses and thirty-two professional courses. Of the professional courses, one was in recreation education,

⁹⁵Ibid., p. 88.

⁹⁶Ibid., pp. 88-89.

six were in health education, and twenty-five were in physical education.

It was predicted in 1922 that Northwestern would "be able in a short time to maintain a department of physical education."⁹⁷ This prediction became a reality in 1930 with a department of physical education offering a curriculum in that area to those wishing to become coaches and physical educators.

Summer School

During the summer of 1920, courses were conducted in athletic coaching. The purpose for offering summer coaching courses was to make it possible for school administrators to receive insight into school sports. It was envisioned that "superintendents improve their relations with a student body when they manifest an intelligent sympathy with athletic games. And such superintendents are in a better position to maintain the ethics of school sport by reason of the insight derived from a course in coaching."⁹⁸

Course listings in the summer of 1921 were:

1. Physical Exercise. For men and women. Three hours a week. One hour credit.
2. Physical Exercise. A continuation of course 1. Three hours a week.
3. Playground. Prerequisite: course 2. Two hours credit.
4. Theory of Dancing. Two hours.
5. Theory of Coaching. Two hours.

⁹⁷Northwestern Bulletin, 1922-1923, pp. 8-9.

⁹⁸Northwestern Bulletin, 1920-1921, pp. 8-9.

6. Hygiene and First Aid. Two hours.
7. Theory of Physical Education. Prerequisites: Courses 2, 3, and 6. Two hours credit.
8. Theory of Physical Education. Prerequisites: Courses 2, 3, 4, 5, 6, and 7. Two hours credit.⁹⁹

By the summer of 1930, the course listings had changed to the following:

<u>Men:</u>		
Physical Education 1	Gymnasium	1 hour credit
Physical Education 2	Gymnasium	1 hour credit
Physical Education 7	Theory of Basketball	2 hours credit
Physical Education 9 (5)	Theory of Football	2 hours credit
Physical Education 100	Practice Coaching, (Baseball)	1 hour credit
Physical Education 101	Practice Coaching, (Basketball)	1 hour credit
<u>Women:</u>		
Physical Education 1 (New)	Organized Athletics	1 hour credit
Physical Education 4 (New)	Formal Gymnastics	1 hour credit
Physical Education 7 (New)	Rhythmic Activities for Primary & Elementary Grades	1 hour credit
Physical Education 9 (3)	Playground Activities	1 hour credit
Physical Education 12 (New)	Theory of Coaching	1 hour credit
Physical Education 13 (New)	Playground Supervision	1 hour credit ¹⁰⁰

The above changes occurred in 1927 when the courses in physical education were divided into courses for men and courses for women. By 1930, the summer courses for men pertained mainly to athletics. The women's physical education courses emphasized low and high organized games aimed at teaching games in the grades. Some attention was also given to coaching in the women's curriculum.

⁹⁹Northwestern Bulletin, 1921 Summer, p. 24.

¹⁰⁰Northwestern Bulletin, 1930 Summer, (n.p.).

Intramurals

Intramurals began in 1899 with the organization of the Orient and the Occident Societies. Although these societies participated against each other in literary contests, they also competed in athletic contests. Some of the Alva businessmen presented the winning teams in the various sports with trophies. The most popular intramural sports were tennis, baseball, and basketball.¹⁰¹

Intramural competition between these organizations continued until 1910, and perhaps later.¹⁰² Between 1910 and 1914, there is little indication as to the extent of intramurals at Northwestern. It is likely that the Orient and Occident Societies continued at least for a time during this period. By 1914, however, evidence is revealed which supports the assumption that interclass competition may have been the source of intramurals in this period.

On the night of February 11, there was played the "A" Junior game of interclass series. This was attended by the Juniors 51 strong, who were behind their team, win or lose. The game started with a rush and ended in the same manner, with a score of 46 to 11 on the side of the Juniors. These series have yet to be finished but it is indeed safe to propose a toast to the ever glorious and victorious Juniors, the future champions of Northwestern.¹⁰³

In the school year of 1915-1916, class basketball was a very popular sport. It was considered one of the best methods of developing

¹⁰¹Mrs. Clara McKitrich, Class of 1905, Scrapbook. (n.p.).

¹⁰²Northwestern Bulletin, 1910-1911, p. 16.

¹⁰³The Ranger, 1915, p. 45.

interest in the game and of getting more students interested in playing.¹⁰⁴ If competition in sports other than basketball occurred during the 1914-1920 period, it was not mentioned in the materials researched.

Whether or not there was intramural competition between 1920 and 1930 is uncertain. It has been indicated that there was great interest in sports on an intercollegiate level.¹⁰⁵ However, no evidence has been found that would indicate a carry-over of this enthusiasm in an intramural program.¹⁰⁶ An interview indicated that from 1920 to 1924, there was no organized intramural program.¹⁰⁷

Student Athletic and Pep Organizations

The first pep club at Northwestern was formed following the suggestion of President Grant B. Grumbine. President Grumbine was annoyed by the lack of quietness at a chapel meeting in the spring of 1915.¹⁰⁸ The victorious Ranger baseball team of the spring of 1915 had inspired lively and noisy students.

A club was organized in the spring of 1915 and was called the Rooter's Club. E. A. Sandefur was elected president; Miss Mate

¹⁰⁴Ibid., p. 15.

¹⁰⁵Jones S. Graves, personal letter, March 22, 1966.

¹⁰⁶The Ranger, 1921, 1922, 1923, 1924, 1925, 1926, 1930.

¹⁰⁷Statement by John C. Julian, interviewed March 19, 1966.

¹⁰⁸The Ranger, 1916, p. 81.

Updegraff, Vice-President; Miss Eva Degroat, Secretary; Ike McConnell, Treasurer; Tom Lane, Reporter; and Louis Wilke, Marshall.¹⁰⁹

The Rooter's Club was the only organized support that the Rangers received from the Northwestern Campus until the fall of 1924. The club consisted of both men and women students. Its purpose was to support athletics at Northwestern.¹¹⁰

In the fall of 1924, the Ancient and Benevolent Order of Tuff Knutts was founded. This organization was composed of Senior, Junior, and Sophomore men of the college. Its colors were black and blue, and its motto was "use Beech Knutt and Bull Durham." The purpose of this organization was to "promote the welfare of student activities and to assist in upbuilding the tradition of old Northwestern."

The officers of the first year were Ralph E. McCrady, Grand High Kernal Knutt; John C. Julian, Vice Grand High Kernal Knutt; Fred P. Drake, Hazel Knutt; J. H. Colbert, Worthy Tough Knutt; Guilford W. Louthan, General Wal Knutt; Blaine Skidmore, Hefty Pe Knutt.¹¹¹

In 1930, the specific duties of the Tuff Knutts were to correct disobedient Freshmen, arrange seating of students at all games, encourage attendance at all games, back the Ranger men in any undertaking, and boost the school. The Tuff Knutts had uniforms in 1930 which consisted of a red flannel shirt and white trousers.¹¹²

¹⁰⁹Ibid.

¹¹⁰The Ranger, 1924, p. 82.

¹¹¹Ibid.

¹¹²The Ranger, 1930, p. 145.

In 1924 the Ranger Club was organized. The purpose of this organization was to promote and maintain high standards of sportsmanship, stimulate loyalty, and encourage participation in athletics. Rules regulating the wearing and awarding of letters to deserving athletes were formulated and enacted by the club. Any man who earned a varsity "N" was eligible to become a member of this club.¹¹³

The Red Hots, a women's pep organization, was formed between 1926 and 1930. The purpose of the organization was to produce pep and enthusiasm at the college games. The organization was noted for its stunts, drills, songs, and yells.¹¹⁴

The Rooter's Club disbanded some time between 1926 and 1930. The 1926 yearbook mentions the club, but other sources of a later date make no mention of it. It may be possible that because there were individual pep organizations for both men and women, the Rooter's Club was forced to disband for lack of members.

Summary

Athletics at Northwestern from 1897 to 1930 increased in magnitude. The conducting and coaching of sports at Northwestern moved from the student to the athletic committee, and later to the instructor of athletics.

A Director of Athletics was employed in 1906. The man, Frank S. Wyatt, directed the growth of athletics and physical education at

¹¹³The Ranger, 1926, (n.p.).

¹¹⁴The Ranger, 1930, p. 144.

Northwestern. In 1925, Frank S. Wyatt left Northwestern. His position was filled in 1928 by the librarian and social science professor, L. A. Ward.

The popularity of sports at Northwestern between 1897 and 1930 appears to have been as follows: baseball from 1897 to 1915, basketball from 1916 to 1926, and football from 1927 to 1930. Girls' basketball, tennis, and track and field had an inconsistent popularity.

Facilities were made available as the various sports became popular. The athletic arena was built in 1901; tennis courts were in existence by 1902; the Science Hall, which provided a gymnasium, was completed in 1907; Wyatt Gymnasium was constructed in 1920; and Newby Field was ready for use by the fall of 1930.

A course listing of the curriculum in physical education appeared in 1916. With the exception of the service courses required for all students, the curriculum was aimed at providing the teacher with a knowledge of games, dances, and playground supervision. One course was directed at the coaching of athletics. From 1920 to 1927, the curriculum was directed more to provide knowledge to the public school teacher than to develop coaches.

From 1927 to 1930, the emphasis in men's physical education was that of teaching the student to be a coach. The women's physical education curriculum emphasized providing knowledge to the public school teacher for her benefit in directing the play of youth. The health education curriculum received a boost during this period, having four new courses added to its curriculum in 1927.

Physical education was required of all students beginning in September, 1913. A general hygiene course was required of all students after September, 1928.

The summer school curriculum in physical education was basically the same as that which was offered in the regular school terms from 1920 to 1930.

Intramurals began in 1899 with the Orient and the Occident Societies. Basketball, baseball, and tennis were the popular intramural sports from 1899 to 1910. Information on intramurals from 1910 to 1914 was vague. It was assumed that some type of organized intramurals may have existed.

From 1914 to 1920, interclass competition was very popular. The sport which received the greatest attention during this period of intramurals was basketball. From 1921 to 1930, organized intramurals were not known to have existed.

Northwestern pep organizations began in the spring of 1915 with the organization of the Rooter's Club. The membership of this club was open to both men and women students. In the fall of 1924, a pep organization, the Tuff Knutts, for male upperclassmen, was formed. In this same year the Ranger Club was organized. Membership in this organization was restricted to wearers of the varsity "N." Between 1926 and 1930, the Rooter's Club disappeared. During this same period, an all girls' organization, the Red Hots, emerged.

CHAPTER III

A CONTINUATION: 1930-1965

Introduction

In 1930 it was the purpose of Northwestern State College to prepare teachers. It offered courses leading to the Bachelor of Arts and Bachelor of Science degrees for teachers. In 1935, because of the attitude and actions of the Governor of Oklahoma for that period, Northwestern and all other state colleges of Oklahoma lost their accreditation with the North Central Association. This accreditation was renewed at Northwestern in 1949.

In 1939, Northwestern's curriculum was expanded to include degrees in Liberal Arts as well as in Education. In this same year the school was given the name which it presently carries: Northwestern State College.

In 1954, beginning with the summer term, a program of teacher education which led to the degree of Master of Teaching was instituted.

In 1959 the training of teachers remained the primary function of Northwestern State College, which granted: (1) the Bachelor of Arts and Bachelor of Science degrees in education, (2) the Master of Teaching degree in education, and (3) the Bachelor of Arts and Bachelor of Science degrees in liberal arts education. The college further provided pre-professional and pre-vocational training in certain fields in which there was a demand.

The role that physical education played in the preparation of teachers from 1930 to 1965 is given below.

Athletics

From 1930 to 1933, the physical education faculty was composed of W. D. Newby, John McCormick, and Louise Fees Jacob. L. A. Ward continued during this period as Director of Athletics. Newby coached football and baseball while McCormick coached basketball and tennis. Mrs. Jacob was Director of Physical Education for Women.

Under the direction of Newby, football remained the popular sport. Newby's love of the game and his capable handling of men caused Northwestern fans to feel that the management of its football campaigns were in capable hands.¹ The teams during this period, although not outstanding, were successful in winning most of their games.²

A typical schedule for this period included Panhandle Aggies, Sterling, Northeastern, Friends University, Bethel, Central, Southeastern, Southwestern, and East Central.³

Basketball, under the leadership of John McCormick, produced good teams which won over many opponents. A list of teams played during these years include, among others, games with Friends University, East

¹The Ranger, 1931, p. 47; Statement by Lester P. Davis, interviewed April 16, 1966.

²Ibid., p. 49; Lester P. Davis, interviewed April 16, 1966.

³Ibid., pp. 48-49.

Central, Southeastern, Southwestern, Emporia Teachers College, Central, Phillips 66, and Northeastern.⁴

Baseball, track, and tennis were minor sports which had little popularity and success in intercollegiate competition.⁵

The fall of 1933 found a complete new physical education staff at Northwestern. Alma Lois Rodgers became Director of Physical Education for Women, J. E. Simmons was employed as Director of Athletics and Athletic Coach, and Frank Land had the position of Assistant in Athletics.

Alma Lois Rodgers was a 1925 graduate from North Texas State Teachers College with a Bachelor of Arts degree. She received her Master of Science degree from Oklahoma University in 1927 and continued graduate study at George Peabody College from 1930 to 1932. Miss Rodgers taught at the Ardmore Public Schools, Ardmore, Oklahoma in 1925 and 1926; Murray Agricultural College in 1927-1929; and at Oklahoma Agricultural and Mechanical College in 1929-1930. She was also an instructor at Scarritt College, Nashville, Tennessee, from 1930 to 1932.⁶

J. E. Simmons came to Northwestern after teaching in the El Reno Public Schools, El Reno, Oklahoma, from 1928 to 1933. Mr. Simmons received his Bachelor of Science degree from Southwestern State College at Weatherford, Oklahoma. He had attended coaching schools at North-

⁴Ibid.

⁵The Ranger, 1931, p. 73; Statement by Lester P. Davis, interviewed April 16, 1966.

⁶Northwestern Bulletin, 1933-1934, p. 9.



Fig. 19

J. E. SIMMONS
COACH, INTERCOLLEGIATE ATHLETICS, 1933-1940

western University, Evanston, Illinois, in 1931; and at Baptist University, Shawnee, Oklahoma in 1929.⁷

Frank Land received his Bachelor of Arts degree from Southeastern State College at Durant, Oklahoma in 1930. He was a graduate student at the Oklahoma University Coaching School in 1932-1933, and studied at the

⁷Ibid.

Physical Education Department, Kansas, where, during the summer of 1933, Mr. Land had been Athletic Director of Kansas City Schools, Kansas City, Oklahoma, from 1928 to 1933.

From 1933 to 1939, J. E. Simmons, formerly, Kansas State



Fig. 20

ALMA LOIS RODGERS, 1933-1943
DIRECTOR OF WOMEN'S PHYSICAL EDUCATION

¹Ibid., p. 8.

Statements by Perry Jones, interviewed April 20, 1966.

Statements by J. E. Simmons, interviewed April 19, 1966.

Texas Technological Coaching School, Lubbock, Texas, during the summer of 1933. Mr. Land had been Athletic Director of Putman City Schools, Oklahoma City, Oklahoma, from 1930 to 1933.⁸

From 1933 to 1939, J. E. Simmons coached all intercollegiate sports. Under his tutelage, basketball took the focal point of popularity. From 1935 to 1939, the Northwestern basketball teams either won or were strong contenders for the Conference championship. In 1938 and 1939, Northwestern played in the Amateur Athletic Union Tournament at Denver, Colorado. In 1938 the team won the Oklahoma Collegiate Conference Basketball Championship and defeated the Phillips 66 team which had just won the National Basketball Championship. Northwestern was also the Oklahoma basketball representative at the Mexico City basketball tournament.⁹

From 1933 to 1941, workships were provided for deserving students at Northwestern. Students with workships were given jobs at the school, such as janitorial or yard work, for which they received \$20 a month.¹⁰ Each department was given workships to award to deserving students in that department. Some of the workships were probably made available through the National Youth Administration of the 1930's. Under this administration, workships were set up on college campuses to give students work to help them finance their education. At Northwestern, most

⁸Ibid., p. 8.

⁹Statements by Perry Irons, interviewed April 20, 1966.

¹⁰Statements by J. E. Simmons, interviewed April 19, 1966.

of the Science Building was used for a shop and dormitory for the National Youth Administration boys.¹¹

Workshops were also made available to students by merchants and citizens of the community. The Faculty Committee on Student Accommodation and Employment helped the students to secure work while attending school.¹² Workshops were not used by the athletic department to attract outstanding athletes of the area. Member schools of the Oklahoma Collegiate Athletic Conference were prohibited from offering workshops to athletes since this was contrary to the rules and regulations relating to the eligibility of players.¹³

Football, baseball, track and field were included in intercollegiate competition from 1933 to 1939. A baseball diamond was made available in 1938.¹⁴ Baseball was not participated in during the 1938 season.¹⁵ Boxing and wrestling were sports in which students participated, but in which little intercollegiate competition was available.¹⁶ Tennis was coached by a Mr. Jelsma in 1938¹⁷ and by Dr. J. V. Frederick, associate professor of history, from 1939 to 1942.¹⁸

¹¹Statements by Melvin L. Korn, interviewed April 19, 1966.

¹²Northwestern Bulletin, 1940-1941, p. 15.

¹³Constitution and By-Laws, Rules and Regulations of the Oklahoma Collegiate Athletic Conference, (Ada, Oklahoma: Grigsby, Orr and Alletag, Printers and Stationers, 1941), p. 5.

¹⁴Statement by Perry Irons, interviewed April 20, 1966.

¹⁵The Ranger, 1939, p. 98.

¹⁶Statement by J. E. Simmons, interviewed April 19, 1966.

¹⁷The Ranger, 1939, p. 99. ¹⁸The Ranger, 1940, p. 83; 1942, p. 86.

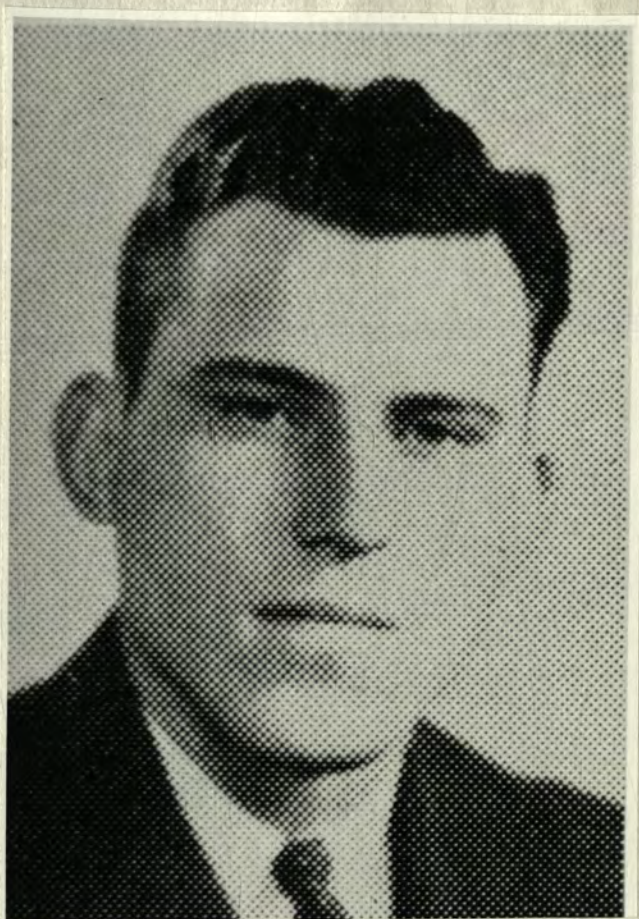


Fig. 21

WESLEY BECK, 1936-1942
PHYSICAL EDUCATION INSTRUCTOR AND COACH

In 1939 Wesley Beck took over the coaching of football at Northwestern.¹⁹ J. E. Simmons remained as coach of basketball and other intercollegiate sports.²⁰ Wesley Beck had been assistant coach to J. E. Simmons since 1936, replacing Frank Land. Mr. Beck received his Bachelor of Science degree from the University of Oklahoma.

¹⁹The Ranger, 1940, p. 77.

²⁰Ibid., pp. 81-82.

Intercollegiate teams at Northwestern in 1939-1940 included football, basketball, and baseball teams.²¹ Tennis and track were minor sports during this same year.²²

In 1940 Wesley Beck became Director of Athletics at Northwestern.²³ Miss Alma Lois Rodgers remained as Director of Physical Education for Women.

Intercollegiate sports at Northwestern in 1940-1941 had little success.²⁴ Track and baseball were not mentioned as being participated in during this time.

From 1941 to the spring of 1946, the materials researched rarely mentioned intercollegiate sports. Evidence was available which indicates that Northwestern did not participate in intercollegiate competition for a time during the Second World War.²⁵ The physical education staff at Northwestern from 1941 to 1946 consisted of Os Doenges, athletic coach and instructor of physical education, 1942-1946; Wesley Beck, athletic coach and instructor of physical education, 1941-1942; Earl Crowder, assistant athletic instructor, 1941-1942; Vera Frances Green, director of physical education for women, 1943-1946; and Wistar D. Newby, department head for health education, 1943-1946.

²¹The Ranger, 1940, pp. 77-83.

²²Statement by J. E. Simmons, interviewed April 19, 1966.

²³The Ranger, 1941, p. 12.

²⁴Ibid., pp. 68-71.

²⁵The Ranger, 1948, (n.p.).

Os Doenges was the first male physical educator at Northwestern to hold a Master's degree. He graduated with a Bachelor of Science from Central State College at Edmond, Oklahoma, and received his Master of Arts degree from Oklahoma A. and M. College at Stillwater, Oklahoma.²⁶

Vera Frances Green received her Bachelor of Science degree from Mississippi Southern College. She graduated with a Master of Arts from George Peabody College for Teachers.²⁷ Teaching qualifications for Earl Crowder were not found.

W. D. Newby returned to Northwestern in 1943 as Director of Physical Training for the 92nd Cadet Training Detachment, Air Corps. He became Director of Athletics at Northwestern following World War II. He received his Master of Arts degree from the University of Michigan in 1935.²⁸

During the Second World War there were special instructors at Northwestern who were serving in the Army Aviation Cadet Program. These instructors in physical training included Cyrus S. Wilson and Richard G. Ainslie.²⁹

Following the Second World War, several years were spent rebuilding the athletic program at Northwestern State. Joe Dollins was employed in 1946 as coach of football and baseball. Dollins had graduated from Northwestern in 1930. He did graduate work at the University of Oklahoma

²⁶Northwestern Bulletin, 1944-1945, p. 11.

²⁷Ibid., p. 9.

²⁸The Ranger, 1948, (n.p.).

²⁹Northwestern Bulletin, 1944-1945, p. 11.

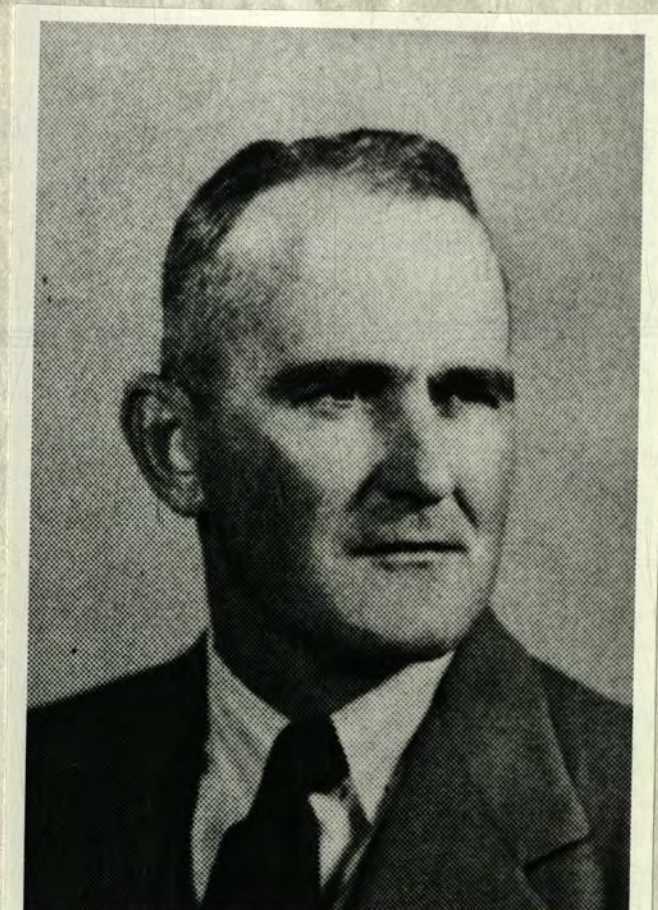


Fig. 22

JOE DOLLINS
FOOTBALL-BASEBALL COACH, 1946-1948

in 1934. Coaching at Northwestern from 1946 to 1948 he helped to renew the football and baseball programs. These athletic programs had not been active for several years. His teams made good showings and displayed the finest of Northwestern athletics.³⁰ Dollins left Northwestern in 1948 and returned in 1957 as Doctor Dollins. Upon his return in 1957,

³⁰The Ranger, 1948, (n.p.).

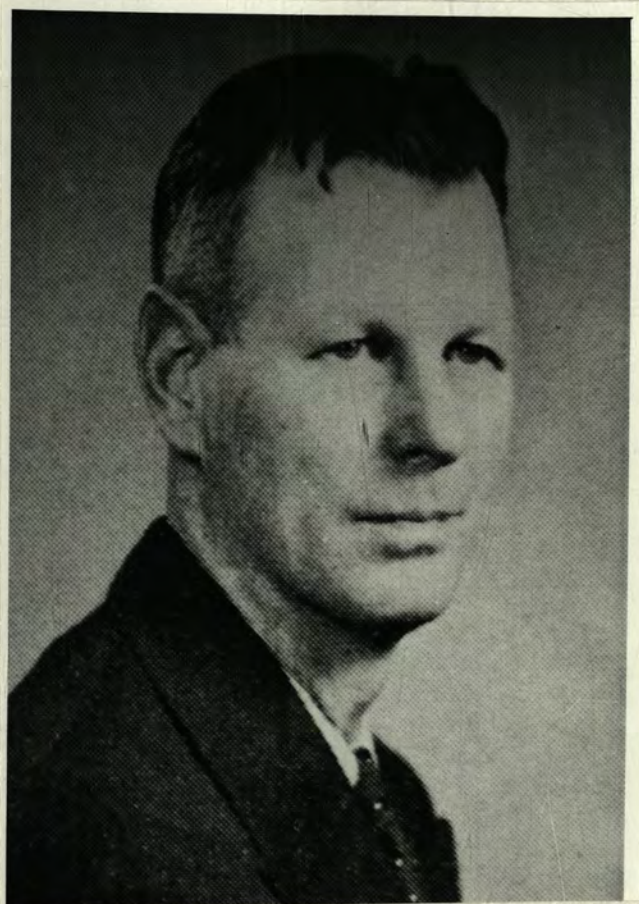


Fig. 23

C. L. HIGHFILL, 1946-1961
COACH OF BASKETBALL AND INTERCOLLEGIATE SPORTS

he became associate professor of education.

C. L. Highfill was employed in 1946 as basketball coach. He graduated from Northwestern in 1934 and received his Master of Education degree from Oklahoma University in 1955. His basketball teams were most successful. In 1947 his team placed third in the National AAU Tournament in Denver.³¹

³¹Ibid.



Fig. 24

INEZ PATTERSON
HEALTH EDUCATION INSTRUCTOR, 1947-1951

Ruth Wright Green was Women's Physical Education Director from 1946 to 1948. She graduated with a Bachelor of Arts degree from Louisiana Tech, a Bachelor of Science degree from Mary Hardin-Baylor, and received a Master of Science degree from Louisiana State University.³²

In 1947 Miss Inez Patterson was employed as instructor of health education for women. She had both a Bachelor of Science and Master of

³²Northwestern Bulletin, 1947-1948, (n.p.).

Science degrees from Oklahoma A. and M. College at Stillwater, Oklahoma. Miss Patterson had additional work at the University of Wisconsin and National Recreation School.³³

In 1948 Harold Huneke, professor of mathematics, coached tennis at Northwestern. This marked the first year since the Second World War that the Ranger tennis team participated fully in intercollegiate competition.³⁴



Fig. 25

NEWBY STADIUM, 1948

A new football stadium of concrete and steel with a seating capacity of 2000 was erected in 1948 on the north side of Northwestern's athletic field. The approximate cost of the structure was \$24,000. The stadium was built as a result of cooperative efforts of local business

³³The Ranger, 1949, (n.p.).

³⁴The Ranger, 1948, (n.p.).

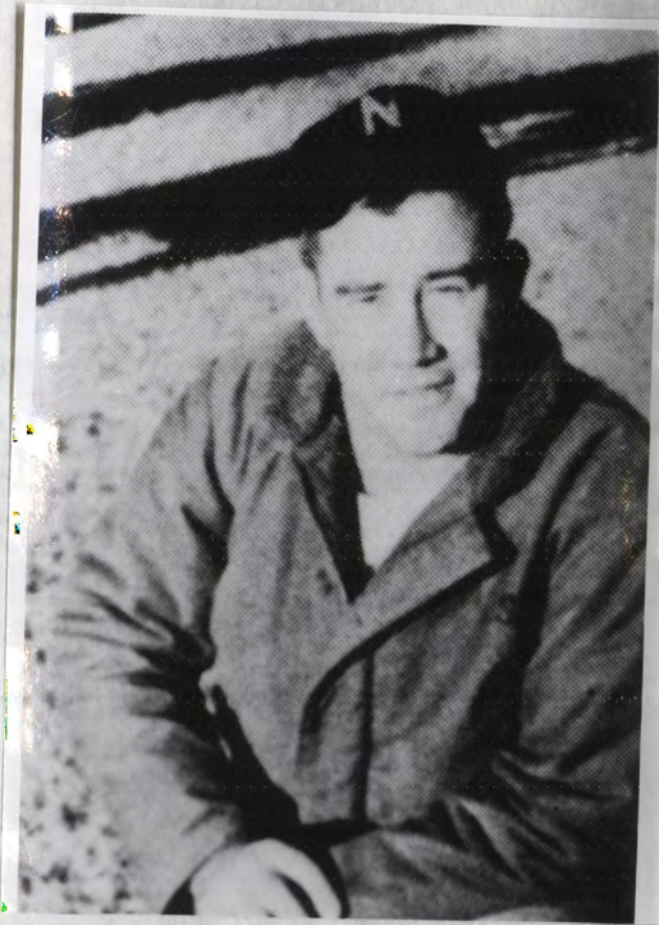


Fig. 26

KENNETH KAMN
ASSISTANT ATHLETIC COACH, 1948-1950

men, college faculty, civic groups, students, and loyal alumni.³⁵

Because of the guidance given by W. D. Newby, the structure was named Newby Stadium. A quarter-mile grass track was laid around the football field shortly following the construction of Newby Stadium.³⁶

Kenneth Kamn was employed in 1948 as assistant athletic coach.

³⁵Northwestern Bulletin, 1949-1950, pp. 4-5.

³⁶Statement by Walter N. Johnson, Jr., interviewed April 19, 1966.

He was finishing his degree at Northwestern while assisting Highfill as intercollegiate athletic coach. Kamn left Northwestern in the fall of 1950 to become head football coach for El Reno High School, El Reno, Oklahoma.³⁷

From 1948 to 1955, Highfill was the coach of all intercollegiate sports at Northwestern. The popularity of football and basketball remained high. The purpose of intercollegiate sports as stated in the athletic policy of Northwestern during this period was to "build vigor, physical health, and to produce teachers of health and physical education, as well as coaches of athletic teams."³⁸

Beginning in 1950, Highfill was assisted by coach Walter N. Johnson, Jr. He had received his Bachelor of Science degree from Northwestern State College in 1950. In 1953, Johnson received his Master of Education degree from the University of Oklahoma.³⁹

Women instructors for the period from 1948 to 1955 included Inez Patterson, Nancy Dowlen, and Jo Ann Amacker.

Nancy Dowlen served as women's physical education instructor from 1951 to 1953. She graduated with a Bachelor of Science degree from Austin Peay College in Tennessee, and received her Master of Arts degree from the University of Tennessee.⁴⁰

³⁷The Ranger, 1950, (n.p.).

³⁸Northwestern Bulletin, 1953-1954, p. 10.

³⁹Ibid.

⁴⁰Northwestern Bulletin, 1951-1952, p. ix.

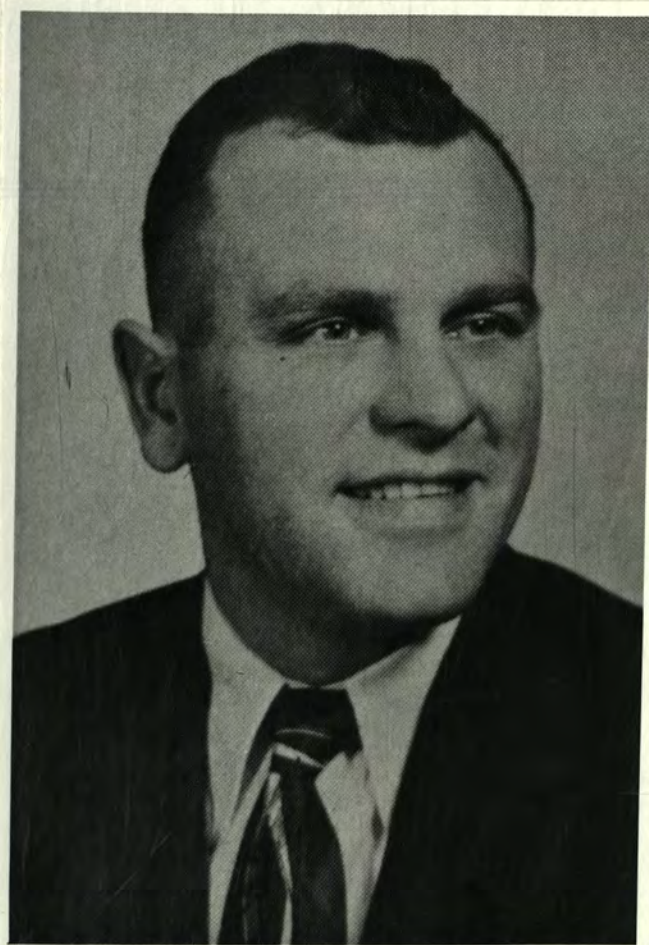


Fig. 27

WALTER N. JOHNSON, JR.
INSTRUCTOR OF PHYSICAL EDUCATION, 1950-1965

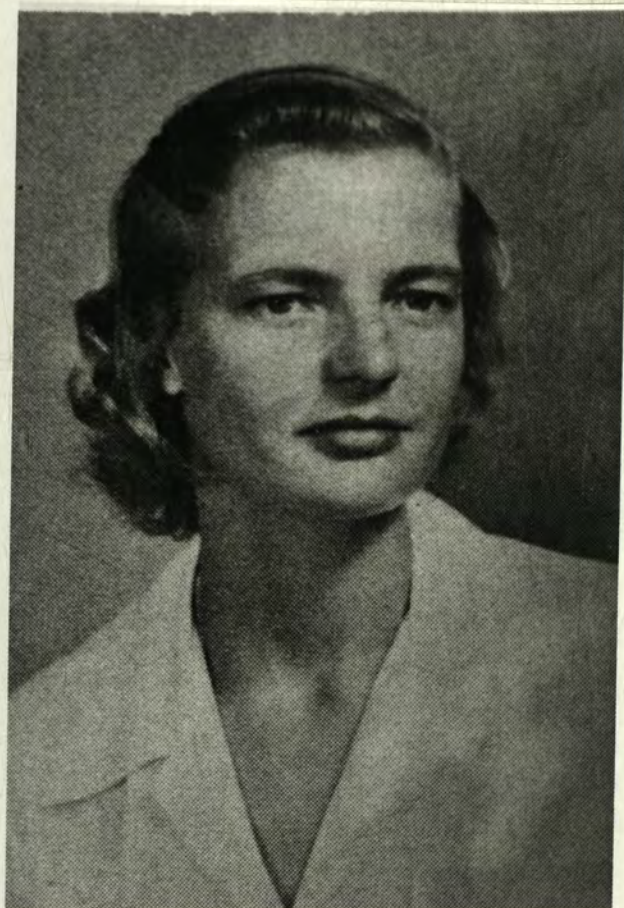


Fig. 28

JO ANN AMACKER, 1953-1955
WOMEN'S PHYSICAL EDUCATION INSTRUCTOR

Jo Ann Amacker was instructor of women's physical education from 1953-1955. She received her Bachelor of Science degree from Texas State College for Women and was a candidate for a Master of Science degree at that institution in 1954.⁴¹

On November 24, 1953, Northwestern dedicated its new fieldhouse

⁴¹Northwestern Bulletin, 1954-1955, p. 8.

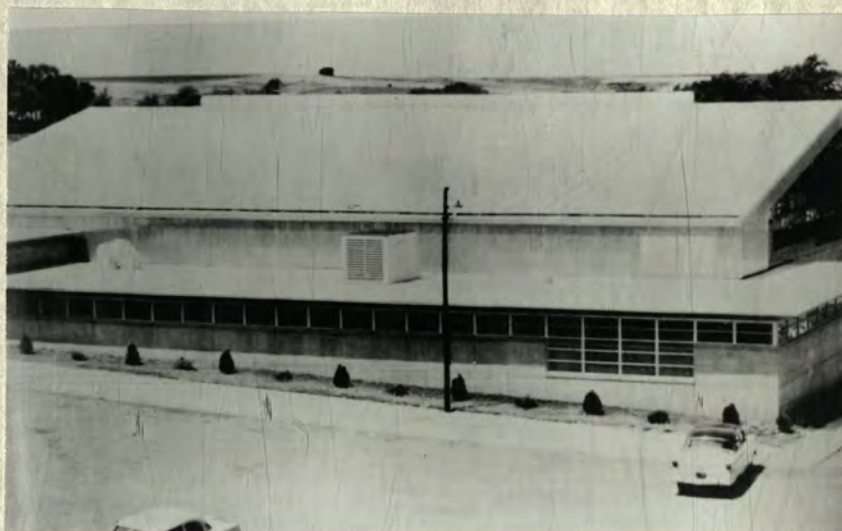


Fig. 29

PERCEFULL FIELDHOUSE, 1953

and physical education plant. The building was named Percefull Fieldhouse. This building had an over-all dimension of 165 by 153 feet. The main auditorium was 102 feet wide and 142 feet long. The seats were telescopic gymnasium seats and the playing floor was large enough for two basketball games to be played simultaneously. The building also included offices, classrooms, concession rooms, and locker and shower rooms for both men and women. The location of the building was just north of Newby Stadium. The approximate cost of the structure was \$400,000.⁴²

In 1955 a natatorium was built on the west side of Percefull Fieldhouse. This swimming pool was sixty feet by twenty-eight feet. The water depths were three feet, six inches at the shallow end to five feet, six inches at the midpoint, and nine feet, six inches at its

⁴²Northwestern Bulletin, 1953-1954, p. 5.

maximum depth.

The floors of the deck area were heated by steam pipes placed beneath the anti-slip quarry tile flooring. The filter room was located under the springboard end of the deck. It contained three 60-inch diameter sand and gravel filters and a heat exchanger for heating the pool.

The over-all dimensions of the building were 112 feet by 46 feet. In addition to the filter room, there was a women's area which contained entries with a foyer, a locker room with forty-two full length lockers, adequate toilet facilities, a shower with twenty shower heads and two private dressing cubicles, a drying room area with hair drying equipment and an access door to the pool deck. The total cost of the natatorium amounted to \$104,872.⁴³

In the 1955-1956 school year the physical education staff at Northwestern included C. L. Highfill, Walter N. Johnson, Jr., Wistar D. Newby, Don Scarbrough, Ray George Chinn, and Mrs. Barbara Chinn. Highfill coached baseball and assisted in other sports, in addition to teaching courses in health and physical education. Johnson coached track, assisted in other sports, and taught physical education classes. Don Scarbrough coached football and basketball and assisted in other sports. Ray George Chinn was instructor of health and physical education and gymnastics coach. Mrs. Chinn served as Dean of Women and as women's physical education director. Wistar D. Newby was associate

⁴³American School and University. School Plant Reference, Vol. I, (1956-57), ed. Walter D. Cocking, (New York, 1956-57), pp. 361-364.

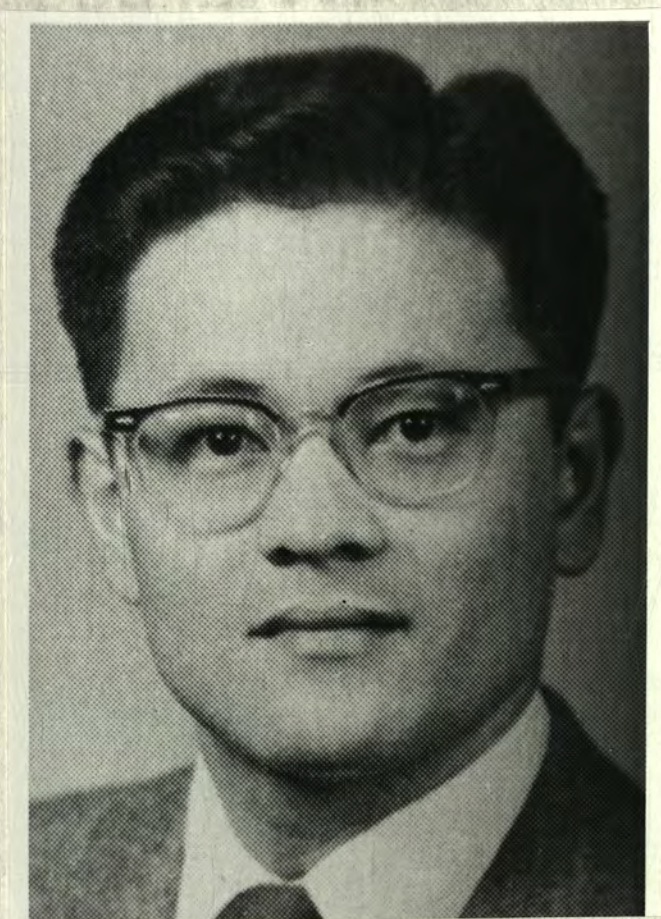


Fig. 30

RAY GEORGE CHINN, 1954-1958
HEALTH AND PHYSICAL EDUCATION INSTRUCTOR

professor of health and physical education, as well as director of that department.⁴⁴

Before the 1955-1956 school year was completed, Mr. Scarbrough resigned. Johnson assumed basketball coaching duties upon Scarbrough's resignation and maintained that position until the fall of 1963.⁴⁵

⁴⁴Northwestern Bulletin, 1955-1956, p. 10.

⁴⁵Statements by Walter N. Johnson, Jr., interviewed April 19, 1966.



Fig. 31

BARBARA CHINN, 1955-1958
WOMEN'S PHYSICAL EDUCATION DIRECTOR

Gymnastic teams at Northwestern during this year were compelled to seek competition among Kansas schools as intercollegiate competition in that area was lacking in Oklahoma. At the present time, the same is true regarding gymnastic competition.⁴⁶

The major sports from 1948 to 1956 were basketball and football. During this period no outstanding teams evolved in either sport. Base-

⁴⁶Statement by Norman D. Matthews, interviewed April 20, 1966.

ball, track, tennis, and gymnastics were minor sports in 1955-1956. An increased interest was being shown in these sports as is indicated by their success in the following years.⁴⁷

The 1950-1951 Constitution and By-Laws of the Oklahoma Collegiate Athletic Conference, of which Northwestern was a member, demanded that all athletes pay tuition, room, and board the same as other students.⁴⁸ Scholarships in the form of workships were evidently allowed to be awarded to athletes some time between 1951 and 1957. This assumption is based upon the fact that in 1957, at a meeting of the Oklahoma Collegiate Athletic Conference, Mr. Calvin Turnbow of Northeastern State College recommended that the Presidents of the colleges and universities increase the number of scholarships to forty.⁴⁹

In 1959 thirty full scholarships were allowed each of the Athletic Departments of the state colleges and universities. In 1963 this number was increased to forty.⁵⁰ The granting of scholarships made it possible for Northwestern and other state schools to be more selective in the recruiting of athletes. These scholarships were called workships in the 1957 to 1964 school catalogs.⁵¹

⁴⁷The Ranger, 1957, pp. 94-102.

⁴⁸Constitution and By-Laws, Rules and Regulations of the Oklahoma Collegiate Athletic Conference, 1950-1951, p. 9.

⁴⁹Oklahoma Collegiate Athletic Conference, Minutes of May 3, 1957 meeting, p. 2. (Mimeographed).

⁵⁰Statements of Dr. J. W. Martin, interviewed March 14, 1966.

⁵¹Northwestern Bulletin, 1958-1960, p. 28.

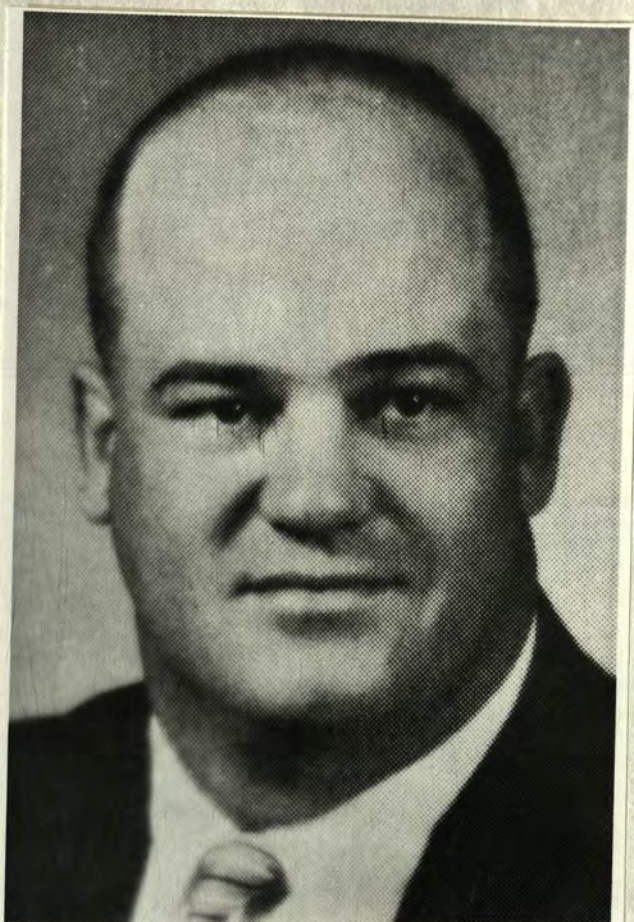


Fig. 32

ARTHUR G. PARKHURST
COACH AND ATHLETIC DIRECTOR, 1956-1965

A bell tower was erected in 1956 at the west end of the football field. It was designed in memory of the old "castle on the hill," and was financed by the Northwestern State Alumni Association. The bell tower bears an electric scoreboard, and hanging in the tower is the original bell that called students to the first college classes.⁵²

In 1956 Arthur G. Parkhurst was employed as health and physical

⁵²Ibid., p. 18.

education instructor, football coach, and assistant in other sports. He received his Bachelor of Science degree and also his Master of Science degree from Kansas State Teachers College at Pittsburg, Kansas.⁵³ He did much to popularize football during the later 1950's. Parkhurst became Director of Athletics in 1957.

C. L. Highfill continued as health and physical education instructor and baseball coach from 1956 to 1957. Walter N. Johnson, Jr. coached basketball and was instructor of health and physical education from 1957 to 1963. Arthur Parkhurst served as football coach from 1957 to 1964.

Norman D. Matthews was employed as instructor of physical education and gymnastics coach in 1958. Matthews received his Bachelor of Arts degree from Syracuse University and his Masters of Education from Texas Agricultural and Mechanical College.⁵⁴

Doctor Christine Foster was employed in 1958 as Professor of Physical Education and Dean of Women. She received her Bachelor of Science degree from the University of Tennessee and her Master of Arts and Doctorate of Education from Teachers College, Columbia University.⁵⁵

Mrs. Yvonne Carmichael was employed in 1960 as Dean of Women and instructor of physical education. Mrs. Carmichael received her Bachelor

⁵³Northwestern Bulletin, 1957-1958, p. 11; Northwestern Bulletin, 1962-1964, p. 12.

⁵⁴Northwestern Bulletin, 1958-1960, p. 11.

⁵⁵Northwestern Bulletin, 1960-1962, p. 10.

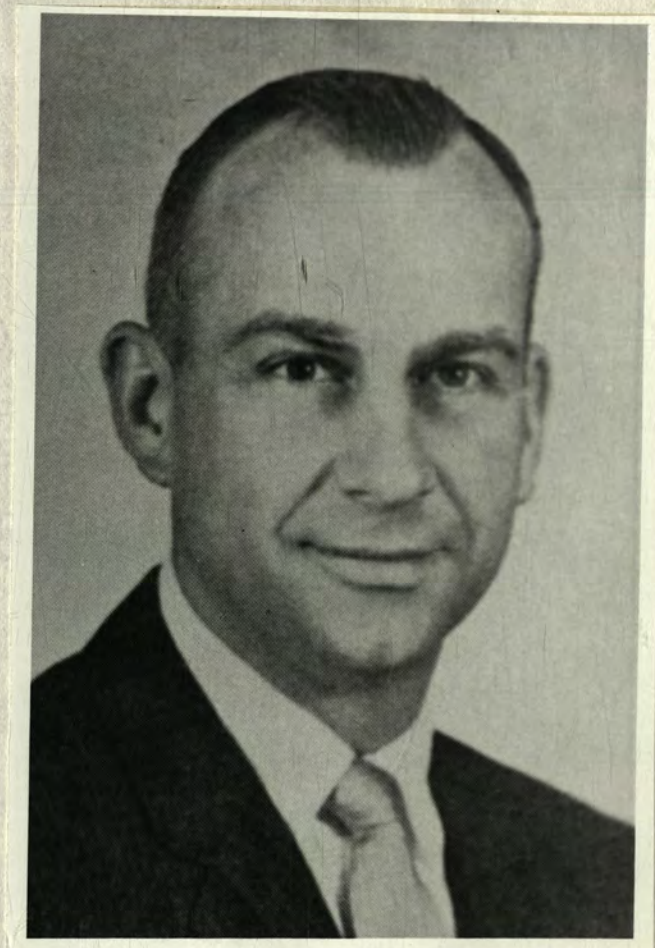


Fig. 33

NORMAN D. MATTHEWS, 1958-1965
PHYSICAL EDUCATION INSTRUCTOR, GYMNASTICS COACH



Fig. 34

CHRISTINE FOSTER, 1958-1960
PROFESSOR OF PHYSICAL EDUCATION

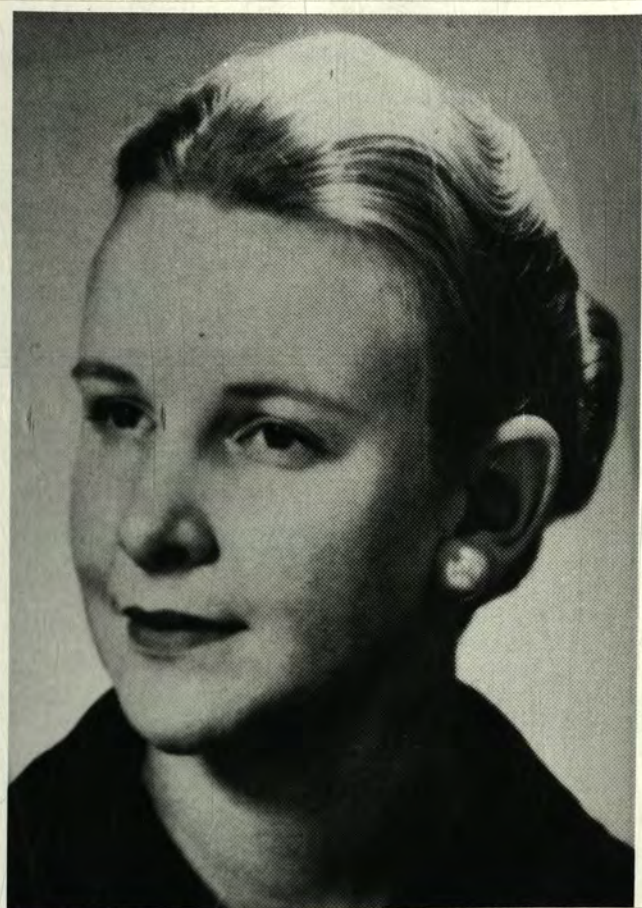


Fig. 35

YVONNE CARMICHAEL, 1960-1965
INSTRUCTOR OF PHYSICAL EDUCATION

of Science degree from North Texas State College and her Master of Education degree from the University of Oklahoma.⁵⁶

In 1962 construction on a girls' dormitory was begun on the exact spot where the tennis courts were located. Because of this addition to the Northwestern campus, new tennis courts were constructed just south of Newby Field.

⁵⁶Northwestern Bulletin, 1962-1964, p. 9.

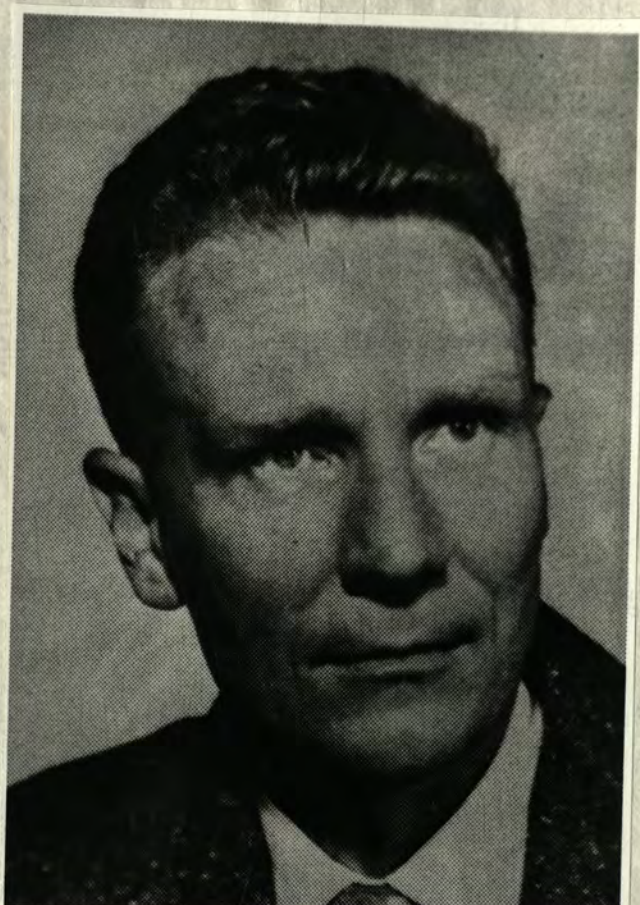


Fig. 36

KEITH D. COVEY
BASKETBALL COACH, 1963-1965

Keith D. Covey was employed in 1963 as instructor of mathematics, basketball coach, and assistant football coach. Covey graduated with a Bachelor of Science degree from Central State College, at Edmond, Oklahoma. He received his Master of Science degree from Oklahoma State University and did additional graduate study at Southwestern State College at Weatherford, Oklahoma, and Oklahoma State University.⁵⁷

⁵⁷Northwestern Bulletin, 1964-1966, p. 10.

His efforts in building the quality of athletics at Northwestern had been admirable. His devotion to quality in athletics instilled quality in the athlete. Although Mr. Covey instructed mathematics, his belief that physical education was a vital part of education did much to promote a sound athletic program at Northwestern.

In the summer of 1964, W. D. Newby passed away. Mr. Newby had spent some twenty-six years on the physical education staff at Northwestern. He saw the department of health and physical education grow in curriculum and facilities. The gratitude and affection held by many for Wistar D. Newby was demonstrated in 1963 when he was elected by the Northwestern unit of the Oklahoma Educational Association as the Teacher of the Year.⁵⁸

Physical plants wherever Newby worked had gotten considerable attention. He was the force behind Northwestern's first gridiron, its first stands for football spectators, and its first lighted football field. This was during his first stint at Northwestern.

When Newby returned to the college, he headed a drive just after World War II to raise \$25,000 for a new stadium. The present Newby Field, named for the coach when it was originally developed, is the result of that later campaign.

He was director of physical education when the present Percefull Fieldhouse and adjoining swimming pool were constructed. He saw an expanded program of physical education for both men and women evolve with the addition of new facilities.⁵⁹

Upon the death of Newby, Herbert Bridgewater, a post-graduate student at Northwestern at that time, was employed as instructor of

⁵⁸Ranger Round-up, Vol. XXIX, No. 2-3, Fall-Winter, 1964, (n.p.).

⁵⁹Ibid.

health education for the 1964-1965 school year.

Athletics at Northwestern from 1956 to 1965 claimed few victories. The exceptions to this were the football seasons of 1957-1959, and the track and field teams from 1957 to 1959. Although baseball was not very popular during this period, the team had several victorious seasons. In 1957, the Ranger's tennis team played in the Western Finals.⁶⁰

Along with gymnastics, golf was included in intercollegiate competition in the spring of 1965. Norman Matthews coached these sports.⁶¹ Tennis received sporadic interest during the 1956 to 1965 period. This sport was coached by Arthur Parkhurst in 1958 and by Daniel A. Shorter, assistant professor of biology, in 1965.

The 1964-1965 physical education staff consisted of Arthur Parkhurst, Director of Athletics and football and track coach; Walter N. Johnson, Jr., instructor of health and physical education and baseball coach; Norman D. Matthews, instructor in physical education, gymnastics and golf coach; Mrs. Yvonne Carmichael, instructor of health and physical education; Keith Covey, basketball coach and instructor of mathematics; and Herbert Bridgewater, instructor in health education.

The Curriculum

Beginning in 1930 a Bachelor of Science degree in Education was offered in the field of physical education at Northwestern State College. Four semester hours were still required in physical education before a

⁶⁰The Ranger, 1957, p. 94.

⁶¹The Ranger, 1965, p. 160.

degree could be given by this institution.⁶² Two hours of Personal Hygiene were also required of all students.⁶³

The physical education curriculum for men from 1927 to 1930 had emphasized athletics. To say that this was a fact in the early 1930's is also true. It was not necessary to urge students to participate in intercollegiate athletics. Since athletics were so popular, it was assumed by the coaching staff that the physical education program was sufficient.⁶⁴

The health and physical education curriculum from 1930 to 1936 was vastly different from that in 1927 to 1930. The changes which occurred in the curriculum during this period are listed below.

Two courses in health education, "School Hygiene" and "Community Hygiene and Sanitation," were combined in 1930-1931. In that same year "The Hygiene of the School Child" was dropped from the curriculum.⁶⁵

New courses included in physical education for men were:

30. Natural Gymnastics.

This course consists of gymnastics, apparatus, and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men; prospective school teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus, work on parallel bar, horizontal bar and tumbling. One hour.

31. Natural Gymnastics. (Con't.)

Four days a week.

One hour.

⁶²Northwestern Bulletin, 1930-1931, p. 27.

⁶³Ibid., p. 28.

⁶⁴The Ranger, 1931, p. 43.

⁶⁵Northwestern Bulletin, 1930-1931, p. 72.

32. Natural Gymnastics.
Four days a week. One hour.
33. Elementary Swimming.
Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding, followed by practice of the different strokes. Plain diving and water games will be used. Four days a week. One hour.
34. Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Life Saving methods and the requirements as presented by the American Red Cross life saving tests. Also practice in advanced diving. Four days a week. One hour.
39. Individual Gymnastics.
Open to students physically incapable of taking floor work. Four days a week. One hour:
40. Individual Medical Gymnastics.
Four days a week. One hour.
41. Tumbling and Pyramid Work.
Mat work and ground tumbling, simple pyramid building, together with simple quick exercises on selected pieces of apparatus. Four days a week. One hour.
42. Tumbling and Pyramid Work. (Con't.)
Four days a week. One hour.
45. Recreational Non-Competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
47. Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in offering aid and some treatment in case of ordinary athletic emergencies. Includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. One hour.
48. Mass Athletics.
Four times a week. Two hours.
49. Theory of Coaching Tennis. Two hours.

104. Practice Coaching, Wrestling.
Prerequisite: 11. Two hours.

105. Practice Coaching, Tennis.
Prerequisite: 12. Two hours.

106. Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and educational-recreational movement, with its significance for the education and character development of the youth of the nation, and with the practical problems of scouting as met by scoutmasters, scout executives, and other officials who are concerned with the organization and administration of troops. The course is intended for students of education, physical education, and recreation, for scoutmasters, and for students who have a desire to be of service in the leadership of youth in their home communities after leaving college. Two hours.

108. Advanced Theory of Football.
Four times a week. One hour.⁶⁶

Service courses offered in the 1927 to 1930 physical education curriculum for men, such as exercises one, two, and five, were dropped from the curriculum in 1930-1931.

New courses offered in the women's physical education curriculum beginning in the school year 1930-1931 were:

6. Advanced Swimming.
Thorough practice in all previous work; breast stroke, inverted crawl; and under water swimming strokes; instruction in life saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week. One hour.

15. Intramural Plays and Games. (new)
Four days a week. One hour.

17. Recreational Games. (new)
Four days a week. One hour.

⁶⁶Northwestern Bulletin, 1930-1931, pp. 82-84.

18. Coaching Tennis. (New)
A presentation of the fundamental strokes and footwork;
part of each period given to practice outside of regular
class period. Four days a week. One hour.
20. Tumbling and Pyramid Building. (New)
Mat work and ground tumbling, together with simple quick
exercises. Four days a week. One hour.
110. Practice Coaching Basketball for Women. (New)
Four days a week. One hour.
111. Practice Coaching Tennis for Women. (New) One hour.
112. Practice Coaching Track and Field for Women. (New)
Four days a week. One hour.⁶⁷

The physical education curriculum for women placed a little more emphasis on the coaching of athletics during this period. This is perhaps due to the fact that many high schools in the Northwestern State College area had girls' basketball teams.

Both the men's and women's curricula consisted mainly of activity courses and theory and practice courses in the various sports.

The physical education curriculum for both men and women was supplemented by four new courses beginning 1930-1931.

23. Intramural Sports and Games. (New)
Instruction in intramural athletic activities; organization of intrascholastic and intracollegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. One hour.
107. Individual Gymnastics. (New)
A practical course dealing with certain abnormal conditions which are liable to come under the observations of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the

⁶⁷Northwestern Bulletin, 1930-1931, pp. 84-86.

spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other prevalent orthopedic disturbances; exercises in children with weak heart muscles, ptosis, overweight, underweight, etc. Four days a week. Two hours.

114. Methods of Swimming and Life Saving. (New)

Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Life Saving Corps. Three days a week. One hour.

119. Nature and Function of Play. (New)

Deals with the human instinct tendencies, emotions, and intellectual processes exercised in play; an analysis of the sources in child nature of complex play activities; the functions of play in the growth, development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership. Two hours.⁶⁸

From 1931 to 1936 the curriculum in health, physical education, and recreation remained basically the same at Northwestern. Only slight changes occurred during this period.

In 1931-1932, a health course, "The Planning of School Buildings" and a physical education course entitled "Dietetics for Athletes" were dropped from the curriculum. The other courses remained the same as for the previous year.⁶⁹ In the 1932-1933 year, "Public Appearance" was eliminated from the men's physical education curriculum. All other aspects of the curriculum remained the same.⁷⁰

⁶⁸Northwestern Bulletin, 1930-1931, pp. 86-87.

⁶⁹Northwestern Bulletin, 1931-1932, pp. 75, 85.

⁷⁰Northwestern Bulletin, 1932-1933, pp. 81, 89-94.

The physical education curriculum in the 1933-1934 school year presented only one change. "Intramural Sports and Games" was added to the men's course listing. This course consisted of instruction in intramural athletic activities, organization of intercollegiate and intracollegiate athletics; and types, methods, plans, and arrangements with reference to these activities.⁷¹

Health education in 1934-1935 was comprised of one course only, "Hygiene." Dropped from this curriculum were the courses entitled "School and Community Hygiene and Sanitation" and "Methods of Teaching Health."⁷²

..... In this same year the physical education curriculum for women was changed slightly. "Intramural Plays and Games" was changed to "Intramural Games (Tennis)," and a course entitled "Girl Leadership" was added. This course was designed to help students become leaders in girls' clubs.⁷³

The health and physical education curriculum at Northwestern remained the same until 1936-1937. The curriculum of that year showed many changes. In health education, the "Hygiene" course was now "Personal Hygiene."⁷⁴ Included in health education were the additional courses which are listed on the following page:

⁷¹Northwestern Bulletin, 1933-1934, p. 88.

⁷²Northwestern Bulletin, 1934-1935, p. 79.

⁷³Ibid., p. 89-90.

⁷⁴Northwestern Bulletin, 1936-1937, p. 75.

202. (2) School and Community Hygiene. 2 hours.
The work of schools and cities in promoting the physical welfare of citizens. Pre.: Hygiene 102.
312. (New) Hygienic Factors in School Building Construction. 2 hours.
Application of modern hygienic principles to the construction of school buildings. Pre.: Hygiene 102, 202.
402. (New) Teacher's Course. 2 hours.
Problems and methods in the teaching of health education.⁷⁵

The physical education curriculum in 1936-1937 for men and women was as follows:

Physical Education for Men

101. Physical Education. 1 hour.
Development of personal physical skill in the various activities usually included in a secondary school physical education program.
111. Physical Education. 1 hour.
Development of personal physical skills.
121. Physical Education. 1 hour.
Continued development of physical skills; game aptitudes.
131. Physical Education. 1 hour.
Continued development of physical skills; game aptitudes.
141. Individual Corrective Exercises. 1 hour.
171. Elementary Swimming. 1 hour.
181. Intermediate Swimming. 1 hour.
191. Advanced Swimming. 1 hour.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports. 1 hour.
Five days a week in season; maximum credit: 8 hours.
221. Recreational and Intramural Activities. 1 hour.

⁷⁵Ibid.

322. Individual Gymnastics. 2 hours.
Methods of corrective exercises for individuals and groups.
351. Calisthenics and Self-Testing Activities. 1 hour.
362. Elementary School Programs in Physical Education. 2 hours.
Organization and supervision of elementary school activities.
422. Organization and Management of Intramural Sports and Games. 2 hours
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
432. Theory, Principles, and History of Physical Education. 2 hours.
442. Teacher's Course. 2 hours.
Problems and methods in the teaching of physical education.
- Physical Education for Women
101. Physical Education. 1 hour.
Instruction in archery, tennis, and dancing.
111. Physical Education. 1 hour.
Continuation of course 101.
121. Physical Education. 1 hour.
Continuation of course 111.
131. Physical Education. 1 hour.
Continuation of course 121.
141. Physical Education. 1 hour.
Individual corrective exercises.
181. Intermediate Swimming. 1 hour.
Continuation of Swimming 171.
201. Character and Gymnastic Dancing. 1 hour.
211. Advanced Character Dancing. 1 hour.
Prerequisite: Physical Education 201.
352. Elementary School Program. 2 hours.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.

442. Teacher's Course.

2 hours.

Problems and methods in the teaching of physical education.⁷⁶

"Character Dancing" and "Advanced First Aid" were added to the physical education courses open to men and women. Courses such as "A Natural Program of Physical Education," "Intramural Sports and Games," "Principles and Programs of Modern Physical Education," "Methods of Swimming and Life Saving," "Physical Examination and Measurement," and "Kinesiology" were eliminated from the curriculum.⁷⁷

The courses in physical education in 1936-1937 included twenty-nine service courses, twelve professional courses, one recreation course, and four health education courses. The curriculum for this year indicated a decided emphasis away from athletics and a trend toward physical education.

The changes occurring in the physical education curriculum for men in 1937-1938 were the addition of two theory of coaching courses which were composed of techniques of coaching for football, basketball, baseball, track, and tennis. Also added to the men's curriculum was a youth leadership course designed to teach organization and leadership activities for boys of adolescent age.⁷⁸

Changes in the physical education curriculum for women in this year of 1937-1938 consisted of the adding to two practice coaching

⁷⁶Ibid., pp. 85-87.

⁷⁷Ibid., p. 86.

⁷⁸Northwestern Bulletin, 1937-1938, p. 88.

course in organized athletics.⁷⁹ A course in "Eurhythmics" was added to the curriculum open to both men and women.⁸⁰

The total curriculum remained the same until 1940, when "Applied Anatomy" was dropped from those courses open to both men and women.⁸¹ A year later in 1941, the health education course of "School and Community Hygiene" was divided into two courses. One course dealt with "School Hygiene" and offered instruction in the work of the schools in promoting the physical welfare of citizens, and the other course was entitled "Community Hygiene."⁸²

The Health, Physical Education, and Recreation curriculum remained the same from 1941 to 1952. The only changes taking place during this period occurred in 1946 when "School Hygiene" was changed to "Hygiene of the School Child" and "Hygienic Factors in School Building Construction" was eliminated from the health education courses.⁸³ In the physical education curriculum for women in 1951, "Organization and Management of Intramural Sports and Games" was added.⁸⁴

In 1952-1953 the health education curriculum was composed of nine courses, compared with four courses in the preceding years. All of the courses listed under health education at this time were courses that had

⁷⁹Ibid., p. 90.

⁸⁰Ibid., p. 88.

⁸¹Northwestern Bulletin, 1940-1941, p. 85.

⁸²Northwestern Bulletin, 1941-1942, pp. 73-74, 82-84.

⁸³Northwestern Bulletin, 1946-1947, p. 65.

⁸⁴Northwestern Bulletin, 1951-1952, p. 89.

been transferred from other sections of the total curriculum. For instance, "Injuries and First Aid," "Individual Correctives," "Organization and Administration of Health and Physical Education," and "Principles and History of Health and Physical Education" were now listed under the health education curriculum. The only actual new course offering was an advanced course in "Injuries and First Aid."⁸⁵

The physical education and recreation course listings were shuffled about so that many courses once offered to only men or women were now open to both sexes. A list of these courses includes "Elementary Tennis," "Recreational Intramural Activities," "Intramural Sports," "Recreational Activities," and "Recreational Leadership," (previously called "Youth Leadership.")

Some courses appeared twice in the total curriculum. The courses of "First Aid," "Advanced First Aid," "Organization and Administration of Health and Physical Education," and "Principles and History of Health and Physical Education" appeared in both the health education listing and the physical education listing for both men and women.⁸⁶

A duplication in the curriculum was made in 1953 when "Organization and Management of Intramural Sports and Games" was added to the men's course listing.⁸⁷ However, this course was eliminated from the same listing in 1954. In 1954, "Kinesiology" was added and made

⁸⁵Northwestern Bulletin, 1952-1953, pp. 74-75.

⁸⁶Ibid., pp. 74-77.

⁸⁷Northwestern Bulletin, 1953-1954, p. 78.

available to both men and women.⁸⁸

In the health education curriculum in 1957, "School and Community Hygiene" was changed to "Hygiene of the School Child."⁸⁹ In the women's curriculum for this same year, "Coaching of Minor Sports" was changed to "Program Planning for Physical Education."⁹⁰ In 1958 "Officiating" was added to the men's physical education curriculum.⁹¹

The health, physical education, and recreation curriculum at Northwestern has remained the same from 1958 to 1965. The astounding fact is that this curriculum has remained basically the same since 1936.

In 1965 the service courses for men numbered thirteen; for women, twenty; and coeducational, three. Swimming, dancing, gymnastics, badminton, tumbling, and volleyball comprised most of the service curriculum. Nine courses comprised the health education curriculum, and two courses made up the recreation education curriculum. The professional physical education curriculum was composed of eleven courses. These courses comprise a moderate program for those majoring in physical education.

Four hours of physical education were required of all students from 1913 to 1965. Two hours of health education were required from 1928 to 1965. In 1953 one hour of First Aid was required and was allowed

⁸⁸Northwestern Bulletin, 1954-1955, pp. 93, 95.

⁸⁹Northwestern Bulletin, 1957-1958, p. 87.

⁹⁰Ibid., p. 89. ⁹¹Northwestern Bulletin, 1958-1960, p. 90.

⁹²Northwestern Bulletin, 1964-1966, pp. 97-100.

to be taken in lieu of one hour of physical education activity.⁹³

The physical education requirements were explained in detail in the 1953-1954 Northwestern Bulletin:

Freshmen and sophomores are required to take physical education during these two years, or until four hours credit has been earned, except that the following students are exempt: (1) married women irrespective of age, (2) all students not less than twenty-five years of age at the beginning of the semester or term in question, (3) any student whose physical condition makes it inadvisable or impossible that he take the work as attested by designated authority. Exemptions other than physical disability do not apply in any case in which the student has failed to take physical education as required prior to that time. Likewise a student who reaches junior or senior standing without having fulfilled the requirement, is required to take sufficient physical education to complete same, unless his physical condition will not permit.

A student entering from another college as a freshman or sophomore is required to take physical education at the rate of a one-hour course each semester or term until he reaches junior rank, or earns four hours credit. A student entering as a junior or senior is not required to take additional physical education.

Note: Credit for Military Training in Physical Education and Hygiene. It was quite clear after World War II that in a large number of individual cases, there was no substantial reason to believe that either the hygiene learned in the services or the physical training given therein was equivalent of a modern, effective college program of sports recreation and health instruction. It is, therefore, the policy of Northwestern to establish credit for Military Training in Physical Education and Hygiene as follows:

- A. That the experience in physical training and hygiene received by college men while in military service be examined in each individual case, and equivalence in kind and amount be determined before any blanket credit or excuse is given. If such equivalence to the college program as now conducted cannot be established no credit should be given and a permanent excuse for physical education should not be granted lest the college neglect its responsibility toward each of its students.
- B. That each veteran who has been disabled in service be inter-

⁹³Northwestern Bulletin, 1953-1954, p. 38.

viewed and examined carefully to determine: (a) if an individual program of recreation therapy will be helpful to him, (b) if either the normal or special program of physical education should be deferred for the time being, or (c) if physical education should be removed permanently from the student's schedule. Appropriate action should be taken only in relation to individual needs and not on the basis of blanket excuses.⁹⁴

The above statement regarding physical education requirements is in force at the time of this writing.⁹⁵

In addition to the Bachelor of Science in Education degree offered in physical education, a Bachelor of Science degree in Physical Education was offered for the first time in 1964.⁹⁶ Students graduating with a major in physical education prior to 1965 graduated with a degree in education.

Table I indicates the number of faculty, courses offered in physical education, and persons graduating with a B. S. Ed. in physical education from 1931 to 1965. The table shows that the faculty in the physical education department doubled in number from 1931 to 1965. The course listings fluctuated from fifty-four to seventy-two with a minimum of forty-eight courses offered in 1937. The smaller number of courses offered in 1937 was due to dropping several courses pertaining to coaching practice and some in general physical education.

Table I indicates that there were few curriculum changes after

⁹⁴Northwestern Bulletin, 1953-1954, pp. 22-23.

⁹⁵Northwestern Bulletin, 1964-1966, pp. 37-38.

⁹⁶Ibid., p. 97.

TABLE I *

FACULTY, CURRICULA, AND PHYSICAL EDUCATION GRADUATES

1931 TO 1965

Year	Number Faculty	Number Courses	B. S., Ed. in P. E. Graduates
1931	3	72	0
1932	3	69	0
1933	3	68	1
1934	3	69	4
1935	3	68	4
1936	3	68	3
1937	3	48	4
1938	3	61	7
1939	3	61	0
1940	3	**	0
1941	3	59	0
1942	2	60	0
1943	3	60	0
1944	3	**	0
1945	3	60	0
1946	4	**	0
1947	4	59	1
1948	4	59	2
1949	4	59	10
1950	4	59	11
1951	4	59	7
1952	4	61	6
1953	4	56	9
1954	4	57	9
1955	5	54	10
1956	6	54	11
1957	6	54	9
1958	6	56	8
1959	6	57	2
1960	6	57	9
1961	6	57	12
1962	6	57	7
1963	6	57	4
1964	6	57	10
1965	6	57	13

Total
Graduates - 173

*Official Records of Northwestern State College

**Course listings are unavailable for these years

1937. The fluctuation in the number of courses listed was due to the fact that the same course may have appeared in the course listings for men, for women, and for coeducational classes. Thus one course may have been counted three times.

One reason for the few curriculum changes in physical education may be due to the lack of need for a change. For instance, only 173 students had graduated with a major in physical education from 1931 to 1965. Many physical educators in the Oklahoma public schools are expected to be qualified to teach in an academic field as well as in physical education. Thus, physical education was often sought as a minor with major emphasis given to an academic area. The State of Oklahoma has yet to realize the importance of physical education at every educational level. The emphasis in physical education in most public schools of the state has been in the area of interscholastic activities. At the present time, there is a change occurring which emphasizes physical education for all students at all levels.

Intramurals

Formal intramurals at Northwestern State did not exist from 1921 to 1936.⁹⁷ The only exception to this was an intramural program in volleyball offered in the summer of 1930.⁹⁸

⁹⁷Statements by Lester P. Davis, interviewed April 16, 1966; by M. L. Korn, interviewed April 19, 1966; and by J. E. Simmons, interviewed April 19, 1966.

⁹⁸Statement by Joe Dollins, interviewed April 18, 1966.

A program of women's intramurals was organized by Alma Lois Rodgers in 1936. On February 14 of that year the Women's Athletic Association was organized. The purpose of this organization was to provide the opportunity to form good habits of recreation for immediate and future use, and to create friendliness in sports and games. Intramural sports were sponsored by this organization and all girls in the college were urged to participate.⁹⁹ This organization furnished all of the intramurals for women students at Northwestern from 1936 to the present time. In 1958 the name of the organization was changed to Women's Recreation Association. Sports participated in by the women in their intramural program included volleyball, basketball, badminton, swimming, tennis, bowling, and archery.¹⁰⁰

Formal intramurals for men were not conducted at Northwestern until the fall of 1964.¹⁰¹ From 1921 to 1964, there was some informal intramural activity.¹⁰²

An Intramural Program Council was formed by Northwestern's Student Senate in 1964. A budget was planned and the college allotted \$200 for intramural expenses. Intramural activities included horseshoes, swimming, basketball, softball, tennis, and volleyball.¹⁰³ Norman D. Matthews

⁹⁹The Ranger, 1937, (n.p.).

¹⁰⁰The Ranger, 1958, (n.p.).

¹⁰¹Statements by Jell Johnson, interviewed April 20, 1966; by Perry Irons, interviewed April 20, 1966; and by John McNeely, interviewed April 17, 1966.

¹⁰²Statement by Lester P. Davis, interviewed April 16, 1966.

¹⁰³"Intramural Program Council Report, 1964-1965," Charles Lillard, Chairman, p. 1. (Mimeographed.)

was faculty sponsor for the intramural program.¹⁰⁴

Student Athletic and Pep Organizations

In 1930 Northwestern State's pep organizations consisted of the Tuff Nuts organized in 1924 with a membership of male upperclassmen, and the Red Hots organized between 1926 and 1930. The Red Hots was an all girl pep organization. The Ranger Club was formed in 1924 and its members were those students who had earned a varsity "N". This organization attempted to promote and maintain high standards of sportsmanship.

Between 1930 and 1934 little is known regarding the pep organizations at Northwestern State. It may be assumed, however, that the Red Hots disbanded at some point during this period. Emerging in its place was the Zippers. This pep organization was formed in the fall of 1934. Membership was composed of three girls from each class, as well as three girls from each sorority on the campus and from the Y. W. C. A. The function of the group was to promote loyalty and school spirit at Northwestern.¹⁰⁵

The Tuff Nuts organization continued to function at least until the spring of 1931.¹⁰⁶ In the fall of 1934, a new boys pep organization emerged. This group was named the Wranglers and had as its purpose the promotion of school spirit.¹⁰⁷

¹⁰⁴Statement by Keith Covey, interviewed April 20, 1966.

¹⁰⁵The Ranger, 1937, (n.p.).

¹⁰⁶The Ranger, 1931, (n.p.).

¹⁰⁷The Ranger, 1937, (n.p.).

In 1937 the "N" Club was reorganized. The purpose of this club became that of raising the scholastic standards among Ranger athletes.¹⁰⁸

In 1936 the Women's Athletic Association of Northwestern was formed under the leadership of Alma Lois Rodgers. The purpose of this organization was to give every girl at Northwestern the opportunity to form good habits of recreation that would answer for immediate use of leisure, and for the days following college enrollment as well. The organization attempted to create friendliness in games and sports. This organization sponsored an intramural program for girls.¹⁰⁹

These organizations remained active from 1937 to 1957. They ceased to function in the fall of 1957. In place of the Wranglers and the Zippers, cheerleaders were selected. In 1957 there were seven cheerleaders; of these, two were men students.¹¹⁰

No formal student pep organizations were formed until 1964. In that year an attempt was made to form a pep organization of male students on the Northwestern campus. This attempt was successful and student spirit at athletic events increased.

The Women's Athletic Association became the Women's Recreation Association in 1958.¹¹¹ The "N" Club remained active at Northwestern since its inception in 1924.

¹⁰⁸The Ranger, 1939, p. 102.

¹⁰⁹The Ranger, 1937, (n.p.).

¹¹⁰The Ranger, 1957, p. 89.

¹¹¹The Ranger, 1958, (n.p.).

Summary

Several championship basketball and track teams highlighted the athletic program at Northwestern State College from 1930 to 1965. For the most part, physical educators were the coaches of athletics. Only the minor sport of tennis was coached by a non-physical educator. From 1963 to 1965, basketball was coached by an instructor with a major in another academic field.

In 1941 the first male physical educator who held a Master's Degree was employed. Nearly all of the women physical educators who were employed from 1930 to 1965 held a Master's Degree.

..... W. D. Newby returned to Northwestern in 1943. He was Director of Athletics from 1945 to 1957 and helped in the planning and building of Newby Stadium (1948), the quarter mile track (1948), Percefull Field-house (1953), the swimming pool (1954), and the tennis courts (1962).

The curriculum moved from an emphasis on athletics to an emphasis on physical education. The curriculum in the department of Health, Physical Education, and Recreation remained basically the same from 1937 to 1965. In 1965, the service curriculum emphasized swimming, dancing, gymnastics, badminton, tumbling, and volleyball. Health education was designed to help the student to improve the quality of his life. It was also designed to offer adequate health instruction to students preparing to be teachers. A Bachelor of Science degree in Physical Education was offered for the first time in 1964.

Formal intramurals at Northwestern from 1930 to 1964 were almost

entirely non-existent for the male students. In 1964 the Student Senate developed an intramural program under the sponsorship of Norman D. Matthews.

Intramurals for women began in 1936 with the formation of the Women's Athletic Association. This organization sponsored intramurals for women from 1936 to the present.

Athletics and pep organizations in 1930 were the "N" Club, the Tuff Nuts, and the Red Hots. In 1934 the Red Hots were replaced by the Zippers, and the Wranglers emerged in place of the Tuff Nuts. The "N" Club remained active during this time.

These four organizations, the Zippers, Wranglers, "N" Club, and Women's Athletic Association were active until 1957. In that year, cheerleaders emerged in place of the Zippers and Wranglers. In 1958 the Women's Athletic Association was changed to the Women's Recreation Association.

An attempt was made in 1964 to organize a pep club of male students. This attempt was successful and school spirit increased at the athletic events during that school year.

CHAPTER IV

FACULTY

The faculty and qualifications as indicated by the following tables outline some interesting facts. From 1906 to 1965, forty people took part in the instruction of physical education at Northwestern (Oklahoma) State College.

Women

Since 1906, fourteen women have been employed as instructors of physical education at Northwestern State College. Of these fourteen, all had their bachelor's degrees at the time of their employment. Eight of the fourteen had their master's degrees upon employment by Northwestern, and one had her doctorate. All of the women employed by Northwestern State College as physical educators after 1933 had their master's or doctor's degrees. Two women had done additional graduate work above their master's.

Men

Twenty-six men have taken part as physical education instructors at Northwestern since 1906. Of these twenty-six, eight received their major training in another academic field, four did not hold a bachelor's degree, and information on the qualifications of one was not available. The remaining thirteen male physical educators had received their bachelor's degrees upon employment by Northwestern. Four of the thirteen had

TABLE II

INSTRUCTORS AND QUALIFICATIONS, 1906-1965

NAME	YEARS SPENT INSTRUCTING PHYSICAL ED.	DEGREES HELD			ADDITIONAL GRADUATE WORK
		BACHELORS	MASTERS	DOCTORATE	
Wyatt, Frank S.	1906-1925	A. B.	---	---	Three summers, Univ. of Oklahoma, 1922-1925
Williams, H. H.	1914-1915	---	---	---	---
Warren, C. S.	1914-1915	Foreign language Instructor - Coached Basketball			
Edmonds, Francis	1914-1915	A. B.	---	---	---
Geyer, F. Park	1916-1917	---	---	---	---
Williams, Ruby	1916-1918	A. B.	---	---	---
Johnson, R. W.	1919-1920	Commerce Instructor - Coached Football			
Stevning, Emma	1922-1924	A. B.	---	---	---
McCormick, John	1924-1933	---	---	---	Univ. of Ill., School of Athletics
Rose, Kathryn	1924-1927	A. B.	---	---	---
Fees, Louise	1927-1933	A. B.	---	---	---
Newby, W. D.	1927-1933	A. B. (1924)	---	---	Coaching Schools, Summers, 1927-1930. South. Meth. Univ., Univ. of Mich., Roper of Princeton, Spears of Mich., Jones of South. Calif., and Warner of Leland Stanford.

TABLE II

INSTRUCTORS AND QUALIFICATIONS, 1906-1965

NAME	YEARS SPENT INSTRUCTING PHYSICAL ED.	DEGREES HELD			ADDITIONAL GRADUATE WORK
		BACHELORS	MASTERS	DOCTORATE	
Simmons, J. E.	1933-1940	B. S.	---	---	Coaching Schools, Summer of 1929, Okla. Bapt. Univ., 1930, Northwestern Univ.
Land, Frank	1933-1935	A. B.	---	---	Texas Tech. Coaching School, 1933; Grad. Stu., Okla. Univ. 1932-1933.
Rodgers, Alma Lois	1933-1943	B. A. (1925)	M. S. (1927)	---	Grad. Stu., George Peabody College, 1930-1932.
Beck, Wesley	1936-1942	B. S.	---	---	
Crowder, Earl	1941-1942	Information not available regarding qualifications			
Doenges, Os	1942-1946	B. A.	M. A.	---	
Jelsma	1938	Professor in another department - Coached Tennis			
Frederick, J. V.	1939-1942	Professor of history - Coached Tennis			
Newby, W. D.	1943-1964	A. B.	M. A. (1935)	---	Graduate Stu., Summer of 1958, Texas Tech.
Green, Vera F.	1943-1946	B. S.	M. A.	---	
Dollins, Joseph	1946-1948	B. S.	---	---	
Green, Ruth W.	1946-1947	B. S.	M. S.	---	
Highfill, C. L.	1946-1961	B. A.	M. Ed. (1956)	---	
Kann, Kenneth	1948-1950	None: assistant in sports while finishing degree.			

TABLE II

INSTRUCTORS AND QUALIFICATIONS, 1906-1965

NAME	YEARS SPENT INSTRUCTING PHYSICAL ED.	DEGREES HELD		ADDITIONAL GRADUATE WORK
		BACHELORS	MASTERS DOCTORATE	
Scarborough, Don	1955-1956	B. S.	---	---
Johnson, Walter	1950-1965	B. S. (1950)	M. Ed. (1953)	---
Huneke, Harold	1946-1947	Professor of Mathematics - Coached Tennis		
Patterson, Inez	1947-1951	B. S.	M. S.	Univ. of Wis. and Nat'l. Recreation School
Dowlen, Nancy	1951-1953	B. S.	M. S.	---
Amacker, Jo Ann	1953-1955	B. S.	M. S.	---
Chinn, Ray G.	1954-1958	B. S.	M. S.	---
Chinn, Barbara	1955-1958	B. S.	M. S.	---
Parkhurst, Arthur	1956-1965	B. S.	M. S. (1961)	---
Foster, Christine	1958-1960	B. S.	M. A.	Ed. D.
Matthews, Norman	1958-1965	B. A.	M. Ed.	---
Carmichael, Yvonne	1960-1965	B. S.	M. Ed.	---
Covey, Keith	1963-1965	Instructor in Mathematics - Coached Basketball		
Bridgewater, Herb	1964-1965	B. A.	---	Iliff Sch. of Theology, Post-Grad., Northwestern
Shorter, Daniel	1964-1965	Instructor in Biology - Coached Tennis		

their master's degrees upon employment, and three of these thirteen acquired their master's degrees while teaching at Northwestern. Of the seven having their master's degrees, only one had done additional graduate work.

Conclusions

During the period from 1906 to 1965 the women physical educators were more highly professionalized than were the men physical education instructors of the same period. The illustrated lack of concern to increase their professional knowledge shown by the male physical educators at Northwestern may have limited the progress toward a better physical education program.

The tables may also indicate that the administration has been neglectful in hiring qualified physical education instructors. This suggests an attitude that physical education has little importance in the college curriculum. Minimum qualifications for a physical educator teaching at the college level should be a master's degree with a major emphasis in physical education.

CHAPTER V

SUMMARY

The conducting of sports at Northwestern (Oklahoma) State College has moved from the student to the athletic committee, and later to the instructor of physical education and athletics.

A director of athletics was employed in 1906. This man, Frank S. Wyatt, directed the growth of athletics and the establishment of a physical education curriculum at Northwestern. Physical education facilities constructed at Northwestern have been the athletic arena in 1901, tennis courts in 1902, Science Hall, providing a gymnasium in 1907, Wyatt Gymnasium in 1920, Newby Field in 1930, Newby Stadium in 1948, the quarter-mile track in 1948, Percefull Fieldhouse in 1953, the swimming pool in 1954, and the tennis courts in 1962.

The first curriculum in physical education appeared in 1916. The aim and purpose of the early curriculum was to provide knowledge to the public school teacher to help direct the play of youth. Later greater emphasis was given to preparing athletic coaches. The purpose of the curriculum from 1933 to 1965 was to provide adequate courses for the total student body in meeting the physical education requirements, and to prepare future teachers professionally.

There were few curriculum changes in the health, physical education, and recreation curricula at Northwestern from 1937 to 1965. The service curricula emphasized gymnastics, tumbling, dancing, swimming, and tennis. In recent years, volleyball and badminton have been added

to the service courses.

The health education curriculum at Northwestern was designed to enable the student to improve the quality of his living. It was also developed to offer adequate health instruction to students preparing to be teachers. During this period from 1906 to 1965 very few recreation education courses were offered.

Intercollegiate sports of football, basketball, baseball, tennis, golf, gymnastics, and track and field were offered at Northwestern. A formal intramural program at Northwestern has been conducted for women students since 1936. Prior to 1936, intramurals were conducted for both men and women from 1899 to 1920. In 1964 the Student Senate established an intramural program for all students.

A Bachelor of Science degree in Education with emphasis in physical education was offered in 1930. A Bachelor of Science in Physical Education was offered in 1964.

Women physical educators were more highly professionalized than men physical educators from 1906 to 1965 at Northwestern. Administrators have been neglectful in hiring qualified physical educators.

Recommendations

If the basic fact that individuals differ is to be recognized as being an important factor in curriculum building, outdoor and indoor sports should be included in the future service curriculum. Possible outdoor sports are soccer, field hockey, flickerball, golf, tennis, archery, and outward bound. Suggestions for additional indoor sports

are wrestling and combatives, weight-lifting, and developmental physical education. The indoor course of weight-lifting would require facilities that are not available at Northwestern at the present time.

Suggestions for direction in recreation education in the future are to offer a more complete curriculum. Additional courses dealing with social recreation, principles of recreation, outdoor recreation, recreation sports, and principles and practices of camping may be of value.

Suggestions for curricular improvement of professional physical education would be to increase requirements in physics, physiology of exercise, tests and measurements in health and physical education, and a course relating kinesiology and physics to physical activities. A more extensive background in biology may be achieved by dividing "Human Physiology and Anatomy" into two courses.



Fig. 37

"CASTLE ON THE HILL"

FIRST BUILDING OF NORTHWESTERN TERRITORIAL NORMAL, 1899



Fig. 38

AERIAL VIEW OF NORTHWESTERN STATE COLLEGE, 1964

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Johnson, Walter N., Jr., Instructor in Physical Education and Athletic Coach, April 19, 1966.

Julian, John C., former student at Northwestern, April 19, 1966.

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APPENDIX

1916

Physical Education

MR. GEYER.....*Physical Director for Men and Athletic Coach*
 MISS WILLIAMS.....*Physical Director for Girls*

COURSES

426. FOLK GAMES AND DANCES. The teaching of these activities in the grades. An elective for advanced students. Miss Williams.

427. PLAYGROUND SUPERVISION. Organization and supervision of playground activities. An elective for advanced students. Miss Williams.

428. THEORY OF ATHLETICS. Coaching, Supervision of athletics, activities in games, track and field work. An elective. Mr. Geyer.

429-430. See rule 12. Classes in gymnasium work are offered continuously. Miss Williams.

1917

Physical Education.

MISS WILLIAMS.....*Director for Girls*
 MR. WYATT

COURSES

426. FOLK GAMES AND DANCES. The teaching of these activities in the grades. An elective for advanced students. Miss Williams.

427. PLAYGROUND SUPERVISION. Organization and supervision of playground activities. An elective for advanced students. Miss Williams.

429-430. See rule 12. Classes in gymnasium work for women are offered continuously. Miss Williams.

1918-1919

PHYSICAL EDUCATION

426. FOLK GAMES. An elective course, offered during the summer term and at such other times as there is sufficient demand, consisting of instruction and practice in a large number of folk games and rhythmic exercises suitable for the grades. Credit, one unit.

427. PLAYGROUND SUPERVISION. Designed for the training of teachers in the organization and supervision of the playground. A large

number of games suitable for the various grades will be studied and their use exemplified on the playground of the training school. Elective. Credit, one unit.

428. **ATHLETICS.** Thorough training in football, baseball, track, and tennis. Two or three hours a week. Credit, one-third unit.

428. **MILITARY DRILL.** It is believed that the best form of physical education yet devised is military training. This alone would be sufficient reason for making it compulsory upon all students, but a recent ruling of the State Board of Education requiring this drill to be given in all of the schools of the state makes it still more necessary that all students preparing for teaching should have this training. The rule of the board of education is that all teachers of public schools, including all rural schools, all high schools, all state normal schools, the state university, state training school, and Oklahoma state homes for dependent or orphan children shall require all students, over eight years of age, to take military training at least one period each day.

In pursuance with this order, the Council of Normal School Presidents agreed that all normal school students should be required to take military drill for a minimum of four terms, or until graduation. A credit of one-half unit will be allowed for each term, but in no case shall the total of credit for military drill exceed two units. Lieutenant Kirby Fitzpatrick's Military Primer will be used as a text.

Tactics, first aid, personal and community hygiene, disease prevention, and patriotic and civic services will be included in the course during the severe weather of the winter month.

The teaching of military drill for four months will be accepted in lieu of one term of drill.

During the year 1918-19, classes in military drill for men will be under the direction of an officer of the United States Army according to a plan the details of which may be found elsewhere in this catalogue.

1920-1921

PHYSICAL EDUCATION.

Courses 1 and 2 Are Required of All Freshmen in All Courses for the Life Diploma.

1. *Physical Exercise.*

Development of organic power. Three hours a week.
One hour credit.

Men (a)—One hour of outdoor games while weather permits, other indoors.

(b)—Various athletic games, during the seasons, in place of a.

Women —Emphasis is laid upon development of good posture and poise. Outdoor games while weather permits, and indoor games, folk dances and elementary work in aesthetic dancing, calisthenics and apparatus.

2. *Physical Exercise.*

Three hours a week.

Men—Continuation of Course 1.

Women—Continuation of Course 1, advanced work.

3. *Playground.*

Organization and supervision of the playground. Theory of plays and games from the simple to the highly organized; practice in playing and coaching of games, athletics and folk dancing. Organization of tournaments, meets and various competitions. Equipment of playground, including construction of hand-made apparatus. Prerequisites: Course 2, physical and psychology. Two hours credit.

4. *Theory and Dancing.*

Technique of dance. Study of folk and national dances, selected and arranged to meet the need of the schoolroom and playground. Elementary and advanced work in aesthetic and interpretative dancing. Study of pageantry. Two hours credit.

5. *Theory of Coaching.*

This course is designed for those who wish to coach teams, such as football, basketball, volleyball, track, baseball and tennis. The various sports will be taken up and methods of training teams and formations worked out. Two hours credit.

6. *Hygiene and First Aid.*

Personal, school and social hygiene, study of physical diagnosis and physical examination. Lectures and demonstrations in handling emergencies. Two hours credit.

7. *Theory of Physical Education.*

Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching of physical education for the primary and grammar grades. Gymnastics for schoolroom use, games, folk dances and story plays. Prerequisites: Courses 2, 3 and 6. Two hours credit.

8. *Theory of Physical Education.*

This course is intended primarily for those who wish to become teachers of physical education in high schools and colleges. Prerequisites: Courses 2, 3, 4, 5, 6 and 7. Two hours credit.

SUMMER 1922**PHYSICAL EDUCATION**

Courses 1 and 2 are required of all Freshmen in all courses for the life diploma.

1. PHYSICAL EXERCISE. For men and women—three hours a week, 1 hour credit.
2. PHYSICAL EXERCISE. A continuation of course 1. 3 hours a week.
3. PLAYGROUND. Prerequisite: course 2. 2 hours credit.
4. THEORY AND DANCING. 2 hours.
5. THEORY OF COACHING. 2 hours.
6. HYGIENE AND FIRST AID. 2 hours.
7. THEORY OF PHYSICAL EDUCATION. Prerequisites: courses 2, 3 and 6. 2 hours credit.
8. THEORY OF PHYSICAL EDUCATION. Prerequisites: 2, 3, 4, 5, 6 and 7. 2 hours credit.

1922-1923**PHYSICAL EDUCATION**

Courses 1 and 2 are required of all Freshmen in all course for the life diploma.

1. PHYSICAL EXERCISE. For men and women—three hours a week, 1 hour credit.
2. PHYSICAL EXERCISE. A continuation of course 1. 3 hours a week, 1 hour credit.
3. PLAYGROUND. Prerequisite: course 2. 2 hours credit.
4. THEORY AND DANCING. 2 hours.
5. THEORY OF COACHING. 2 hours.
6. HYGIENE AND FIRST AID. 2 hours.
7. THEORY OF PHYSICAL EDUCATION. Prerequisites: courses 2, 3 and 6. 2 hours credit.
8. THEORY OF PHYSICAL EDUCATION. Prerequisites: 2, 3, 4, 5, 6 and 7. 2 hours credit.

1923-1924**PHYSICAL EDUCATION AT NORTHWESTERN**

Prof. Wyatt, Miss Stevning.

Physical education is part of the required work at Northwestern. The school has a wonderful record in athletics, having won eighty per cent of its college games in the past fifteen years.

Athletics is something in which all should take an interest. We read the sport pages first every morning, because they tell of victories won, while the other pages tell of bankruptcies, murder, defalcations—a story of defeat.

The self-governing nations of the world are the athletic nations because the people who learn on the field to play the game according to the rules acquire a capacity for self-government.

The test of a republican government is whether the people can abide by their self-imposed laws. Our athletic rules are far better observed than the laws of the land. It has been estimated that ninety per cent of our laws are unwritten laws. That is, we observe standards of ethics that are not on the statute books. A great many

of these laws or customs are being developed around our games. If you suggest to an athlete that he do something that is not quite right, he will reply that it is not good football or baseball. Our athletics are worth while because they establish laws of sportsmanship and laws of conduct which carry over into the life of the individual and the nation. All the big games are played at Northwestern.

In addition to these, field and track, mass games, volley ball, Irish baseball and indoor baseball will be stressed since these are events that can be taken by the teacher and carried on in the smaller school.

In connection with the playground games, a study of the principles of health, diet, waste, corrective exercises will be made. Boxing, swimming, and "hike classes" will be organized during the year, giving everyone a variety from which to choose.

Courses one and two are required of all freshmen in all courses for life diplomas.

1. PHYSICAL EXERCISE.

Development of organic power. Three hours a week. One hour credit.

Men (a)—One hour of outdoor games while weather permits, otherwise indoors.

(b)—Various athletic games during the seasons in place of (a).

Women—Emphasis is laid upon development of good posture and poise. Outdoor games, folk dances and elementary work in aesthetic dancing, calisthenics and apparatus.

2. PHYSICAL EXERCISE. Three hours a week.

Men—Continuation of course 1.

Women—Continuation of course 1, advanced work.

3. PLAYGROUND.

Organization and supervision of the playground. Theory of plays and games from the simple to the highly organized; practice in playing and coaching games; athletic and folk dancing; organization of tournaments, meets and various competitions; and equipment of playground, including construction of hand-made apparatus. Prerequisites: Courses 2, physical education and psychology. Two hours credit.

4. THEORY OF DANCING.

Technique of dance. Study of folk and national dances, selected and arranged to meet the need of the school room and playground. Elementary and advanced work in aesthetic and interpretative dancing. Study of pageantry. Two hours credit.

5. THEORY OF COACHING.

This course is designed for those who wish to coach teams, such as football, basketball, volleyball, track, baseball and tennis. The various sports will be taken up and methods of training teams and formations worked out. Two hours credit.

6. HYGIENE AND FIRST AID.

Personal, school and social hygiene, study of physical diagnosis and physical examination. Lectures and demonstrations in handling emergencies. Two hours credit.

7.* THEORY OF PHYSICAL EDUCATION.

Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching of physical education for the primary and grammar grades. Gymnastics for school room use, games, folk dances and story plays. Prerequisites: Courses 2, 3 and 6. Two hours credit.

8.* THEORY OF PHYSICAL EDUCATION.

This course is intended primarily for those who wish to become teachers of physical education in high schools and colleges. Prerequisites: Courses 2, 3, 4, 5, 6, and 7. Two hours credit.

~~1924-1925~~
PHYSICAL EDUCATION

Professor L. S. Wyatt, Miss Emma Stevning

Courses 1 and 2 are required of all Freshmen in all courses for the life diploma.

1. PHYSICAL EXERCISES.

Development of organic power. Three hours a week. One hour credit.

Men—(a)—One hour of outdoor games while weather permits, otherwise indoors. (b)—Various athletic games, during the seasons, in place of a.

Women—Emphasis is laid upon development of good posture and poise. Outdoor games while weather permits, and indoor games, folk dances and elementary work in aesthetic dancing, calisthenics and apparatus.

2. PHYSICAL EXERCISE.

Three hours a week.

Men—Continuation of course 1.

Women—Continuation of course 1, advanced work.

3. PLAYGROUND.

Organization and supervision of the playground. Theory of plays and games from the simple to the highly organized; practice in playing and coaching of games, athletic and folk dancing. Organization of tournaments, meets and various competitions. Equipment of playground including construction of hand-made apparatus. Prerequisites, courses 2, physical and psychology. Two hours credit.

4. PHYSICAL EDUCATION.

(Required of all applicants for life certificates). A study of the theory of play; educative plays and games; practical management of the playground; demonstration and practice of games suited to grade children; posture exercises; mass plays and games management of tournaments and festivals. One hour credit.

5. THEORY AND COACHING.

This course is designed for those who wish to coach teams, such as football, basketball, volleyball, track, baseball, and tennis. The various sports will be taken up and methods of training teams and formations worked out. Two hours credit.

6. HYGIENE AND FIRST AID.

Personal, school and social hygiene, study of physical diagnosis and physical examination. Lectures, and demonstrations in handling emergencies. Two hours credit.

7. THEORY OF PHYSICAL EDUCATION.

Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching of physical education for the primary and grammar grades. Gymnastics for schoolroom use, games, folk dances and story plays. Prerequisites, courses 2, 3 and 6. Two hours credit.

8. THEORY OF PHYSICAL EDUCATION.

This course is intended primarily for those who wish to become teachers of physical education in high school and colleges. Prerequisites, courses 2, 3, 4, 5, 6, and 7. Two hours credit.

9. COMMUNITY RECREATION.

Methods of arousing interest in indoor recreation; how to promote social events for all occasions; principles for the adaptation of recreation activities to the needs and capacities of community groups; organization and conduct of community progress for all occasions. One hour credit.

10. PHYSICAL DIAGNOSIS.

An attempt to train teachers so that they may offer intelligent advice to parents regarding health disorders common to children of school age; a study of the normal human body and variations from the normal; growth and tendencies; growth divergencies and control of growth handicaps; method of examining children as to their capacity and needs of exercise, and how to prescribe and give corrective training to individuals and classes. Two hours credit.

1925-1926

PHYSICAL EDUCATION

Professor F. S. Wyatt, Miss Emma Stevning, Mr. McCormick

Courses 1 and 4 are required in all courses for the life diploma.

1. PHYSICAL EXERCISES.

Development of organic power. Three hours a week. One hour credit.

Men—(a)—One hour of outdoor games while weather permits, otherwise indoors. (b)—Various athletic games, during the seasons, in place of a.

- Women—Emphasis is laid upon development of good posture and poise. Outdoor games while weather permits, and indoor games, folk dances and elementary work in aesthetic dancing, calisthenics and apparatus.
- 2. PHYSICAL EXERCISE.
Three hours a week.
Men—Continuation of course 1.
Women—Continuation of course 1, advanced work.
- 3. PLAYGROUND.
Organization and supervision of the playground. Theory of plays and games from the simple to the highly organized; practice in playing and coaching of games, athletic and folk dancing. Organization of tournaments, meets and various competitions. Equipment of playground including construction of hand-made apparatus. Prerequisites, courses 2, physical and psychology. Two hours credit.
- 4. PHYSICAL EDUCATION.
(Required of all applicants for life certificates). A study of the theory of play; educative plays and games; practical management of the playground; demonstration and practice of games suited to grade children; posture exercises; mass plays and games management of tournaments and festivals. One hour credit.
- 5. THEORY AND COACHING.
This course is designed for those who wish to coach teams, such as football, basketball, volleyball track, baseball, and tennis. The various sports will be taken up and methods of training teams and formations worked out. Two hours credit.
- 6. HYGIENE AND FIRST AID.
Personal, school and social hygiene, study of physical diagnosis and physical examination. Lectures, and demonstrations in handling emergencies. Two hours credit.
- 7. THEORY OF PHYSICAL EDUCATION.
Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching of physical education for the primary and grammar grades. Gymnastics for schoolroom use, games, folk dances and story plays. Prerequisites, courses 2, 3 and 6. Two hours credit.
- 8. THEORY OF PHYSICAL EDUCATION.
This course is intended primarily for those who wish to become teachers of physical education in high school and colleges. Prerequisites, courses 2, 3, 4, 5, 6, and 7. Two hours credit.

9. COMMUNITY RECREATION.

Methods of arousing interest in indoor recreation; how to promote social events for all occasions; principles for the adaptation of recreation activities to the needs and capacities of community groups; organization and conduct of community progress for all occasions. One hours credit.

10. PHYSICAL DIAGNOSIS.

An attempt to train teachers so that they may offer intelligent advice to parents regarding health disorders common to children of school age; a study of the normal human body and variations from the normal; growth and tendencies; growth divergencies and control of growth handicaps; method of examining children as to their capacity and needs of exercise, and how to prescribe and give corrective training to individuals and classes. Two hours credit.

1926-1927

PHYSICAL EDUCATION

Mr. McCormick, Miss.....

Courses 1 and 4 are required in all courses for the life diploma.

1. PHYSICAL EXERCISES.

Development of organic power. Three hours a week. One hour credit.

Men—(a)—One hour of outdoor games while weather permits, otherwise indoors. (b)—Various athletic games, during the seasons, in place of a.

Women—Emphasis is laid upon development of good posture and poise. Outdoor games, while weather permits; indoor games; folk dances; and elementary work in aesthetic dancing, calisthenics, and apparatus.

2. PHYSICAL EXERCISE.

Three hours a week.

Men—Continuation of course 1.

Women—Continuation of course 1, advanced work.

3. PLAYGROUND.

Organization and supervision of the playground. Theory of plays and games from the simple to the highly organized; practice in playing and coaching of games; athletic and folk dancing. Organization of tournaments, meets and various competitions. Equipment of playground including construction of hand-made apparatus. Prerequisites, courses 2, physical and psychology. Two hours credit.

4. PHYSICAL EDUCATION.

(Required of all applicants for life certificates). A study of the theory of play; educative plays and games; practical management of the playground; demonstration and practice of games suited to grade children; posture exercise; mass plays and games; management of tournaments and festivals. One hour credit.

5. THEORY AND COACHING.

This course is designed for those who wish to coach teams, such as football, basketball, volleyball, track, baseball, and tennis. The various sports will be taken up and methods of training teams and formations worked out. Two hours credit.

6. HYGIENE AND FIRST AID.

Personal, school and social hygiene, study of physical diagnosis and physical examination. Lectures, and demonstrations in handling emergencies. Two hours credit.

7. THEORY OF PHYSICAL EDUCATION.

Study of physiology of exercise, the importance of physical exercise in the school life of the child. Methods and practice in teaching of physical education for the primary and grammar grades. Gymnastics for schoolroom use, games, folk dances and story plays. Prerequisites, courses 2, 3 and 6. Two hours credit.

8. THEORY OF PHYSICAL EDUCATION.

This course is intended primarily for those who wish to become teachers of physical education in high schools and colleges. Prerequisites, courses 2, 3, 4, 5, 6, and 7. Two hours credit.

9. COMMUNITY RECREATION.

Methods of arousing interest in indoor recreation; how to promote social events for all occasions; principles for the adaptation of recreation activities to the needs and capacities of community groups; organization and conduct of community progress for all occasions. One hour credit.

10. PHYSICAL DIAGNOSIS.

An attempt to train teachers so that they may offer intelligent advice to parents regarding health disorders common to children of school age; a study of the normal human body and variations from the normal growth and tendencies; growth divergencies and control of growth handicaps; methods of examining children as to their capacity and needs of exercise, and how to prescribe and give corrective training to individuals and classes. Two hours credit.

1927-1930

HEALTH EDUCATION

1 (1) Personal Hygiene.

This course strives to develop in the student settled habits in the care of the body leading to stronger and healthier lives; the hygiene of posture, nutrition, exercise, fatigue, rest, and sleep; causes of ill health together with control and prevention of ill health; physiological and anatomical facts which bear a significance for hygiene. Required of all Freshmen or for Life Certificates or Degree. Two hours.

2 (New) School Hygiene.

Hygiene, definition, scope, and relation to education; playground; school buildings, their location and construction; school water supply; school toilets, ventilation of school buildings, heating of school rooms; physical defects of school children; school room sanitation; medical inspection. Two hours.

- 3 (1) Community Hygiene and Sanitation.
Vital statistics; location of the house; soil and surroundings; construction of house; outbuildings; and farm; ventilation; water; its source, quality, and quantity needed; suitable waterworks for the rural home; waterworks in towns and villages; plumbing; sewerage disposal; care of milk; meats and other foods; quarantines; vaccination, and the efforts of the community to safeguard public health. Two hours.
- 4 (New) The Hygiene of the School Child.
Physical basis of education; general laws of growth; factors in growth; children and adults, their physical differences; defective ears, eyes, and teeth; children's diseases; speech defects; sleep and rest; the prevention of disease; health habits. Two hours.
- 100 (New) Planning School Buildings.
This course is open to those preparing for city or country school supervision. Hygienic demands of school grounds and school rooms; planning school buildings; much individual instruction. Prerequisite, 4 hours in Health Education. Two hours.
- 101 (New) Methods of Teaching Health.
Methods of Health teaching in the school; preparation of charts and teaching helps needed in public and community health instruction. A consideration of the work of the United States Public Health Service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health. Two hours.

1927-1930

PHYSICAL EDUCATION FOR MEN

Courses 1, 2, 3, 4, 9, 10 count only to satisfy requirements in Physical Education.

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| 1 Exercises, Apparatus Work, and Games. | One hour. |
| 2 Exercises, Apparatus Work, Games, (continued). | One hour. |
| 3 Any competitive sport such as football, basketball, baseball, track, tennis, wrestling and swimming in season. | One hour. |
| 4 Continuation of 3. | One hour. |
| 5 Individual Exercise.
Prerequisite, permission. | One hour. |
| 6 Individual Exercise, (continued). | One hour. |
| 7 Theory of Basketball.
The fundamentals of the game, selection of men, plays, rules, officiation. Prerequisite, sophomore standing. | Two hours. |
| 8 Theory of Baseball.
History of the game, fundamentals of play, rules, choice of men and their development. Prerequisite, sophomore standing. | Two hours. |
| 9 (5) Theory of Football.
History of the game, selection of men, systems of play, rules, strategy. Prerequisite, sophomore standing. | Two hours. |

- 10 Theory of Track and Field Work.
Coaching and training methods, management of the meet, rules, equipment. Prerequisite, sophomore standing. Three hours
- 11 Theory of Wrestling.
Preliminary work, holds, rules, team management and training. Prerequisite, sophomore standing. Two hours.
- 12 Theory of Swimming and Life Saving.
Preliminary and advanced strokes, diving, water sports, and life saving. Prerequisite, sophomore standing. Two hours
- 13 Heavy Apparatus Work.
Open to those students who are particularly adapted to the work. May be taken by special permission. One hour.
- 14 Heavy Apparatus Work, (continued). One hour.
- 100 Practice Coaching, Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 7. One hour.
- 101 Practice Coaching, Baseball.
Prerequisite, 8. One hour.
- 102 Practice Coaching, Football.
Prerequisite, 9. Two hours.
- 103 Practice Coaching, Track and Field.
Prerequisite, 10. Two hours.
- 104 Examination and Measurement.
Instruction in physical examination of the various regions of the body, use of the stethoscope, study of the spine, reaction of the heart to exercise. Opportunity is offered for individual practice. Prerequisite, permission. One hour.
- 105 Organization and Administration.
Lectures, reports, and classroom discussion for athletic directors. Deals with intercollegiate and intramural athletics from the point of view of administrative responsibility. Program of activities, business management, planning and upkeep of fields and gymnasium, purchase and repair of equipment, publicity, awards, managers, methods of arousing interest and of handling intramural sports, management of tournament. Prerequisite, permission. Two hours.
- 106 Chemical Dietetics.
A study of the chemistry of foods with the idea of determining food values and proper training food. Required for physical education major students. Prerequisites, 2, 3 and at least one of the following: 7, 8, 9, 10, 11. Two hours.
- 107 Public Appearance.
A study in public speaking, review of advanced grammar and general instructions on how to meet the public. Required of major students in physical education. Prerequisites, same as 106. Two hours.

PHYSICAL EDUCATION FOR WOMEN

- 1 (New) Organized Athletics.
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their season. Four times a week, Two hours. Twice a week, One hour.
- 2 (New) Folk and National Dancing.
Group country dances of different European countries will be given. Four times a week, Two hours. Twice a week, One hour.
- 3 (New) Elementary Swimming.
Four times a week, Two hours. Twice a week, One hour.
- 4 (New) Formal Gymnastics.
Marching tactics, freehand calisthenics in the Swedish, German, Danish and American systems, and various forms of floor exercises. Four times a week, Two hours. Twice a week, One hour.
- 5 (New) Character Dancing.
This includes clogs, jigs and gymnastic dances, especially suited to boys and girls of adolescent age and planned to meet the needs of the teacher. Four times a week, Two hours. Twice a week, One hour.
- 6 (New) Track and Field Athletics for Girls.
Four times a week, Two hours. Twice a week, One hour.
- 7 (New) Rhythmic Activities for Primary and Elementary Grades.
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Notebook required. Four times a week, Two hours. Twice a week, One hour.
- 8 (New) A Program of Physical Education.
Activities for Rural Schools; self testing activities; hunting activities; athletics for individuals and groups; relief period exercise and how to conduct such after school activities as Field Days, Kite Flying, Tournaments, Stilt Walking events, etc. Notebooks required. Four times a week, Two hours. Twice a week, One hour.
- 9 (3) Playground Activities.
Demonstration and practice of plays and games suitable for children of the elementary grades. Notebooks required. Twice a week, One hour.
- 10 (6) First Aid.
Notebooks required. Twice a week. One hour.
- 11 (New) Health Training in Elementary Schools.
A graded outline for teaching health habits in the first eight grades; demonstration and practice teaching in classroom. Notebook, scrapbook and poster required. Four times a week. Two hours.
- 12 (New) Theory of Coaching.
Various organized games in season; methods of training teams and play formations. Notebooks required. Four times a week. One hour.
- 13 (New) Playground Supervision.
The theory of play organization of tournaments, meets, festivals, equipment of playground including construction of handmade apparatus. Prerequisites, 1, 2, 5, 7, and 8. Four times a week. Two hours.

- 14 (New) School Drama and Festivals.
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Notebook required. Two times a week. One hour.
- 15 (New) Physical Examination and Growth Divergencies.
For elementary and high school teachers; a study of the normal human body; divergencies from the normal defects; growth handicaps and their control; a course in child pathology for educators; also the special technique in determining or estimating individual needs and capacities for physical training activities and the adaptation of activities; detection of unpairments for reference to physician. Four times a week. Two hrs.
- 16 (New) Natural Dancing.
A course of dancing based on natural and rhythmic movement; the interpretation of music through dancing solo and group dances; dances are presented which are adaptable to out door festivals and pageants. Four times a week. Two hours.
- 100 (9) Community Recreation.
Methods of arousing interest in indoor recreation; how to promote social events for all occasions; principles for the adaptations of recreation activities to the needs and capacities of community progress for all occasions. One hour.
- 101 (New) Anatomy.
A study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four times a week. Two hours.
- 102 (New) Kinesiology.
Topics: Levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements. Four times a week. Two hours.

Summer 1928-1930

The Department of Physical Education

Men:

Physical Education 1	Gymnasium	1 hour credit
Physical Education 2	Gymnasium, Con't.	1 hour credit
Physical Education 7	Theory of Basketball	2 hours credit
Physical Education 9 (5)	Theory of Football	2 hours credit
Physical Education 100	Practice Coaching, Basketball	1 hour credit
Physical Education 101	Practice Coaching, Baseball	1 hour credit

Women:

Physical Education 1 (New)	Organized Athletics	1 hour credit
Physical Education 4 (New)	Formal Gymnastics	1 hour credit
Physical Education 7 (New)	Rythmic Activities for Primary and Element- ary Grades	1 hour credit
Physical Education 8 (New)	A Program of Physical Education	1 hour credit
Physical Education 12 (New)	Theory of Coaching	1 hour credit
Physical Education 13 (New)	Playground Supervision	1 hour credit

1930-1931
Physical Education Major
WOMEN

FRESHMAN YEAR

1	Organized Athletics	1 hour
2	Folk and Natural Dancing	1 hour
3	Swimming	1 hour
4	Formal Gymnastics for Women	1 hour

SOPHOMORE YEAR

10	Injuries and First Aid	1 hour
7	Rhythmic Activities for the Grades	1 hour
11	Health Training for Elementary Schools	1 hour
12	Theory of Coaching Basket Ball	2 hours

JUNIOR YEAR

6	Advanced Smiming	1 hour
or 114	Methods of Swimming and Life Saving	
20	Tumbling, Pyramid Building, and Stunts	1 hour
or 17	Recreational Games	
119	The Nature and Function of Play	2 hours
14	School Drama and Festival	1 hour
121	Anatomy	2 hours

SENIOR YEAR

118	Physical Examination and Measurements	2 hours
106	Principles and Program of Modern Phy. Ed.	2 hours
120	Kinesiology	2 hours
122	Community Recreation	2 hours

TABLE XXIV

Physical Education Major
MEN

FRESHMAN YEAR

35, 36, 37, 38, 49, or 50.		
Theory of Coaching	2 hours	
The student should select one of the foregoing.		
No practice credit for participation in a sport during the first year.		

SOPHOMORE YEAR

35, 36, 37, 38, 49, or 50.		
Theory of Coaching	2 hours	
The student should select one of the foregoing other than that completed in the first year.		
33	Elementary Swimming	
or 45	Recreational Games	
or 46	Competitive Sports	1 hour
21	Natural Program of Physical Education	1 hour
41	Tumbling, Pyramid Building, and Sports	
or 34	Advanced Swimming	1 hour

JUNIOR YEAR

47	Athletic Injuries and First Aid	1 hour
48	Mass Athletics	1 hour
121	Anatomy	2 hours
122	Community Recreation	2 hours
100, 101, 102, 103, or 104		
Practice Coaching	1 hour	
106	Principles of Physical Education	2 hours

SENIOR YEAR

110 Public Appearance	1 hour
109 Dietetics for the Athlete	1 hour
118 Physical Education (Examination and Measurements)	2 hours
125 Organization and Adm. of Phy. Ed.	2 hours
Elective, Selected by Dept. of Phy. Ed.	2 hours

Note: Core required for physical education limited to practice courses only. If a student does not submit one unit of physical education from an accredited high school, he may be required to take four hours of practice courses in addition to these outlined in the above table.

HEALTH EDUCATION

1 Hygiene. (1)

A survey of the attitudes, ideals, and habits that promote health; the requirements of the body as to food, exercise, sleep, fresh air, bathing, etc.; the physiological requirements of children, where they differ from adults; special emphasis on ventilation, foods, plays, eye and ear hygiene, and those phases of the subject which are of interest to every grade school teacher. Two hours.

3 School and Community Hygiene and Sanitation. (2)

Vital statistics; location of the house; soil and surroundings; construction of house; outbuildings; ventilation; water; its source, quality, and quantity needed; suitable water works for the rural home; water works in town and villages; plumbing; sewerage disposal; care of milk; meats and other foods; quarantines; vaccination, and the efforts of the community to safeguard public health. Two hours.

100 Planning School Buildings. (100)

This course is open to those preparing for city or country school supervision. Hygiene demands of school ground and school rooms; planning school buildings; much individual instruction. Prerequisite, 4 hours in Health Education. Two hours.

101 Methods of Teaching Health. (101)

Methods of Health teaching the school; preparation of charts and teaching helps needed in public and community health instruction. A consideration of the work of the United States public health service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health. Two hours.

PHYSICAL EDUCATION FOR MEN

30 Natural Gymnastics.

This course consists of gymnastics, apparatus and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men; prospective school teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus work on parallel bar; horizontal bar and tumbling. One hour.

31 Natural Gymnastics (Cont'd)

Four days a week.

One hour.

32 Natural Gymnastics.

Four days a week.

One hour.

33 Elementary Swimming.

Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding followed by practice of the different strokes. Plain diving and water games will be used. Four days a week. One hour.

- 34 Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Life-Saving methods and the requirements as prescribed by the American Red Cross Life Saving tests. Also practice in advanced diving. Four days a week. One hour.
- 35 Theory of Coaching Football. (9)
Four days a week. Two hours.
- 36 Theory of Coaching Baseball. (8)
Four days a week. Two hours.
- 37 Theory of Coaching Wrestling. (11)
Four days a week. Two hours.
- 38 Theory of Coaching Basketball. (7)
Four days a week. Two hours.
- 39 Individual Gymnastics
Open to students physically incapable of taking floor work. Four days a week. One hour.
- 40 Individual Medical Gymnastics.
Four days a week. One hour.
- 41 Tumbling and Pyramid Work.
Mat work and ground tumbling, simple pyramid building, together with simple quick exercises on selected pieces of apparatus. Four days a week. One hour.
- 42 Tumbling and Pyramid Work. (Cont'd.)
Four days a week. One hour.
- 43 Heavy Apparatus Work.
The standard pieces of apparatus, buck, horse, parallel and horizontal bars, will be used and progressive exercises taught—elementary suitable for junior high schools and intermediate for high school boys; some attention will also be given to tumbling and flying rings. Four days a week. One hour.
- 44 Heavy Apparatus Work.
Four days a week. One hour.
- 45 Recreational Non-competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
- 46 Competitive Sports in Season.
Five days a week. One hour.
- 47 Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. Two hours.
- 48 Mass Athletics.
Four times a week. Two hours.
- 49 Theory of Coaching Tennis. Two hours.
- 50 Theory of Coaching Track and Field. Two hours.
- 100 Practice Coaching Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 7. One hour.

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| 101 Coaching Baseball.
Prerequisite, 8. | Two hours. |
| 102 Practice Coaching, Football.
Prerequisite, 9. | Two hours. |
| 103 Practice Coaching, Track and Field.
Prerequisite, 10. | Two hours. |
| 104 Practice Coaching, Wrestling.
Prerequisite, 11. | Two hours. |
| 105 Practice Coaching, Tennis.
Prerequisite, 12. | Two hours. |
| 106 Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and educational-recreational movement, with its significance for the education and character development of the youth. | |

PHYSICAL EDUCATION FOR WOMEN

- 1 Organized Athletics. (1)
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their seasons. Four days a week.
One hour.
- 2 Folk and National Dancing. (2)
Course deals with folk dancing from the teacher-training standpoint, offering the most elementary folk dances of various countries; typical dances of the following countries: Denmark, Sweden, England, Russia, Scotland, and Germany: Four days a week. One hour.
- 3 Elementary Swimming for Women. (3)
A revised method of teaching the beginner to swim; when the student finishes this course, she will have the crawl stroke and will be able to do simple diving. Four days a week. One hour.
- 4 Formal Gymnastics for Women. (4)
Instruction in marching and running tactics, free-hand calisthenics in the Swedish, German, Danish, and American Systems; various forms of exercises. Four days a week, one hour. One or two terms, one or two hours credit.
- 5 Character Dancing. (5)
Course includes jigs, jilts, clogs, and gymnastic dances, especially suited to boys and girls of adolescent age, and planned to meet the needs of the teacher under various conditions. Four times a week.
One hour.
- 6 Advanced Swimming. (new)
Thorough practice in all previous work; breast-stroke, inverted crawl; and under-water swimming strokes; instruction in life-saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week.
One hour.
- 7 Rhythmic Activities for Elementary Grades. (7)
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Three days a week. One hour.
- 8 A Program of Physical Education. (8)
Activities for Rural Schools; self testing activities; hunting activities; athletics for individuals and groups; relief period exercises and how

- to conduct such after school activities as field days, kite flying, tournaments, stilt walking events, etc. Notebooks required. Four days a week. One hour.
- 9 Playground Activities. (9)
Demonstration and practice of plays and games suitable for children of the elementary grades. Note books required. Four days a week. One hour.
 - 10 Injuries and First Aid. (10)
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc.; American Red Cross First Aid examinations are offered if desired. Three days a week. One hour.
 - 11 Health Training in Elementary Schools. (11)
A graded outline for teaching health habits to the first eight grades; demonstration and practice teaching in classroom; notebook, scrapbook, and poster required. Four days a week. Two hours.
 - 12 Theory of Coaching Basket Ball. (12)
Course will include the principles of the game; requirements for each position; individual and team coaching; systems of offense and defense; values of short and long passing; interpretation of the rules; fundamentals; how to organize and conduct intramural and interschool leagues; how to officiate at games. Four days a week. Two hours.
 - 13 Coaching Playground Games. (13)
The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of hand made apparatus. Prerequisites, 1, 2, 5, 7, and 8. Four days a week. Two hours.
 - 14 School Drama and Festivals. (14)
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Three days a week. One hour.
 - 15 Intramural Plays and Games. (new)
Four days a week. One hour.
 - 16 Natural Dancing. (16)
A course in dancing based on natural and rhythmic movements; an interpretation of music through dancing solos and group dances presented so as to be adaptable to outdoor festivals and pageants. Four times a week. One hour.
 - 17 Recreational Games. (new)
Four days a week. One hour.
 - 18 Coaching Tennis. (new)
A presentation of the fundamental stroke and footwork; part of each period given to practice outside of regular class period. Four times a week. One hour.
 - 19 Coaching Track and Field Events. (6)
Athletics from the standpoint of all-round physical education; specialization in athletics; organization of field days; group and individual contests; adaptation of athletics to playgrounds and school yards. Four days a week. One hour.
 - 20 Tumbling and Pyramid Building. (new)
Mat work and ground tumbling, together with simple quick exercises. Four days a week. One hour.

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| 110 Practice Coaching Basketball for Women. (new)
Four days a week. | One hour. |
| 111 Practice Coaching Tennis for Women. (new) | One hour. |
| 112 Practice Coaching Track and Field for Women. (new)
Four days a week. | One hour. |
| 113 Practice Coaching Playground Games for Women. (13)
Four days a week. | One hour. |

COURSES OPEN TO MEN AND WOMEN

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| 21. A Natural Program of Physical Education. (8)
This course may be substituted for Course 8. | One hour. |
| 22 Athletic Injuries and First Aid. (10)
This course may be substituted for Course 10. | One hour. |
| 23 Intramural Sports and Games. (new)
Instruction in intramural athletic activities; organization of intra-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. | One hour. |
| 106 Principles and Program of Modern Physical Education. (new)
A study of the basis of physical education in present organization of society in America; relations of physical education to education in general; standards for judging physical education practice; psychological, sociological, and hygienic guides in selection of material, the natural program of physical education, its objectives and its methods; evaluation of all types of physical education in terms of educational standards. | One hour. |
| 107 Individual Gymnastics. (new)
A practical course dealing with certain abnormal conditions which are liable to come under the observation of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other prevalent orthopedic disturbances; exercises in children with weak heart muscles, ptosis, overweight, underweight, etc. Four days a week. | Two hours. |
| 114 Methods of Swimming and Life Saving. (new)
Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Senior Life Saving Corps. Three days a week. | One hour. |
| 118 Physical Examination and Measurements. (15)
A study of the normal and abnormal human body and variations from the normal human body; presents instruction in history taking, and methods of examination of lungs, eyes, nose, mouth, and throat, anthropometry, testing of vision and hearing, application of diagnostic methods in examination of heart, spine, feet, skin, etc.; the significance and detection of contagious diseases in school work; it is the purpose of this course to present the elements of normal diagnosis to teachers with or without previous medical training. No instruction will be given in differential diagnosis of disease. This is a brief course in normal diagnosis. | Two hours. |
| 119 Nature and Function of Play. (new)
Deals with the human instinct tendencies, emotions, and intellectual processes exercised in play; an analysis of the sources in child nature | |

of complex play activities; the functions of play in the growth, development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership. Two hours.

120 Kinesiology. (102)

Designed for physical education majors; levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements. Two hours.

121 Anatomy. (101)

A systematic study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four days a week. Two hours.

122 Community Recreation. (100)

Planned to meet needs of technic of leadership in social activities among recreational workers; designed to be of interest to leaders of social, fellowship, or mixed recreational gatherings in schools, camps, churches, community houses, clubs, or institutions; methods in organization and leadership of amusements, social games, dramatics, story telling, community singing, music, pageantry, etc. Two hours.

125 Organization and Administration of Physical Education. (new)

Problems of organization and administration of physical education in the public schools, including elementary and high school; problems of teaching, supervision, and administration; the construction of physical education curricula. Four days a week. Two hours.

SUMMER 1931

The Department of Physical Education

Men:

Physical Education 30 (New)	Natural Gymnastics	One Hour
Physical Education 33 (New)	Elementary Swimming	One Hour
Physical Education 35 (9)	Theory of Coaching Football	Two Hours
Physical Education 38 (7)	Theory of Coaching Basketball	Two Hours
Physical Education 45 (New)	Recreational Games	One-half Hour
Physical Education 46 (New)	Competitive Sports	One Hour
Physical Education 47 (New)	Athletic Injuries and First Aid	Two Hours

Women:

Physical Education 2 (2)	Folk Dancing	One Hour
Physical Education 7 (7)	Rhythmic Activities for Elementary Grades.....	One Hour
Physical Education 9 (9)	Playground Activities	One Hour
Physical Education 14 (14)	School Drama and Festivals	One Hour
Physical Education 3 (3)	Swimming	One Hour

Courses open to Men and Women:

Physical Education 118 (15)	Physical Examinations	Two Hours
Physical Education 122 (100)	Community Recreation	Two Hours

1931-1932

Physical Education Major

Women

FRESHMAN

COMMON CORE	DIFFER. CORE	1st Major	2nd Major	Electives
1 Biology 2 Biology *2 English Grammar 3 English Comp. 5 Geography 1 Gen. Hygiene 1 or 2 Psychology 4 Advanced Comp.	1H Education	1 Organized Athletics 2 Folk Dancing 3 Swimming 4 Formal Gymnastics		9 Hours

SOPHOMORE

*1 Agriculture 1 English & 3 Economics	1H Am. History 2H Am. History 3H Am. History 5 Education	10 First Aid 7 Rhythmic Act. 11 Health Training 12 Theory of Coach.		14 Hours
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JUNIOR

100 Fed. Const.	104 Psychology 117H Measurements 2H Education 104 Education	6 Swimming, or 114 Methods 20 or 17 Phys. Educ. 119 Phys. Educ. 14 Phys. Educ. 121 Phys. Educ.	See appropriate secondary table, 8 hours	2 Hours
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SENIOR

ec. Eng., 2 hrs. 2 Education, or Elec. Educ., 2 hrs.	106 Teaching 110 Curriculum	118 Phys. Educ. 106 Phys. Educ. 120 Phys. Educ. 122 Phys. Educ.	See appropriate secondary table, 12 hours	4 hours
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*See the English department for the course to substitute for this one.

**Not required if taken in high school.

Physical Education Major

Men

FRESHMAN

COMMON CORE	DIFFER. CORE	1st Major	2nd Major	Electives
1 Biology 2 Biology *2 English Grammar 3 English Comp. 5 Geography 1 Gen. Hygiene 1 or 2 Psychology 4 Advanced Comp.	1H Education	35, 36, 37, 38, 49 or 50 Phys. Educ. (Select 2 hours***)		11 Hours

SOPHOMORE

**1 Agriculture 1 English 2 & 3 Economics	1H Am. History 2H Am. History 3H Am. History 5 Education	35, 36, 37, 38, 49 or 50 Phys. Education (Select 2 hours) 33 or 45 or 46 Phys. Education (one hour) 21 Phys. Education 41 or 34 Phys. Educ. (one hour)		14 Hours
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JUNIOR

100 Fed. Const.	104 Psychology 117H Educ. Meas. 2H Education 104 Education	47 and 48 Phys. Educ. 121 Anatomy 122 Community Re- creations 1 hour from one of the following: 100, 101, 102, 103, or 104 Phys. Educ. 106 Phys. Educ.	See appro- priate secondary table, 8 hours	
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SENIOR

Elec. English, 2 hrs. 102 Education, or Elec. Educ., 2 hrs.	106 Teaching 110 Curriculum	110 Phys. Educ. 109 Phys. Educ. 118 Phys. Educ. 175 Phys. Educ. Elec. Phys. Educ. 2 hrs.	See appro- priate secondary table, 12 hours	3 Hours
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*See the English department for the course to substitute for this one.

**Not required if taken in high school.

***No practice credit for participation in a sport during the first year may be given.

Note: Core required to physical education limited to practice course only. If a student does not submit one unit of physical education from accredited high school, he may be required to take four hours of practice course in addition to those outlined in the above table.

HEALTH EDUCATION

1 Hygiene. (1)

A survey of the attitudes, ideals, and habits that promote health; the requirements of the body as to food, exercise, sleep, fresh air, bathing, etc.; the physiological requirements of children, where they differ from adults; special emphasis on ventilation, foods, plays, eye and ear hygiene, and those phases of the subject which are of interest to every grade school teacher.

Two hours.

3 School and Community Hygiene and Sanitation. (2)

Vital statistics; location of the house; soil and surroundings; construction of house; outbuildings; ventilation; water; its source, quality, and quantity needed; suitable water works for the rural home; water works in towns and village; plumbing; sewerage disposal; care of milk; meats and other foods; quarantines; vaccination, and the efforts of the community to safeguard public health.

Two hours.

101 Methods of Teaching Health. (101)

Methods of Health teaching the school; preparation of charts and teaching helps needed in public and community health instruction. A consideration of the work of the United States public health service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health.

Four hours

PHYSICAL EDUCATION FOR MEN

- 30 Natural Gymnastics.
This course consists of gymnastics, apparatus and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men; prospective school teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus work on parallel bar; horizontal bar and tumbling. One hour.
- 31 Natural Gymnastics (Cont'd)
Four days a week. One hour.
- 32 Natural Gymnastics.
Four days a week. One hour.
- 33 Elementary Swimming.
Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding followed by practice of the different strokes. Plain diving and water games will be used. Four days a week. One hour.
- 34 Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Life-Saving methods and the requirements as prescribed by the American Red Cross Life Saving tests. Also practice in advanced diving. Four days a week. One hour.
- 35 Theory of Coaching Football. (9)
Four days a week. Two hours.
- 36 Theory of Coaching Baseball. (8)
Four days a week. Two hours.
- 37 Theory of Coaching Wrestling. (11)
Four days a week. Two hours.
- 38 Theory of Coaching Basketball. (7)
Four days a week. Two hours.
- 39 Individual Gymnastics
Open to students physically incapable of taking floor work. Four days a week. One hour.
- 40 Individual Medical Gymnastics.
Four days a week. One hour.
- 41 Tumbling and Pyramid Work.
Mat work and ground tumbling, simple pyramid building, together with simple quick exercises on selected pieces of apparatus. Four days a week. One hour.
- 42 Tumbling and Pyramid Work (Cont'd.)
Four days a week. One hour.
- 43 Heavy Apparatus Work.
The standard pieces of apparatus, buck, horse, parallel and horizontal bars will be used and progressive exercises taught—elementary suitable for junior high schools and intermediate for high school boys; some attention will also be given to tumbling and flying rings. Four days a week. One hour.
- 44 Heavy Apparatus Work.
Four days a week. One hour.

- 45 Recreational Non-competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
- 46 Competitive Sports in Season.
Five days a week. One hour.
- 47 Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. Two hours.
- 48 Mass Athletics.
Four times a week. Two hours.
- 49 Theory of Coaching Tennis. Two hours.
- 50 Theory of Coaching Track and Field. Two hours.
- 100 Practice Coaching Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 7.
- 101 Coaching Baseball.
Prerequisite, 8. Two hours.
- 102 Practice Coaching, Football.
Prerequisite, 9. Two hours.
- 103 Practice Coaching, Track and Field.
Prerequisite, 10. Two hours.
- 104 Practice Coaching, Wrestling. Two hours.
Prerequisite, 11.
- 105 Practice Coaching, Tennis. Two hours.
Prerequisite, 12.
- 106 Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and educational-recreational movement, with its significance for the education and character development of the youth of the nation, and with the practical problems of scouting as met by scoutmasters, scout executives, and other officials who are concerned with the organization and administration of troops. The course is intended for students of education, physical education, and recreation, for scoutmasters, and for students who have a desire to be of service in the leadership of youth in their home communities after leaving college. Two hours.
- 108 Advanced Theory of Football.
Four times a week. One hour.
- 110 Public Appearance.
A study in public speaking, review of advanced grammar and general instructions on how to meet the public. Required of major students in physical education. One hour.

PHYSICAL EDUCATION FOR WOMEN

- 1 Organized Athletics. (1)
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their seasons. Four days a week. One hour.
- 2 Folk and National Dancing. (2)
Course deals with folk dancing from the teacher-training standpoint, offering the most elementary folk dances of various countries; typical dances of the following countries: Denmark, Sweden, England, Russia, Scotland, and Germany. Four days a week. One hour.

- 3 Elementary Swimming for Women. (3)
A revised method of teaching the beginner to swim; when the student finishes this course, she will have the crawl stroke and will be able to do simple diving. Four days a week. One hour.
- 4 Formal Gymnastics for Women. (4)
Instruction in marching and running tactics, free-hand calisthenics in the Swedish, German, Danish, and American Systems; various forms of exercises. Four days a week, one hour. One or two terms, one or two hours credit.
- 5 Character Dancing. (5)
Course includes jigs, jilts, clogs, and gymnastic dances, especially suited to boys and girls of adolescent age, and planned to meet the needs of the teacher under various conditions. Four times a week. One hour.
- 6 Advanced Swimming (new)
Thorough practice in all previous work; breast-stroke, inverted crawl, and under-water swimming strokes; instruction in life-saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week. One hour.
- 7 Rhythmic Activities for Elementary Grades. (7)
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Three days a week. One hour.
- 8 A Program of Physical Education. (8)
Activities for Rural Schools; self testing activities; hunting activities; athletics for individuals and groups; relief period exercises and how to conduct such after school activities as field days, kite flying, tournaments, stilt walking events, etc. Notebooks required. Four days a week. One hour.
- 9 Playground Activities. (9)
Demonstration and practice of plays and games suitable for children of elementary grades. Note books required. Four days a week. One hour.
- 10 Injuries and First Aid. (10)
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc.; American Red Cross First Aid examinations are offered if desired. Three days a week. One hour.
- 11 Health Training in Elementary Schools. (11)
A graded outline for teaching health habits to the first eight grades; demonstration and practice teaching a classroom; notebook, scrapbook, and poster required. Four days a week. Two hours.
- 12 Theory of Coaching Basket Ball. (12)
Course will include the principles of the game; requirements for each position; individual and team coaching; systems of offense and defense; values of short and long passing; interpretation of the rules; fundamentals; how to organize and conduct intramural and interschool leagues; how to officiate at games. Four days a week. Two hours.
- 13 Coaching Playground Games. (13)
The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of hand made apparatus. Prerequisites, 1, 2, 5, 7, and 8. Four days a week. Two hours.
- 14 School Drama and Festivals. (14)
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Three days a week. One hour.

- 15 Intramural Plays and Games. (new)
Four days a week. One hour.
- 16 Natural Dancing. (16)
A course in dancing based on natural and rhythmic movements; an interpretation of music through dancing solos and group dances presented so as to be adaptable to outdoor festivals and pageants. Four times a week. One hour.
- 17 Recreational Games. (new)
Four days a week. One hour.
- 18 Coaching Tennis. (new)
A presentation of the fundamental stroke and footwork; part of each presentation given to practice outside of regular class period. Four times a week. One hour.
- 19 Coaching Track and Field Events. (6)
Athletics from the standpoint of all-round physical education; specialization in athletics; organization of field days; group and individual contests; adaption of athletics to playgrounds and school yards. Four days a week. One hour.
- 20 Tumbling and Pyramid Building (new)
Mat work and ground tumbling, together with simple quick exercises. Four days a week. One hour.
- 110 Practice Coaching Basketball for Women. (new)
Four days a week. One hour.
- 111 Practice Coaching Tennis for Women. (new) One hour.
- 112 Practice Coaching Track and Field for Women (new) One hour.
Four days a week.
- 113 Practice Coaching Playground Games for Women. (13)
Four days a week. One hour.

COURSES OPEN TO MEN AND WOMEN

- 21 A Natural Program of Physical Education. (8)
This course may be substituted for course 8. One hour.
- 22 Athletic Injuries and First Aid. (10)
This course may be substituted for Course 10. One hour.
- 23 Intramural Sports and Games. (new)
Instruction in intramural athletic activities; organization of intra-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. One hour.
- 106 Principles and Program of Modern Physical Education. (new)
A study of the basis of physical education in present organization of society in America; relations of physical education to education in general; standards for judging physical education practice; psychological, sociological, and hygienic guides in selection of material, the natural program of physical education, its objectives and its methods; evaluation of all types of physical education in terms of educational standards. One hour.
- 107 Individual Gymnastics. (new)
A practical course dealing with certain abnormal conditions which are liable to come under the observation of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other prevalent orthopedic disturbances; exercises in children with weak heat muscles, ptosis, overweight, underweight etc. Four days a week. Two hours.

- 114 **Methods of Swimming and Life Saving. (new)**
Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Senior Life Saving Corps. Three days a week. One hour.
- 118 **Physical Examination and Measurements. (15)**
A study of the normal and abnormal human body and variations from the normal human body; presents instruction in history taking, and methods of examination of lungs, eyes, nose, mouth, and throat, anthropometry, testing of vision and hearing, application of diagnostic methods in examination of heart, spine, feet, skin, etc.; the significance and detection of contagious diseases in school work; it is the purpose of this course to present the elements of normal diagnosis to teachers with or without previous medical training. No instruction will be given in differential diagnosis of disease. This is a brief course in normal diagnosis. Two hours.
- 119 **Nature and Function of Play. (new)**
Deals with the human instinct tendencies, emotions, and intellectual processes exercised in play; an analysis of the sources in child nature of complex play activities; the functions of play in the growth, development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership. Two hours.
- 120 **Kinesiology. (102)**
Designed for physical education majors; levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements. Two hours.
- 121 **Anatomy. (101)**
A systematic study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four days a week. Two hours.
- 122 **Community Recreation. (100)**
Planned to meet the needs of technic of leadership in social activities among recreational workers; designed to be of interest to leaders of social, fellowship, or mixed recreational gatherings in schools, camps, churches, community houses, clubs, or institutions; methods in organization and leadership of amusements, social games, dramatics, story telling, community singing, music, pageantry, etc. Two hours.
- 125 **Organization and Administration of Physical Education. (new)**
Problems of organization and administration of physical education in the public schools, including elementary and high school; problems of teaching, supervision, and administration; the construction of physical education curricula. Four days a week. Two hours.

SUMMER 1932
Physical Education Major

Women

FRESHMAN				
COMMON CORE	DIFFER. CORE	1st Major	2nd Major	Electives
1 Biology 2 Biology 2 English Grammar 3 English Composition 5 Geography 1 Gen. Hygiene 1 or 2 Psychology 4 Advanced Comp.	1H Education	1 Organized Athletics 2 Folk Dancing 3 Swimming 4 Formal Gymnastics		9 hours
SOPHOMORE				
* Agriculture 1 Am. Government— Politics 1 English	1H Am. History 2H Am. History 3H Am. History	10 First Aid 7 Rhythmic Act. 11 Health Training 12 Theory of Coach.		14 Hours
JUNIOR				
2 & 3 Economics	4H Psychology 117H Measurements 2H Education 104, 105 Teaching	6 Swimming, or 114 Methods 20 or 17 Phys. Educ. 119 Phys. Educ. 14 Phy. Educ. 121 Phys. Educ.	See appropriate secondary table, 8 hours	2 Hours
SENIOR				
Elec. Eng., 2 hrs. 102 Education, or Elec. Educ., 2 hrs.	106 Teaching 110 Curriculum	118 Phys. Educ. 106 Phys. Educ. 120 Phys. Educ. 122 Phys. Educ.	See appropriate secondary table, 12 hours	4 Hours
*Not required if taken in high school.				

1932-1933

Physical Education Major

Men

FRESHMAN				
COMMON CORE	DIFFER. CORE	1st Major	2nd Major	Electives
2 English Grammar 3 English Composition 5 Geography 1 Gen. Hygiene 2 Psychology 4 Advanced Comp.	1H Education	35, 36, 37, 38, 49 or 50 Phys. Educ. (Select 2 hours**)	See the Dean about related second major	11 Hours Group Electives

SOPHOMORE

10 Okla. History*	1H Am. History	35, 36, 37, 38, 49, or	14 Hours
14 School Law	2H Am. History	50 Phys. Education	
1 Agriculture*	3H Am. History	(Select 2 hours)	
1 Am. Government		33 or 45 or 46 Phys.	
1 English		Education (one hr.)	
10 Phys. Education		21 Phys. Education	
2 and 3 Economics		41 or 34 Phys. Ed.	
		(one hour)	

JUNIOR

	4H Psychology	47 and 48 Phys. Ed.	See appropriate secondary table, 8 hours
	117H Measurem'ts	121 Anatomy	
	2H Education	122 Community Recreations	
	104, 105 Teaching	1 hour from one of the following: 100, 101, 102, 103, or 104 Phys. Educ.	
		106 Phys. Educ.	

SENIOR

Elec. English, 2 hrs.	106 Teaching	110 Phys. Educ.	See appropriate secondary table, 12 hours	3 Hours
Elec. Educ., 2 hrs.	110 Curriculum	109 Phys. Educ.		
		118 Phys. Educ.		
		125 Phys. Educ.		
		Elec. Ph. Ed., 2 hr.		

*Not required if taken in high school.

**No practice credit for participation in a sport during the first years may be given.

Note: Core required for physical education limited to practice course only. If a student does not submit one unit of physical education from an accredited high school, he may be required to take four hours of practice course in addition to those outlined in the above table.

Physical Education Major

Women

FRESHMAN

COMMON CORE	DIFFER. CORE	1st Major	2nd Major	Electives
2 English Grammar	1H Education	1 Organized Athl.	See the Dean about related second major	9 Hours Group Electives
3 English Composition		2 Folk Dancing		
5 Geography		3 Swimming		
1 Gen. Hygiene		4 Formal Gymnast.		
2 Psychology				
4 Advanced Comp.				

SOPHOMORE

10 Okla. History*	1H Am. History	10 First Aid	14 Hours
14 School Law	2H Am. History	7 Rhythmic Act.	
1 Agriculture*	3H Am. History	11 Health Training	
1 Am. Government		12 Theory of Coach.	
1 English			
10 Phys. Education			
2 and 3 Economics			

JUNIOR

4H Psychology 117H Measure. 2H Education 104, 105 Teaching	6 Swimming, or 114 Methods 20 or 17 Phys. Ed. 119 Phys. Educ. 14 Phy. Educ. 121 Phys. Educ.	See appropriate secondary table, 8 hours	2 Hours
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SENIOR

Elec. English, 2 hrs. 102 Education, or Elec. Educ., 2 hrs.	106 Teaching 110 Curriculum	118 Phys. Educ. 106 Phys. Educ. 120 Phys. Educ. 122 Phys. Educ.	See appropriate secondary table, 12 hours	4 Hours
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*Not required if taken in high school.

HEALTH EDUCATION

- 1 Hygiene. (1)
A survey of the attitudes, ideals, and habits that promote health; the requirements of the body as to food, exercise, sleep, fresh air, bathing, etc.; the physiological requirements of children, where they differ from adults; special emphasis on ventilation, foods, plays, eye and ear hygiene, and those phases of the subject which are of interest to every grade school teacher. Two hours.
- 3 School and Community Hygiene and Sanitation. (2)
Vital statistics; location of the house; soil and surroundings; construction of house; outbuildings; ventilation; water; its source, quality, and quantity needed; suitable water works for the rural home; water works in towns and village; plumbing; sewerage disposal; care of milk; meats and other foods; quarantines; vaccination, and the efforts of the community to safeguard public health. Two hours.
- 101 Methods of Teaching Health. (101)
Methods of health teaching in the school; preparation of charts and teaching helps needed in public and community health instruction. A consideration of the work of the United States public health service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health. Four hours.

PHYSICAL EDUCATION FOR MEN

- 30 Natural Gymnastics.
This course consists of gymnastics, apparatus and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men. Prospective schools teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus work on parallel bar; horizontal bar and tumbling four days a week. One hour.
- 31 Natural Gymnastics. (Cont'd)
Four days a week. One hour.
- 32 Natural Gymnastics.
Four days a week. One hour.
- 33 Elementary Swimming.
Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding followed by practice of the different strokes. Plain diving and water games will be used. Four days a week. One hour.

- 34 Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Life-Saving methods and the requirements as prescribed by the American Red Cross Life Saving tests. Also practice in advanced diving. Four days a week. One hour.
- 35 Theory of Coaching Football. (9)
Four days a week. Two hours.
- 36 Theory of Coaching Baseball. (8)
Four days a week. Two hours.
- 37 Theory of Coaching Wrestling. (11)
Four days a week. Two hours.
- 38 Theory of Coaching Basketball. (7)
Four days a week. Two hours.
- 39 Individual Gymnastics
Open to students physically incapable of taking floor work. Four days a week. One hour.
- 40 Individual Medical Gymnastics.
Four days a week. One hour.
- 41 Tumbling and Pyramid Work
Mat work and ground tumbling, simple pyramid building, together with simple quick exercises on selected pieces of apparatus. Four days a week. One hour.
- 42 Tumbling and Pyramid Work. (Cont'd.)
Four days a week. One hour.
- 43 Heavy Apparatus Work.
The standard pieces of apparatus, buck, horse, parallel and horizontal bars will be used and progressive exercises taught—elementary suitable for junior high schools and intermediate for high school boys; some attention will also be given to tumbling and flying rings. Four days a week. One hour.
- 44 Heavy Apparatus Work.
Four days a week. One hour.
- 45 Recreational Non-competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
- 46 Competitive Sports in Season.
Five days a week. One hour.
- 47 Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. Two hours per week. Two hours.
- 48 Mass Athletics.
Four times a week. Two hours.
- 49 Theory of Coaching Tennis. Two hours.
- 50 Theory of Coaching Track and Field. Two hours.

- 100 Practice Coaching Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 38. Two hours.
- 101 Coaching Baseball.
Prerequisite, 36. Two hours.
- 102 Practice Coaching, Football.
Prerequisite, 35. Two hours.
- 103 Practice Coaching, Track and Field
Prerequisite, 50. Two hours.
- 104 Practice Coaching, Wrestling.
Prerequisite, 37. Two hours.
- 105 Practice Coaching, Tennis.
Prerequisite, 49. Two hours.
106. Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and education-recreational movement, with its significance for the education and character development of the youth of the nation, and with the practical problems of scouting as met by scoutmasters, scout executives, and other officials who are concerned with the organization and administration of troops. The course is intended for students of education, physical education, and recreation, for scoutmasters, and for students who have a desire to be of service in the leadership of youth in their home communities after leaving college. Two hours.
- 108 Advanced Theory of Football:
Four times a week. One hour.

PHYSICAL EDUCATION FOR WOMEN

- 1 Organized Athletics. (1)
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their seasons. Four days a week. One hour.
- 2 Folk and National Dancing. (2)
Course deals with folk dancing from the teacher-training standpoint. Offering the most elementary folk dances of various countries; typical dances of the following countries: Denmark, Sweden, England, Russia, Scotland, and Germany. Four days a week. One hour.
- 3 Elementary Swimming for Women. (3)
A revised method of teaching the beginner to swim; when the student finishes this course, she will have the crawl stroke and will be able to do simple diving. Four days a week. One hour.
- 4 Formal Gymnastics for Women. (4)
Instruction in marching and running tactics, free-hand calisthenics in the Swedish, German, Danish, and American Systems; various forms of exercises. Four days a week, one hour. One or two terms, one or two hours credit.
- 5 Character Dancing. (5)
Course includes jigs, jilts, clogs, and gymnastic dances, especially suited to boys and girls of adolescent age, and planned to meet the needs of the teacher under various conditions. Four times a week. One hour.

- 6 Advanced Swimming. (new)
Thorough practice in all previous work; breast-stroke, inverted crawl, and under-water swimming strokes; instruction in life-saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week.
One hour.
- 7 Rhythmic Activities for Elementary Grades. (7)
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Three days a week.
One hour.
- 8 A Program of Physical Education. (8)
Activities for Rural Schools; self testing activities; hunting activities: athletics for individuals and groups; relief period exercises and how to conduct such after school activities as field days, kite flying, tournaments, stilt walking events, etc. Notebooks required. Four days a week.
One hour.
- 9 Playground Activities. (9)
Demonstration and practice of plays and games suitable for children of elementary grades. Note books required. Four days a week.
One hour.
- 10 Injuries and First Aid. (10)
Aims to give knowledge and practical skill as will render teachers Aims to give such knowledge and practical skill as will render teachers letic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc.; American Red Cross First Aid examinations are offered if desired. Three days a week.
One hour.
- 11 Health Training in Elementary Schools. (11)
A graded outline for teaching health habits to the first eight grades; demonstration and practice teaching a classroom; notebook, scrapbook, and poster required. Four days a week.
Two hours.
- 12 Theory of Coaching Basket Ball. (12)
Course will include the principles of the game; requirements for each position; individual and team coaching; systems of offense and defense; values of short and long passing; interpretation of the rules; fundamentals; how to organize and conduct intramural and interschool leagues; how to officiate at games. Four days a week.
Two hours.
- 13 Coaching Playground Games. (13)
The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of hand made apparatus. Prerequisites, 1, 2, 5, 7, and 8. Four days a week.
Two hours.
- 14 School Drama and Festivals. (14)
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Three days a week.
One hour.
- 15 Intramural Plays and Games. (new)
Four days a week.
One hour.
- 16 Natural Dancing. (16)
A course in dancing based on natural and rhythmic movements; an interpretation of music through dancing solos and group dances presented so as to be adaptable to outdoor festivals and pageants. Four times a week.
One hour.

- 17 Recreational Games. (new)
Four days a week. One hour.
- 13 Coaching Tennis. (new)
A presentation of the fundamental stroke and footwork; part of each presentation given to practice outside of regular class period. Four times a week. One hour.
- 19 Coaching Track and Field Events. (6)
Athletics from the standpoint of all-round physical education; specialization in athletics; organization of field days; group and individual contests; adaption of athletics to playgrounds and school yards. Four days a week. One hour.
- 20 Tumbling and Pyramid Building. (new)
Mat work and ground tumbling, together with simple quick exercises. Four days a week. One hour.
- 110 Practice Coaching Basketball for Women. (new)
Four days a week. One hour.
- 111 Practice Coaching Tennis for Women. (new) One hour.
- 112 Practice Coaching Track and Field for Women. (new)
Four days a week. One hour.
- 113 Practice Coaching Playground Games for Women. (13)
Four days a week. One hour.

COURSES OPEN TO MEN AND WOMEN

- 21 A Natural Program of Physical Education. (8)
This course may be substituted for course 8. One hour.
- 22 Athletic Injuries and First Aid. (10)
This course may be substituted for Course 10. One hour.
- 23 Intramural Sports and Games. (new)
Instruction in intramural athletic activities; organization of intra-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. One hour.
- 106 Principles and Program of Modern Physical Education. (new)
A study of the basis of physical education in present organization of society in America; relations of physical education to education in general; standards for judging physical education practice; psychological, sociological, and hygienic guides in selection of material, the natural program of physical education, its objectives and its methods; evaluation of all types of physical education in terms of educational standards. One hour.
- 107 Individual Gymnastics. (Theory). (new)
A practical course dealing with certain abnormal conditions which are liable to come under the observation of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other prevalent orthopedic disturbances; exercises in children with weak heat muscles, ptosis, overweight, underweight etc. Four days a week. Two hours.
- 114 Methods of Swimming and Life Saving. (new)
Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Senior Life Saving Corps. Three days a week. One hour.

- 118 Physical Examination and Measurements. (15)
A study of the normal and abnormal human body and variations from the normal human body; presents instruction in history taking, and methods of examination of lungs, eyes, nose, mouth, and throat, anthropometry, testing of vision and hearing, application of diagnostic methods in examination of heart, spine, feet, skin, etc.; the significance and detection of contagious diseases in school work; it is the purpose of this course to present the elements of normal diagnosis to teachers with or without previous medical training. No instruction will be given in differential diagnosis of disease. This is a brief course in normal diagnosis. Two hours.
- 119 Nature and Function of Play. (new)
Deals with the human instinct tendencies, emotions, and intellectual processes exercised in play; an analysis of the sources in child nature of complex play activities; the functions of play in the growth, development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership. Two hours.
- 120 Kinesiology. (102)
Designed for physical education majors; levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements. Two hours.
- 121 Anatomy. (101)
A systematic study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four days a week. Two hours.
- 122 Community Recreation. (100)
Planned to meet the needs of technic of leadership in social activities among recreational workers; designed to be of interest to leaders of social, fellowship, or mixed recreational gatherings in schools, camps, churches, community houses, clubs, or institutions; methods in organization and leadership of amusements, social games, dramatics, story telling, community singing, music, pageantry, etc. Two hours.
- 125 Organization and Administration of Physical Education. (new)
Problems of organization and administration of physical education in the public schools, including elementary and high school; problems of teaching, supervision, and administration; the construction of physical education curricula. Four days a week. Two hours.

1933-1934

Physical Education

FRESHMAN			
COMMON CORE	DIFFER. CORE	FIRST MAJOR	GROUP ELEC.
1, 2, 3, 4, English 1 Hygiene 9 (women), 30 (men), Phys. Educ. 1, 2, 3, History (select) 4 hours 10 History, unless ½ unit in H. S. in which case, History 3 1 or 100 Government 2, 3 Economics	2 Psych. 1, 2, 14 Educ.	The major is 24 semester hours, 10 hours of which must be of senior college rank. The following courses must be included: Activity or participation course. 10 hrs. Organization and Admin- istration 2 hrs Individual Gymnastics 2 hrs First Aid 1 hrs Boy or Girl Leadership 2 hrs Anatomy 2 hrs Theory of Ac- tivities (In- cluding theory of Inter- Murals 5 hrs 24 hrs	Select 8 hours from the follow- ing fields in the ratio of 4-4 or 8: mathematics, physics, chemis- try, geology, bi- ology, foreign language. (If foreign language is chosen, 8 hrs. in one language in addition to two units in the same language in H. S.
SOPHOMORE			
4 hours Biology, Physics, Chemistry, or Geology 1 Agriculture or ½ unit in H. S. 10 (women), 47 (men), Phys. Educ.	117 Education		
JUNIOR			
	104 Psychology 102, 110 Educ. 3 hrs. Elec. Ed.		
SENIOR			
	105, 106 Ed.* 116 Educ.**	Only 3 hours in Phys. Ed. 46 in any one sport will be credited.	

*This practicing teaching is to be done in the first major.

**Practice teaching to be done in the second major.

The second major should be selected by conference with the Dean.

HEALTH EDUCATION

- 1 Hygiene. (1)
A survey of the attitudes, ideals, and habits that promote health; the requirements of the body as to food, exercise, sleep, fresh air, bathing, etc.; the physiological requirements of children, where they differ from adults; special emphasis on ventilation, foods, plays, eye and ear hygiene, and those phases of the subject which are of interest to every grade school teacher.
Two hours.
- 3 School and Community Hygiene and Sanitation. (2)
Vital statistics; location of the house; soil and surroundings; construction of house; outbuildings; ventilation; water; its source, quality, and quantity needed; suitable water works for the rural home; water works in towns and village; plumbing; sewerage disposal; care of milk; meats and other foods; quarantines; vaccination, and the efforts of the community to safeguard public health.
Two hours.
- 101 Methods of Teaching Health. (101)
Methods of health teaching in the school; preparation of charts and teaching helps in public and community health instruction. A consideration of the work of the United States public health service; state boards of health; county boards of health; other public and private agencies devoted to the preservation of health.
Four hours.

PHYSICAL EDUCATION FOR MEN

- 23 Intramural Sports and Games.
Instruction in intramural athletic activities; organization of inter-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week.
One hour.
- 30 Natural Gymnastics.
This course consists of gymnastics, apparatus and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men. Prospective school teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus work on parallel bar; horizontal bar and tumbling four days a week.
One hour.
- 31 Natural Gymnastics. (Cont'd)
Four days a week. One hour.
- 32 Natural Gymnastics.
Four days a week. One hour.
- 33 Elementary Swimming.
Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding followed by practice of the different strokes. Plain diving and water games will be used.
Four days a week. One hour.
- 34 Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Live-Saving methods and the requirements as prescribed by the American Red Cross Life Saving tests. Also practice in advanced diving.
Four days a week. One hour.
- 35 Theory of Coaching Football. (9)
Four days a week. Two hours.
- 36 Theory of Coaching Baseball. (8)
Four days a week. Two hours.
- 37 Theory of Coaching Wrestling. (11)
Four days a week. Two hours.
- 38 Theory of Coaching Basketball. (7)
Four days a week. Two hours.
- 39 Individual Gymnastics
Open to students physically incapable of taking floor work.
Four days a week. One hour.
- 40 Individual Medical Gymnastics.
Four days a week. One hour.
- 41 Tumbling and Pyramid Work.
Mat work and ground tumbling, simple pyramid building, together with simple quick exercises on selected pieces of apparatus.
Four days a week. One hour.
- 42 Tumbling and Pyramid Work. (Cont'd)
Four days a week. One hour.
- 43 Heavy Apparatus Work.
The standard pieces of apparatus, buck, horse, parallel and horizontal bars will be used and progressive exercises taught—elementary suitable for junior high schools and intermediate for high school boys; some attention will also be given to tumbling and flying rings.
Four days a week. One hour.

- 44 Heavy Apparatus Work.
Four days a week. One hour.
- 45 Recreational Non-competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
- 46 Competitive Sports in Season.
Five days a week. One hour.
- 47 Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. Two hours per week. Two hours.
- 48 Mass Athletics.
Four times a week. Two hours.
- 49 Theory of Coaching Tennis. Two hours.
- 50 Theory of Coaching Track and Field. Two hours.
- 100 Practice Coaching Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 38. Two hours.
- 101 Coaching Baseball.
Prerequisite, 36. Two hours.
- 102 Practice Coaching, Football.
Prerequisite, 35. Two hours.
- 103 Practice Coaching, Track and Field.
Prerequisite, 50. Two hours.
- 104 Practice Coaching, Wrestling.
Prerequisite, 37. Two hours.
- 105 Practice Coaching, Tennis.
Prerequisite, 49. Two hours.
- 106 Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and education-recreational movement, with its significance for the education and character development of the youth of the nation, and with the practical problems of scouting as met by scoutmasters, scout executives, and other officials who are concerned with the organization and administration of troops. The course is intended for students of education, physical education, and recreation, for scoutmasters, and for student who have a desire to be of service in the leadership of youth in their home communities after leaving college. Two hours.
- 108 Advanced Theory of Football.
Four days a week. One hour.

PHYSICAL EDUCATION FOR WOMEN

- 1 Organized Athletics. (1)
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their seasons. Four days a week. One hour.
- 2 Folk and National Dancing. (2)
Course deals with folk dancing from the teacher-training standpoint. Offering the most elementary folk dances of various countries; typical dances of the following countries: Denmark, Sweden, England, Russia, Scotland, and Germany. Four days a week. One hour.

3. Elementary Swimming for Women. (3)
A revised method of teaching the beginner to swim; when the student finishes this course, she will have the crawl stroke and will be able to do simple diving. Four days a week. One hour.
4. Formal Gymnastics for Women. (4)
Instruction in marching and running tactics, free-hand calisthenics in the Swedish, German, Danish, and American Systems; various forms of exercises. Four days a week, one hour. One or two terms, or or two hours credit.
5. Character Dancing. (5)
Course includes jigs, jilts, clogs, and gymnastic dances, especially suited to boys and girls of adolescent age, and planned to meet the needs of the teacher under various conditions. Four times a week. One hour.
6. Advanced Swimming. (new)
Thorough practice in all previous work; breast-stroke, inverted crawl, and under-water swimming strokes; instruction in life-saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week. One hour.
7. Rhythmic Activities for Elementary Grades. (7)
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Three days a week. One hour.
8. A Program of Physical Education. (8)
Activities for Rural Schools; self testing activities; hunting activities; athletics for individuals and groups; relief period exercises and how to conduct such after school activities as field days, kite flying, tournaments, stilt walking events, etc. Notebooks required. Four days a week. One hour.
9. Playground Activities. (9)
Demonstration and practice of plays and games suitable for children of elementary grades. Note books required. Four days a week. One hour.
10. Injuries and First Aid. (10)
Aims to give knowledge and practical skill as will render teachers athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc.; American Red Cross First Aid examinations are offered if desired. Three days a week. One hour.
11. Health Training in Elementary Schools. (11)
A graded outline for teaching health habits to the first eight grades; demonstration and practice teaching a classroom; notebook, scrapbook, and poster required. Four days a week. Two hours.
12. Theory of Coaching Basket Ball. (12)
Course will include the principles of the game; requirements for each position; individual and team coaching; systems of offense and defense; values of short and long passing; interpretation of the rules; fundamentals; how to organize and conduct intramural and interschool leagues; how to officiate at games. Four days a week. Two hours.
13. Coaching Playground Games. (13)
The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of hand made apparatus. Prerequisites 1, 2, 7 and 9. Four days a week. Two hours.
14. School Drama and Festivals. (14)
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Three days a week. One hour.
15. Intramural Plays and Games. (new)
Four days a week. One hour.

- 16 Natural Dancing. (16)
A course in dancing based on natural and rhythmic movements; an interpretation of music through dancing solos and group dances presented so as to be adaptable to outdoor festivals and pageants. Four times a week. Prerequisites Physical Education 2 and 7. One hour.
- 17 Recreational Games. (new)
Four days a week. One hour.
- 18 Coaching Tennis. (new)
A presentation of the fundamental stroke and footwork; part of each presentation given to practice of regular class period. Four times a week. One hour.
- 19 Coaching Track and Field Events. (6)
Athletics from the standpoint of all-round physical education; specialization in athletics; organization of field days; group and individual contests; adaptation of athletics to playgrounds and school yards. Four days a week. One hour.
- 20 Tumbling and Pyramid Building. (new)
Mat work and ground tumbling, together with simple quick exercises. Four days a week. One hour.
- 110 Practice Coaching Basketball for Women. (new)
Four days a week. Permission of instructor. One hour.
- 111 Practice Coaching Tennis for Women. (new) One hour.
- 112 Practice Coaching Track and Field for Women. (new) Four days a week. Permission of instructor. One hour.
- 113 Practice Coaching Playground Games for Women. (13) Four days a week. Permission of instructor. One hour.

COURSES OPEN TO MEN AND WOMEN

- 21 A Natural Program of Physical Education. (8)
This course may be substituted for course 8. One hour.
- 22 Athletic Injuries and First Aid. (10)
This course may be substituted for Course 10. One hour.
- 23 Intramural Sports and Games. (new)
Instruction in intramural athletic activities; organization of intra-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. One hour.
- 106 Principles and Program of Modern Physical Education. (new)
A study of the basis of physical education in present organization of society in America; relations of physical education to education in general; standards for judging physical education practice; psychological, sociological, and hygienic guides in selection of material, the natural program of physical education, its objectives and its methods; evaluation of all types of physical education in terms of educational standards. One hour.
- 107 Individual Gymnastics. (Theory) (new)
A practical course dealing with certain abnormal conditions which are liable to come under the observation of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other prevalent orthopedic disturbances; exercises

in children with weak heart muscles, ptosis, overweight, underweight, etc.
Four days a week. Prerequisites, Physiology 102. Two hours.

- 114 Methods of Swimming and Life Saving. (new)
Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Senior Life Saving Corps. Three days a week.
One hour.

- 118 Physical Examination and Measurements. (15)
A study of the normal and abnormal human body and variations from the normal human body; presents instruction in history taking, and methods of examination of lungs, eyes, nose, mouth, and throat, anthropometry, testing of vision and hearing, application of diagnostic methods in examination of heart, spine, feet, skin, etc.; the significance and detection of contagious diseases in school work; it is the purpose of this course to present the elements of normal diagnosis to teachers with or without previous medical training. No instruction will be given in differential diagnosis of disease. This is a brief course in normal diagnosis. Two hours.

- 119 Nature and Function of Play. (new)
Deals with the human instinct tendencies, emotions, and intellectual processes exercised in play; an analysis of the sources in child nature of complex play activities; the functions of play in the growth, development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership. Two hours.

- 120 Kinesiology. (192)
Designed for physical education majors; levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements. Two hours.

- 121 Anatomy. (101)
A systematic study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four days a week. Two hours.

- 122 Community Recreation. (100)
Planned to meet the needs of technic of leadership in social activities among recreational workers; designed to be of interest to leaders of social, fellowship, or mixed recreational gatherings in schools, camps, churches, community houses, clubs, or institutions; methods in organization and leadership of amusements, social games, dramatics, story telling, community singing, music, pageantry, etc. Two hours.

- 125 Organization and Administration of Physical Education. (new)
Problems of organization and administration of physical education in the public schools, including elementary and high school; problems of teaching, supervision, and administration; the construction of physical education curricula. Four days a week. Two hours.

1934-1935

Physical Education

FRESHMAN

COMMON CORE	DIFFER.CORE	FIRST MAJOR	GROUP. ELEC.
1, 2, 3, 4. English 1 Hygiene 9 (women), 30 (men) Phys. Educ. 1, 2, 3, History (select 4 hours) 10 History, unless ½ unit in H. S. in which case, History 3 1 or 100 Government 2, 3 Economics	2 Psych. 1, 2, 14 Educ.	The major is 24 semester hours. 10 hours of which must be of senior college rank. The following courses must be included: Activity or participation course 10 hrs Organization and Administration 2 hrs. Individual Gymnas- tics 2 hrs. First Aid 1 hr. Boy or Girl Leadership 2 hrs. Anatomy 2 hrs Theory of Ac- tivities (in- cluding theory of Intramur- als) 5 hrs.	Select 8 hours from the fol- lowing fields in the ratio of 4-4 or 8: mathe- matics, physics, chemistry, ge- ology, biology, foreign lan- guage. (If for- eign language is chosen. 8 hrs. in one language in addiiton to two units in the same language in H. S.)
SOPHOMORE			
4 hours Biology, Physics, Chemistry, or Geology 1 Agriculture or ½ unit in H. S. 10 (women), 47 (men), Phys. Educ.	117 Education		
JUNIOR			
	104 Psychology 102, 110 Educ. 3 hrs. Elec. Ed.		
SENIOR			
	105, 106 Ed.* 116 Educ.**	Only 3 hours in Phys. Ed. 46 in any one sport will be credited. 24 hrs.	

*This practice teaching is to be done in the first major.

**Practice teaching to be done in the second major.

The second major should be selected by conference with the Dean.

HEALTH EDUCATION

1 Hygiene. (1)

A survey of the attitudes, ideals, and habits that promote health; the requirements of the body as to food, exercise, sleep, fresh air, bathing, etc.; the physiological requirements of children, where they differ from adults; special emphasis on ventilation, foods, plays, eye and ear hygiene, and those phases of the subject which are of interest to every grade school teacher.

Two hours.

PHYSICAL EDUCATION FOR MEN

- 23 Intramural Sports and Games.
Instruction in intramural athletic activities; organization of inter-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities ;practice in games suitable. Four days a week. One hour.
- 30 Natural Gymnastics.
This course consists of gymnastics, apparatus and floor exercises; designed for those who expect to take on leadership in physical training for boys and young men. Prospective school teachers and leaders in boys' clubs, playgrounds, social and community recreation centers are advised to take this course. Topics: Marching and running tactics; free-hand calisthenics and apparatus work on parallel bar; horizontal bar and tumbling four days a week. One hour.
- 31 Natural Gymnastics. (Cont'd.)
Four days a week. One hour.
- 32 Natural Gymnastics.
Four days a week. One hour.
- 33 Elementary Swimming.
Elementary swimming along recently revised methods will be taught; confidence drills in bobbing, floating, and gliding followed by practice of the different strokes. Plain diving and water games will be used. Four days a week. One hour.
- 34 Advanced Swimming.
Practice in all previous work; the breast stroke, inverted crawl and under water swimming strokes followed by instruction in Junior Life-Saving methods and the requirements as prescribed by the American Red Cross Life Saving tests. Also practice in advanced diving. Four days a week. One hour.
- 35 Theory of Coaching Football. (9)
Four days a week. Two hours.
- 36 Theory of Coaching Baseball. (8)
Four days a week. Two hours.
- 37 Theory of Coaching Wrestling. (11)
Four days a week. Two hours.
- 38 Theory of Coaching Basketball. (7)
Four days a week. Two hours.
- 39 Individual Gymnastics.
Open to students physically incapable of taking floor work. Four days a week. One hour.
- 40 Individual Medical Gymnastics.
Four days a week. One hour.
- 41 Tumbling and Pyramid Work.
Mat work and ground tumbling, simple pyramid building together with simple quick exercises on selected pieces of apparatus. Four days a week. One hour.
- 42 Tumbling and Pyramid Work. (Cont'd.)
Four days a week. One hour.
- 43 Heavy Apparatus Work.
The standard pieces of apparatus, buck, horse, parallel and horizontal bars will be used and progressive exercises taught—elementary suitable for junior high schools and intermediate for high school boys; some attention will also be given to tumbling and flying rings. Four days a week. One hour.
- 44 Heavy Apparatus Work.
Four days a week. One hour.

- 45 Recreational Non-competitive Games.
Three times a week. One-half hour credit. Four hours is the maximum credit that can be earned in this course.
- 46 Competitive Sports in Season.
Five days a week. One hour.
- 47 Athletic Injuries and First Aid.
Aims to give such knowledge and practical skill as will render teachers efficient in affording aid and some treatment in case of ordinary athletic emergencies; includes practice in use of various kinds of bandages, dressings, antiseptics, disinfectants, etc. American Red Cross First Aid examinations are offered if desired. Two hours per week. Two hours
- 48 Mass Athletics.
Four times a week. Two hours
- 49 Theory of Coaching Tennis. Two hours.
- 50 Theory of Coaching Track and Field. Two hours
- 100 Practice Coaching Basketball.
Practice work in teaching the fundamentals of the game of the sport in season. Prerequisite, 38. Two hours.
- 101 Coaching Baseball. ""
Prerequisite, 36. Two hours.
- 102 Practice Coaching, Football.
Prerequisite, 35. Two hours.
- 103 Practice Coaching, Track and Field.
Prerequisite, 50. Two hours.
- 104 Practice Coaching, Wrestling.
Prerequisite, 37. Two hours.
- 105 Practice Coaching, Tennis.
Prerequisite, 49. Two hours.
- 106 Scoutmastership.
This course will deal with the theoretical interpretation of scouting as a great social and education-recreational movement, with its significance for the education and character of development of the youth of the nation, and with the practice problems of scouting as met by scoutmasters, scout executives, and other officials who are concerned with the organization and administration of troops. The course is intended for students of education, physical education, and recreation, for scoutmasters, and for students who have a desire to be of service in the leadership of youth in their home communities after leaving college. Two hours.
- 108 Advanced Theory of Football.
Four days a week. One hour.

PHYSICAL EDUCATION FOR WOMEN

- 1 Organized Athletics. (1)
Simple organized games followed by volley ball, basket ball, soccer, indoor baseball and hockey in their seasons. Four days a week. One hour.
- 2 Folk and National Dancing. (2)
Course deals with folk dancing from the teacher-training standpoint. Offering the most elementary folk dances of various countries; typical dances of the following countries: Denmark, Sweden, England, Russia, Scotland, and Germany. Four days a week. One hour.
- 3 Elementary Swimming for Women. (3)
A revised method of teaching the beginner to swim; when the student finishes this course, she will have the crawl stroke and will be able to do simple diving. Four days a week. One hour.

- 4 Formal Gymnastics for Women. (4)
Instruction in marching and running tactics, free-hand calisthenics in the Swedish, German, Danish, and American Systems; various forms of exercises. Four days a week, one hour. One or two terms, one or two hours credit.
- 5 Character Dancing. (5)
Course includes jigs, jilts, clogs, and gymnastic dances, especially suited to boys and girls of adolescent age, and planned to meet the needs of the teacher under various conditions. Four times a week. One hour.
- 6 Advanced Swimming. (new)
Thorough practice in all previous work; breast-stroke, inverted crawl, and under-water swimming strokes; instruction in life-saving methods and the requirements as prescribed by the American Red Cross; Junior Life Saving test must be passed for credit. Four times a week. One hour.
- 7 Rhythmic Activities for Elementary Grades. (7)
Designed for teachers and leaders of the younger children, includes program of singing games or simple dramatic actions of songs or games adapted to school rooms, school yards, playgrounds, and gymnasiums. Four days a week. One hour.
- 8 A program of Physical Education. (8)
Activities for Rural Schools; self testing activities; hunting activities; athletics for individuals and groups; relief period exercises and how to conduct such after school activities as field days, kite flying, tournaments, stillt walking events, etc. Four days a week. One hour.
- 9 Playground Activities. (9)
Demonstration and practice of plays and games suitable for children of elementary grades. Four days a week. One hour.
- 10 Injuries and First Aid. (10)
Aims to give knowledge and practical skill concerning physical education, dressings, antiseptics, disinfectants, etc., American Red Cross First Aid examinations are offered if desired. Two days a week. One hour.
- 11 Health Training in Elementary Schools. (11)
A graded outline for teaching health habits to the first eight grades; demonstration and practice teaching a classroom; notebook, scrapbook, and poster required. Four days a week. Two hours.
- 12 Theory of Coaching Basket Ball. (12)
Course will include the principles of the game; requirements for each position; individual and team coaching; systems of offense and defense; values of short and long passing; interpretation of the rules; fundamentals; how to organize and conduct intramural and interschool leagues; how to officiate at games. Four days a week. Two hours.
- 13 Coaching Playground Games. (13)
The theory of play, organization of tournaments, meets, festivals, equipment of playground including construction of hand made apparatus. Prerequisites 1, 2, 7, and 9. Four days a week. Two hours.
- 14 School Drama and Festivals. (14)
Includes dramatization of children's stories; organization of school and community play days; how to plan, organize, and conduct festivals and pageants. Two days a week. One hour.
- 15 Intramural Games. (tennis)
Four days a week. One hour.
- 16 Natural Dancing. (16)
A course in dancing based on natural and rhythmic movements; an interpretation of music through dancing solos and group dances presented so as to be adaptable to outdoor festivals and pageants. Four times a week. Prerequisites Physical Education 2 and 7. One hour.
- 17 Recreational Games. (new)
Four days a week. One hour.

- 18 Coaching Tennis.
A presentation of the fundamental stroke and footwork; part of each presentation given to practice of regular class period. Four times a week.
Prerequisite Physical Education 15. One hour.
- 19 Coaching Track and Field Events. (6)
Athletics from the standpoint of all-round physical education; specialization in athletics; organization of field days; group and individual contests; adaptation of athletics to playgrounds and school yards. Four days a week. One hour.
- 20 Tumbling and Pyramid Building. (new)
Mat work and ground tumbling, together with simple quick exercises. Four days a week. One hour.
- 110 Practice Coaching Basketball for Women. (new)
Four days a week. Permission of instructor. One hour.
- 111 Practice Coaching Tennis for Women. (new) One hour.
- 112 Practice Coaching Track and Field for Women. (new) Four days a week. Permission of Instructor. One hour.
- 113 Practice Coaching Playground Games for Women. (13) Four days a week. Permission of instructor. One hour.
- 130 Girl Leadership.
A theory and practice course in camp management, cookery, handcraft, recreational stunts and such girl's clubs as Girl Scout, Camp Fire and Girl Reserve. Two hours.

COURSES OPEN TO MEN AND WOMEN

- 21 A Natural Program of Physical Education. (8)
This course may be substituted for course 8. One hour.
- 22 Athletic Injuries and First Aid. (10)
This course may be substituted for Course 10. One hour.
- 23 Intramural Sports and Games. (new)
Instruction in intramural activities; organization of intra-scholastic and intra-collegiate athletics; types, methods, plans and arrangements with reference to these activities; practice in games suitable. Four days a week. One hour.
- 106 Principles and Program of Modern Physical Education. (new)
A study of the basis of physical education in present organization of society in America; relations of physical education to education in general; standards for judging physical education practice; psychological, sociological, and hygienic guides in selection of material, the natural program of physical education, its objectives and its methods; evaluation of all types of physical education in terms of educational standards. Two days a week. One hour.
- 107 Individual Gymnastics. (Theory) (new)
A practical course dealing with certain abnormal conditions which are liable to come under the observation of any teacher of gymnastics, superintendent, or principal of schools. Faults of posture, lateral curvature of the spine, round shoulders, weak and flat feet will be studied; a study of infantile paralysis and other orthopedic disturbances; exercises in children with weak heart muscles, ptosis, overweight, underweight, etc. Advised to schedule this course and Physical Education 4 at the same time. Four days a week. Prerequisites, Physiology 102. Two hours.
- 114 Methods of Swimming and Life Saving. (new)
Designed primarily for physical education majors, and for leaders in girls' camps; students satisfying the requirements of this course may qualify for the American Red Cross Senior Life Saving Corps. Three days a week. One hour.
- 118 Physical Examination and Measurements. (15)
A study of the normal and abnormal human body and variations from

the normal human body; presents instruction in history taking, and methods of examination of lungs, eyes, nose, mouth, and throat, anthropometry, testing of vision and hearing, application of diagnostic methods in examination of heart, spine, feet, skin, etc.; the significance and detection of contagious diseases in school work; it is the purpose of this course to present the elements of normal diagnosis to teachers with or without previous medical training. No instruction will be given in differential diagnosis of disease. This is a brief course in normal diagnosis.

Two hours.

119 Nature and Function of Play. (new)

Deals with the human instinct, tendencies, emotions, and intellectual processes exercised in play; an analysis of that sources in child nature of complex play activities; the functions of play in the growth development, and social adjustment of children in the continued plasticity and adjustment of adults; an interpretation of theories; presents a basis for understanding child nature, for the organization of natural programs of educational activities, and for understanding the principles of leadership.

Two hours.

120 Kinesiology. (192)

Designed for physical education majors; levers of the joints; mechanics of the body; the kinesiology of exercises and various occupational gymnastic and athletic movements.

Two hours.

121 Anatomy. (101)

A systematic study of the skeleton, joints, origin and insertion of the muscles, circulatory and nervous systems, thoracic and abdominal viscera. Four days a week. Physiology 102 may be substituted for this course.

Two hours.

122 Community Recreation. (100)

Planned to meet the needs of technic of leadership in social activities among recreational workers; designed to be of interest to leaders of social fellowship, or mixed recreational gatherings in schools, camps, churches, community houses, clubs, or institutions; methods in organization and leadership of amusements, social games, dramatics, story telling, community singing, music, pageantry, etc.

Two hours.

125 Organization and Administration of Physical Education. (new)

Problems of organization and administration of physical education in the public schools, including elementary and high school; problems of teaching, supervision, and administration; the construction of physical education curricula. Four days a week.

Two hours.

1936-1937

SECTION 24.—HIGH SCHOOL CERTIFICATES TO TEACH
PHYSICAL EDUCATION

(Valid in Grades 7 to 12, inclusive)

In addition to the general requirements set out in Section 1 of these regulations, the completion of the following courses shall be required, respectively, for one-year and life certificates to teach Physical Education:

*COURSES IN PSYCHOLOGY AND EDUCATION	One-Year (S. hrs.)	Life (S. hrs.)
Educational Psychology	2	2
Psychology of Adolescence	2	2
Philosophy of and/or History of Education	0	4
Apprentice Teaching in Secondary Schools	4	6
General Methods and Management, including Oklahoma School Law	2	2
Educational Measurements	0	2
Principles of Secondary Education	0	2
	10	20

COURSES IN TEACHING FIELD AND RELATED FIELDS

Activity or Participation Courses	8	10
Organization and Administration	0	2
Individual Gymnastics	0	2
First Aid	1	1
Boy or Girl Leadership	2	2
Anatomy	2	2
Theory of Activities (including theory of Intramurals)	4	4
Elective	0	1
	17	24

OTHER REQUIRED COURSES

English	6	8
American History	4	4
American Government	2	2
Oklahoma History (or ½ unit or 70% in state examination)	2	2
Agriculture (or ½ unit or 70% in state examination)	2	2
MINIMUM SEMESTER HOURS IN ACADEMIC SUBJECTS	76	90
MINIMUM SEMESTER HOURS IN ALL SUBJECTS	90	124
MINIMUM DEGREE REQUIRED	None	A. B. or B. S.

*Note: Not more than six semester hours of the required courses in education shall be completed during the first two years of the college course. Two semester hours of work in apprentice teaching in the elementary field may be substituted for two semester hours of the required apprentice teaching in the secondary field.

HEALTH EDUCATION

102. (1) Personal Hygiene. 2 hours
A survey of habits and practices which affect personal health.
202. (2) School and Community Hygiene. 2 hours
The work of schools and cities in promoting the physical welfare of citizens. Pre. Hygiene 102.
312. (New) Hygienic Factors in School Building Construction. 2 hours
Application of modern hygienic principles to the construction of school buildings. Pre. Hygiene 102, 202.
402. (New) Teachers' Course. 2 hours
Problems and methods in the teaching of Health Education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education. 1 hour
Development of personal physical skill in its various activities usually included in a secondary school physical education program.
111. Physical Education. 1 hour
Development of personal physical skill. 1 hour
121. Physical Education. 1 hour
Continued development of physical skill; game aptitudes.
131. Physical Education. 1 hour
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises. 1 hour
171. Elementary Swimming. 1 hour
181. Intermediate Swimming. 1 hour
191. Advanced Swimming. 1 hour
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports. 1 hour
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities. 1 hour
322. Individual Gymnastics. 2 hours
Methods of corrective exercises for individuals and groups.

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| 332. Physical Examinations and Measurements. | 2 hours |
| Methods in techniques of examinations; forming and keeping records; elementary physical diagnosis. | |
| 351. Calisthenics and Self-testing Activities. | 1 hour |
| 362. Elementary School Programs in Physical Education. | 2 hours |
| Organization and supervision of elementary school activities. | |
| 422. Organization and Management of Intramural Sports and Games. | 2 hours |
| Intramural programs; evaluation of activities; use of tests in forming competitive groups. | |
| 432. Theory, Principles, and History of Physical Education. | 2 hours |
| 422. Teachers' Course. | 2 hours |
| Problems and methods in the teaching of Physical Education. | |

PHYSICAL EDUCATION COURSES OPEN TO MEN AND WOMEN

- | | |
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| 201. Character Dancing. | 1 hour |
| Study of rhythm through clog, tap, and gymnastic dances. | |
| 261. Injuries and First Aid. | 1 hour |
| Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants. | |
| 291. Advanced First Aid. | 1 hour |
| Continuation of First Aid 261. | |
| 322. Individual Gymnastics. | 2 hours |
| Methods of corrective exercises for individuals and groups. | |
| 343. Applied Anatomy. | 3 hours |
| Study of human anatomy. | |
| 402. Organization and Administration of Health and Physical Education. | 2 hours |
| A study of the organization and administration of physical education programs for the public schools. | |
| 412. Community Recreations. | 2 hours |
| Instruction in methods and materials in community leadership. | |

PHYSICAL EDUCATION FOR WOMEN

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| 101. Physical Education. | 1 hour |
| Instruction in archery, tennis, and dancing. | |
| 111. Physical Education. | 1 hour |
| Continuation of Course 101. | |
| 121. Physical Education. | 1 hour |
| Continuation of Course 111. | |
| 131. Physical Education. | 1 hour |
| Continuation of Course 121. | |
| 141. Physical Education. | 1 hour |
| Individual corrective exercises. | |
| 151. Organized Athletics. | 1 hour |
| Participation in organized athletics. | |
| 161. Folk Dancing. | 1 hour |
| Selected national folk dances and singing games of various countries. | |
| 171. Elementary Swimming. | 1 hour |

181. Intermediate Swimming. Continuation of Swimming 171.	1 hour
191. Advanced Swimming. Advanced swimming and life saving.	1 hour
201. Character and Gymnastic Dancing.	1 hour
211. Advanced Character Dancing Pre. Physical Education 201.	1 hour
221. Recreational Intramural Activities.	1 hour
231. Intramural Sports. Continuation of Course 221.	1 hour
241. Recreational Activities. Designed for students physically unable to participate in vigorous games or athletics.	1 hour
251. Natural Dancing.	1 hour
281. Physical Education. Stunts, tumbling, and pyramid building.	1 hour
302. School Drama and Festivals. Organization of school and community play days; planning, organizing and conducting festivals and pageants.	2 hours
352. Elementary School Program. Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.	2 hours
442. Teachers' Course. Problems and methods in the teaching of Health and Physical Education.	2 hours

1937-1939

CERTIFICATES TO TEACH PHYSICAL EDUCATION.

(Valid in Grades 7 to 12, inclusive)

In addition to the general requirements set out in Section 1 of these regulations, the completion of the following courses shall be required, respectively, for one-year and life certificates to teach Physical Education:

(Numbers opposite courses represent semester hours)

*COURSES IN EDUCATION

	1-YEAR	LIFE
Educational Psychology	2	2
Psychology of Adolescence	2	2
Philosophy of Education and/or History of Education	0	4
General Methods and Management, including Oklahoma School Law	2	2
Educational Measurements	0	2
Principles of Secondary Education	0	2
Apprentice Teaching in Secondary Schools	4	6
Total	10	20

COURSES IN TEACHING FIELD AND RELATED FIELDS

Activity or Participation Courses	8	10
Organization and Administration	0	2
Individual Gymnastics	0	2
First Aid	1	1
Boy or Girl Leadership	2	2
Anatomy	2	2
Theory of Activities (including Theory of Intramurals)	4	4
Elective	0	1
Total	17	24

OTHER REQUIRED COURSES

English	6	8
American History and Government	6	6
Oklahoma History (or $\frac{1}{2}$ unit or 70% in state examination)	2	2
Agriculture (or $\frac{1}{2}$ unit or 70% in state examination)	2	2
MINIMUM IN ALL SUBJECTS	90	124
MINIMUM DEGREE	None A. B. or B. S.	

*Note: Not more than six semester hours of the required courses in education shall be completed during the first two years of the college course. Two semester hours of work in apprentice teaching in the elementary field may be substituted for two semester hours of the required apprentice teaching in the secondary field.

HEALTH EDUCATION

102. (1) Personal Hygiene.
A survey of habits and practices which affect personal health.
202. (2) School and Community Hygiene.
The work of schools and cities in promoting the physical welfare of citizens. Pre. Hygiene 102.
312. (New) Hygiene Factors in School Building Construction.
Application of modern hygienic principles to the construction of school buildings. Pre. Hygiene 102, 202.
402. (New) Teachers' Course.
Problems and methods in the teaching of Health Education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary physical education program.
111. Physical Education.
Development of personal physical skill.
121. Physical Education.
Continued development of physical skill; game aptitudes.
131. Physical Education.
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities.
322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records elementary physical diagnosis.
351. Calisthenics and Self-testing Activities.
362. Elementary School Programs in Physical Education.
Organization and supervision of elementary school activities.

372. Youth Leadership.
Organization and leadership of activities for boys of adolescent age; study of the various boys' organizations; practical problems in scouting; broader implications of mental hygiene through individual and group conferences.
422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
432. Theory, Principles, and History of Physical Education.
442. Teachers' Course.
Problems and methods in the teaching of Physical Education.
452. (102, 100) Theory of Coaching Athletics.
A study of the technique of coaching football and basketball.
462. (100, 103, 105) Theory of Athletic Coaching.
A study of the technique of coaching baseball, track and tennis.

PHYSICAL EDUCATION COURSES OPEN TO MEN AND WOMEN

201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Advanced First Aid.
Continuation of First Aid 261.
301. (7) Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
343. Applied Anatomy.
Study of human anatomy.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education programs for the public schools.
412. Community Recreations.
Continuation of Course 111.

PHYSICAL EDUCATION FOR WOMEN

101. Physical Education.
Instruction in archery, tennis, and dancing.
111. Physical Education.
Continuation of Course 101.
121. Physical Education.
131. Physical Education.
Continuation of Course 121.
141. Physical Education.
Individual corrective exercises.
151. Organized Athletics.
Participation in organized athletics.
161. Folk Dancing.
Selected national folk dances and singing games of various countries.

171. Elementary Swimming.
181. Intermediate Swimming.
Continuation of Swimming 171.
191. Advanced Swimming.
Advanced swimming and life saving.
1101. (15) Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
1111. (17) Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court work in singles and doubles.
1121. (125) Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
201. Character and Gymnastic Dancing.
211. Advanced Character Dancing.
221. Recreational Intramural Activities.
Pre. Physical Education 201.
221. Recreational Intramural Education 201.
231. Intramural Sports.
Continuation of Course 221.
241. Recreational Activities.
Designed for students physically unable to participate in vigorous games or athletics.
251. Natural Dancing.
271. (16) Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Prerequisite Physical Education 251.
281. Physical Education.
Stunts, tumbling, and pyramid building.
2102. (12) Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
362. (130) Youth Leadership.
Organization and leadership of activities for girls of adolescent age; instruction in management of Girl Scouts, Camp Fire Girls, Girl Reserves, and similar organizations.
442. Teachers' Course.
Problems and methods in the teaching of Health and Physical Education.
462. (19) Practice Coaching in Organized Athletics.
Actual practice in coaching sports. Organization of teams, technique of officiating and tournament organization.
472. (113) Practice Coaching in Organized Athletics.
A continuation of Physical Education 462.

1940-1941

PHYSICAL EDUCATION

	Sem. Hrs.
Activities and participation courses.....	6
Organization and administration.....	2
Individual gymnastics.....	2
First Aid.....	1
Youth Leadership.....	2
Anatomy.....	2
Chemistry.....	5
Theory of Activities (including Theory of Intramurals).....	4
Health Education.....	4
Coaching, 452 and 462.....	4
(Women may take 412 and 432)	
Human Physiology.....	3
Minimum Total.....	35

HEALTH EDUCATION

102. (1) Personal Hygiene.
A survey of habits and practices which affect personal health.
202. (2) School and Community Hygiene.
The work of schools and cities in promoting the physical welfare of citizens. Pre. Hygiene 102.
312. (New) Hygiene Factors in School Building Construction.
Application of modern hygienic principles to the construction of school buildings. Pre. Hygiene 102, 202.
402. (New) Teachers' Course.
Problems and methods in the teaching of Health Education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary physical education program.
111. Physical Education.
Development of personal physical skill.
121. Physical Education.
Continued development of physical skill; game aptitudes.
131. Physical Education.
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities.
322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis.
351. Calisthenics and Self-testing Activities.
362. Elementary School Programs in Physical Education.
Organization and supervision of elementary school activities.
372. Youth Leadership.
Organization and leadership of activities for boys of adolescent age; a study of the various boys' organizations; practical problems in scouting; broader implications of mental hygiene through individual and group conferences.
422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
432. Theory, Principles, and History of Physical Education.

- 442. Teachers' Course.
Problems and methods in the teaching of Physical Education.
- 452. (102, 100) Theory of Coaching Athletics.
A study of the technique of coaching football and basketball.
- 462. (100, 103, 105) Theory of Athletic Coaching.
A study of the technique of coaching baseball, track and tennis.

PHYSICAL EDUCATION COURSES OPEN TO MEN AND WOMEN

- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
- 291. Advanced First Aid.
Continuation of First Aid 261.
- 301. (7) Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
- 402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education programs for the public schools.
- 412. Community Recreations.
Continuation of Course 111.

PHYSICAL EDUCATION FOR WOMEN

- 101. Physical Education.
Instruction in archery, tennis, and dancing.
- 111. Physical Education.
Continuation of Course 101.
- 121. Physical Education.
Continuation of Course III.
- 131. Physical Education.
Continuation of Course 121.
- 141. Physical Education.
Individual corrective exercises.
- 151. Organized Athletics.
Participation in organized athletics.
- 161. Folk Dancing.
Selected national folk dances and singing games of various countries.
- 171. Elementary Swimming.
- 181. Intermediate Swimming.
Continuation of Swimming 171.
- 191. Advanced Swimming.
Advanced swimming and life saving.
- 1101. (15) Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 1111. (17) Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court work in singles and doubles.
- 1121. (125) Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
- 201. Character and Gymnastic Dancing.
- 211. Advanced Character Dancing.
- 221. Recreational Intramural Activities.
Pre. Physical Education 201.
- 231. Intramural Sports.
Continuation of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games or athletics.

251. Natural Dancing.
271. (16) Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Prerequisite Physical Education 251.
281. Physical Education.
Stunts, tumbling, and pyramid building.
2102. (12) Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
362. (130) Youth Leadership.
Organization and leadership of activities for girls of adolescent age; instruction in management of Girl Scouts, Camp Fire Girls, Girl Reserves, and similar organizations.
442. Teachers' Course.
Problems and methods in the teaching of Health and Physical Education.
462. (19) Practice Coaching in Organized Athletics.
Actual practice in coaching sports. Organization of teams, technique of officiating and tournament organizations.
472. (113) Practice Coaching in Organized Athletics.
A continuation of Physical Education 462.

1941-1942

PHYSICAL EDUCATION

(Valid in Grades 7 to 12, inclusive)

In addition to the general requirements set out in Section 1 of these regulations, the completion of the following courses shall be required, respectively, for one-year and life certificates to teach Physical Education:

(Numbers opposite courses represent semester hours)

*COURSES IN EDUCATION:

	1-Year	Life
Educational Psychology	2	2
Psychology of Adolescence	2	2
Philosophy of Education and/or History of Education	0	4
General Methods and Management, including Oklahoma School Law	2	2
Educational Measurements	0	2
Principles of Secondary Education	0	2
Apprentice Teaching in Secondary Schools	4	6
Total	10	20

COURSES IN TEACHING FIELD:

Activity or Participation Courses	8	10
Organization and Administration	0	2
Individual Gymnastics	0	2
First Aid	1	1
Boy or Girl Leadership	2	2
Anatomy	2	2
Theory of Activities (including Theory of Intramurals)	4	4
Elective	0	1
Total	17	24

OTHER REQUIRED COURSES:

English	6	8
American History and Government	6	6
Oklahoma History (or ½ unit or 70% in state examination)....	2	2
Agriculture (or ½ unit or 70% in state examination)	2	2
MINIMUM IN ALL SUBJECTS	90	124
MINIMUM DEGREE	None	A. B. or B. S.

*NOTE: Not more than six semester hours of the required courses in education shall be completed during the first two years of the college course. Two semester hours of work in apprentice teaching in the elementary field may be substituted for two semester hours of the required apprentice teaching in the secondary field.

HEALTH EDUCATION

102. (1) Personal Hygiene.
A survey of habits and practices which affect personal health.
202. (2) School Hygiene.
The work of schools in promoting the physical welfare of citizens.
Pre. Hygiene 102.
212. Community Hygiene.
312. (New) Hygiene Factors in School Building Construction.
Application of modern hygienic principles to the construction of school buildings. Pre. Hygiene 102, 202.
402. (New) Teachers' Course.
Problems and methods in the teaching of Health Education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary physical education program.
111. Physical Education.
Development of personal physical skill.
121. Physical Education.
Continued development of physical skill; game aptitudes.
131. Physical Education.
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities.
322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis.
351. Calisthenics and Self-testing Activities.
362. Elementary School Programs in Physical Education.
Organization and supervision of elementary school activities.
372. Youth Leadership.
Organization and leadership of activities for boys of adolescent age; a study of the various boys' organizations; practical problems in scouting; broader implications of mental hygiene through individual and group conferences.
422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
432. Theory, Principles, and History of Physical Education.
442. Teachers' Course.
Problems and methods in the teaching of Physical Education.
452. (102, 100) Theory of Coaching Athletics.
A study of the technique of coaching football and basketball.

462. (100, 103, 105) Theory of Athletic Coaching.
A study of the technique of coaching baseball, track and tennis.

PHYSICAL EDUCATION COURSES OPEN TO MEN AND WOMEN

201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Advanced First Aid.
Continuation of First Aid 261.
301. (7) Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education programs for the public schools.
412. Community Recreations.
Continuation of Course 111.

PHYSICAL EDUCATION FOR WOMEN

101. Physical Education.
Instruction in archery, tennis, and dancing.
111. Physical Education.
Continuation of Course 101.
121. Physical Education.
Continuation of Course III.
131. Physical Education.
Continuation of Course 121.
141. Physical Education.
Individual corrective exercises.
151. Organized Athletics.
Participation in organized athletics.
161. Folk Dancing.
Selected national folk dances and singing games of various countries.
171. Elementary Swimming.
181. Intermediate Swimming.
Continuation of Swimming 171.
191. Advanced Swimming.
Advanced swimming and life saving.
1101. (15) Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
1111. (17) Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court work in singles and doubles.
1121. (125) Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
201. Character and Gymnastic Dancing.
211. Advanced Character Dancing.
221. Recreational Intramural Activities.
Pre. Physical Education 201.
231. Intramural Sports.
Continuation of Course 221.
241. Recreational Activities.
Designed for students physically unable to participate in vigorous games or athletics.
251. Natural Dancing.
271. (16) Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Prerequisite Physical Education 251.

281. Physical Education.
Stunts, tumbling, and pyramid building.
2102. (12) Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
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362. (130) Youth Leadership.
Organization and leadership of activities for girls of adolescent age; instruction in management of Girl Scouts, Camp Fire Girls, Girl Reserves, and similar organizations.
442. Teachers' Course.
Problems and methods in the teaching of Health and Physical Education.
462. (19) Practice Coaching in Organized Athletics.
Actual practice in coaching sports. Organization of teams, technique of officiating and tournament organizations.
472. (113) Practice Coaching in Organized Athletics.
A continuation of Physical Education 462.

1946-1951

PHYSICAL EDUCATION

(B. S. Ed.)

	Sem. Hrs.
Activity and Participation Courses	10
Organization and Administration	2
Individual Gymnastics	2
First Aid	1
Youth Leadership	2
Anatomy	2
Theory of Coaching 452, 462 (Men)	4
412 Community Recreation and 432 Theory of Principles (Women)	4
Chemistry	5
Theory of Activities, including Theory of Intramurals	4
Physiology	3
Total	35

Physical education taken in Group I of the curriculum may be counted as a part of the major, provided courses taken conform to above requirements. Chemistry or physiology may apply as science required in Group I, although both may not count on the eight hours science, which must be in one field.

HEALTH EDUCATION

102. (1) Personal Hygiene.
A survey of habits and practices which affect personal health.
202. Hygiene of the School Child. A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child; evaluation of the literature and current devices of health instruction. Pre. Hygiene 102. Required of Physical Ed. majors.
212. Community Hygiene. A consideration of certain public health factors that affect community environment, such as: the nature, source, and classification of communicable diseases, and their control by application of such procedures as: proper methods of waste disposal, purification of water, food inspection, pasteurization of milk, and immunization. Pre. Hygiene 102.
402. (New) Teachers' Course.
Problems and methods in the teaching of Health Education.
Pre. Hygiene 102.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary physical education program.
111. Physical Education.
Development of personal physical skill.
121. Physical Education.
Continued development of physical skill; game aptitudes.
131. Physical Education.
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities.

- 322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
- 332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records;
elementary physical diagnosis.
- 351. Calisthenics and Self-testing Activities.
- 362. Elementary School Programs in Physical Education.
Organization and supervision of elementary school activities.
- 372. Youth Leadership.
Organization and leadership of activities for boys of adolescent age;
a study of the various boys' organizations; practical problems in
scouting; broader implications of mental hygiene through individual
and group conferences.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in form-
ing competitive groups.
- 432. Theory, Principles, and History of Physical Education.
- 442. Teachers' Course.
Problems and methods in the teaching of Physical Education.
- 452. (102, 100) Theory of Coaching Athletics.
A study of the technique of coaching football and basketball.
- 462. (100, 103, 105) Theory of Athletic Coaching.
A study of the technique of coaching baseball, track and tennis.

PHYSICAL EDUCATION COURSES OPEN TO MEN AND WOMEN

- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages,
dressings, antiseptics and disinfectants.
- 291. Advanced First Aid.
Continuation of First Aid 261. Required of Phys. Ed. major.
- 301. (7) Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic ac-
tivities for the lower grades.
- 322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
- 402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education
programs for the public schools.
- 412. Community Recreations.
Continuation of Course 111.

PHYSICAL EDUCATION FOR WOMEN

- 101. Physical Education.
Instruction in archery, tennis, and dancing.
- 111. Physical Education.
Continuation of Course 101.
- 121. Physical Education.
Continuation of Course 111.
- 131. Physical Education.
Continuation of Course 121.
- 141. Physical Education.
Individual corrective exercises.
- 151. Organized Athletics.
Participation in organized athletics.
- 161. Folk Dancing.
Selected national folk dances and singing games of various countries.
- 171. Elementary Swimming.

181. Intermediate Swimming.
Continuation of Swimming 171.
191. Advanced Swimming.
Advanced swimming and life saving.
1101. (15) Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
1111. (17) Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court work in singles and doubles.
1121. (125) Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
201. Character and Gymnastic Dancing.
211. Advanced Character Dancing.
221. Recreational Intramural Activities.
Pre. Physical Education 201.
231. Intramural Sports.
Continuation of Course 221.
241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
251. Natural Dancing.
271. (16) Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Prerequisite Physical Education 251.
281. Physical Education.
Stunts, tumbling, and pyramid building.
2102. (12) Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
362. (130) Youth Leadership.
Organization and leadership of activities for girls of adolescent age; instruction in management of Girl Scouts, Camp Fire Girls, Girl Reserves, and similar organizations.
442. Teachers' Course.
Problems and methods in the teaching of Health and Physical Education.
462. (19) Practice Coaching in Organized Athletics.
Actual practice in coaching sports. Organization of teams, technique of officiating and tournament organizations.
472. (113) Practice Coaching in Organized Athletics.
A continuation of Physical Education 462.

1951-1952

Physical Education:

Activity and Participation Courses	6	10
Organization and Administration	0	2
Individual Gymnastics	0	2
First Aid	2	2
Boy or Girl Leadership	2	2
Anatomy	2	2
Theory of Activities (including Theory of Intramurals)....	4	4
Total	16	24

HEALTH EDUCATION

Assistant Professor Newby

102. (1) Personal Hygiene.
A survey of habits and practices which affect personal health.
202. Hygiene of the School Child.
A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child; evaluation of the literature and current devices of health instruction. Pre. Hygiene 102. Required of Physical Ed. majors.
212. Community Hygiene.
A consideration of certain public health factors that affect community environment, such as: the nature, source, and classification of communicable diseases, and their control by application of such procedures as: proper methods of waste disposal, purification of water, food inspection, pasteurization of milk, and immunization. Pre. Hygiene 102.
402. (New) Teachers' Course.
Problems and methods in the teaching of Health Education. Pre. Hygiene 102.

PHYSICAL EDUCATION FOR MEN

Assistant Professor Newby

Coach Highfill

Assistant Coach Johnson

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary physical education program.
111. Physical Education.
Development of personal physical skill.
121. Physical Education.
Continued development of physical skill; game aptitudes.
131. Physical Education.
Continued development of personal physical skill; game aptitudes.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit 8 hours.
221. Recreational and Intramural Activities.
322. Individual Gymnastics.

- Methods of corrective exercises for individuals and groups.
332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis.
 351. Calisthenics and Self-testing Activities.
 362. Elementary School Programs in Physical Education.
Organization and supervision of elementary school activities.
 372. Youth Leadership.
Organization and leadership of activities for boys of adolescent age; a study of the various boys' organizations; practical problems in scouting; broader implications of mental hygiene through individual and group conferences.
 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
 432. Theory, Principles, and History of Physical Education.
 442. Teachers' Course.
Problems and methods in the teaching of Physical Education.
 452. (102,100) Theory of Coaching Athletics.
A study of the technique of coaching football and basketball.
 462. (100, 103, 105) Theory of Athletic Coaching.
A study of the technique of coaching baseball, track and tennis.
Note: Credit for Military Training in Physical Education and Hygiene. It was quite clear after World War II that in a large number of individual cases, there was no substantial reason to believe that either the hygiene learned in the services or the physical training given therein was equivalent of a modern, effective college program of sports, recreation, and health instruction.
It is, therefore, the policy of Northwestern to establish credit for Military Training in Physical Education and Hygiene as follows:
 - A. That the experience in physical training and hygiene received by college men while in military service be examined in each individual case, and equivalence in kind and amount be determined before any blanket credit or excuse is given. If such equivalence to the college program as now conducted cannot be established no credit should be given and a permanent excuse from physical education should not be granted lest the college neglect its responsibility toward each of its students.
 - B. That each veteran who has been disabled in the service be interviewed and examined carefully to determine: (a) if an individual program of recreation therapy will be helpful to him, (b) if either the normal or special program of physical education should be deferred for the time being, or (c) if physical education should be removed permanently from the student's schedule. Appropriate action should be taken only in relation to individual needs and not on the basis of blanket excuses.

PHYSICAL EDUCATION COURSES OPEN TO MEN OR WOMEN

201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
291. Advanced First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Advanced First Aid.
Continuation of First Aid 261. Required of Phys. Ed. major.

- 301. (7) Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 322. Individual Gymnastics.
Methods of corrective exercises for individuals and groups.
- 402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education programs for the public schools.
- 412. Community Recreation.
Instructions in methods and materials in community leadership.

PHYSICAL EDUCATION FOR WOMEN

Instructor Dowlen

- 101. Physical Education.
Instruction in archery, tennis, and dancing.
- 111. Physical Education.
Continuation of Course 101.
- 121. Physical Education.
Continuation of Course 111.
- 131. Physical Education.
Continuation of Course 121.
- 141. Physical Education.
Individual corrective exercises.
- 151. Organized Athletics.
Participation in organized athletics.
- 161. Folk Dancing.
Selected national folk dances and singing games of various countries.
- 171. Elementary Swimming.
- 181. Intermediate Swimming.
Continuation of Swimming 171.
- 191. Advanced Swimming.
Advanced swimming and life saving.
- 1101. (15) Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 1111. (17) Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court work in singles and doubles.
- 1121. (125) Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
- 201. Character and Gymnastic Dancing.
- 211. Advanced Character Dancing.
- 221. Recreational Intramural Activities.
- 231. Intramural Sports.
Continuation of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
- 251. Natural Dancing.

271. (16) Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Prerequisite Physical Education 251.
281. Physical Education.
Stunts, tumbling, and pyramid building.
2102. (12) Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
362. (130) Youth Leadership.
Organization and leadership of activities for girls of adolescent age; instruction in management of Girl Scouts, Camp Fire Girls, Girl Reserves, and similar organizations.
422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
442. Teachers' Course.
1 Problems and methods in the teaching of Health and Physical Education.
462. (19) Practice Coaching in Organized Athletics.
Actual practice in coaching sports. Organizations of teams, technique of officiating and tournament organizations.
472. (113) Practice Coaching in Organized Athletics.
A continuation of Physical Education 462.

1952-1953

Physical Education:

Activity and Participation Courses	6	10
Organization and Administration	0	2
Individual Gymnastics	0	2
First Aid	2	2
Boy and Girl Leadership	2	2
Anatomy	2	2
Theory of Activities (including Theory of Intramurals) ..	4	4
Total	16	24

HEALTH AND PHYSICAL EDUCATION

Assistant Professor Newby

Instructor Dowlen

Coach Highfill

Assistant Coach Johnson

HEALTH EDUCATION

102. Personal Hygiene.
A survey of habits and practices which affect personal health.
202. School and Community Hygiene.
A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child; evaluation of the literature and current devices of health instruction. Pre. Health Ed. 102. Required of Health and Physical Education majors.

261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Injuries and First Aid.
Continuation of First Aid 261.
312. Hygienic Factors in School Building Construction.
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202.
322. Individual Correctives.
Methods of corrective exercises for individuals and groups.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools.
432. Principles and History of Health and Physical Education.
442. Teachers' Course.
Problems and methods in the teaching of health and physical education. Note: Credit for Military Training in Physical Education and Hygiene. It was quite clear after World War II that in a large number of individual cases, there was no substantial reason to believe that either the hygiene learned in the services or the physical training given therein was equivalent of a modern, effective college program of sports, recreation, and health instruction.
It is, therefore, the policy of Northwestern to establish credit for Military Training in Physical Education and Hygiene as follows:
 - A. That the experience in physical training and hygiene received by college men while in military service be examined in each individual case, and equivalence in kind and amount be determined before any blanket credit or excuse is given. If such equivalence to the college program as now conducted cannot be established no credit should be given and a permanent excuse from physical education should not be granted lest the college neglect its responsibility toward each of its students.
 - B. That each veteran who has been disabled in the service be interviewed and examined carefully to determine: (a) if an individual program of recreation therapy will be helpful to him, (b) if either the normal or special program of physical education should be deferred for the time being, or (c) if physical education should be removed permanently from the student's schedule. Appropriate action should be taken only in relation to individual needs and not on the basis of blanket excuses.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary school physical education program.
111. Physical Education.
Development of personal physical skill. Pre. P. E. 101.
121. Physical Education.
Continued development of personal physical skill; game aptitudes. Pre. P. E. 111.
131. Physical Education.
Continued development of personal physical skill; game aptitudes. Pre. P. E. 121.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.

- 191. Advanced Swimming.
Advanced swimming and life saving.
- 201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit eight hours.
- 332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records;
elementary physical diagnosis.
- 351. Calisthenics and Self-testing Activities.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming
competitive groups.
- 452. Theory of Coaching Football and Basketball.
A study of the technique of coaching football and basket ball.
- 462. Theory of Coaching Baseball, Track, and Tennis.
A study of the technique of coaching baseball, track, and tennis.

PHYSICAL EDUCATION FOR WOMEN

- 101. Physical Education.
Instruction in archery, tennis, and dancing.
- 111. Physical Education.
Continuation of Course 101.
- 121. Physical Education.
Continuation of Course 111.
- 131. Physical Education.
Continuation of Course 121.
- 141. Physical Education.
Individual corrective exercises.
- 151. Organized Athletics.
Participation in organized athletics.
- 161. Folk Dancing.
Selected national folk dances and singing games of various countries.
- 171. Elementary Swimming.
- 181. Intermediate Swimming.
Continuation of Swimming 171.
- 191. Advanced Swimming.
Advanced swimming and life saving.
- 1111. Intermediate Tennis.
Review of fundamentals and instruction in additional strokes.
Court work in singles and doubles.
- 1121. Organized Athletics.
Continuation of Physical Education 151. Participation in organized
athletics and sports in season.
- 201. Character and Gymnastic Dancing.
- 211. Advanced Character Dancing.
Pre. P. E. 201.

- 251. Natural Dancing.
- 271. Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Pre. P. E. 251.
- 281. Stunts and Tumbling.
Stunts, tumbling, and pyramid building.
- 302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
- 462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
- 472. Theory of Coaching Minor Sports.
Organization and coaching of teams, technique of officiating, tournament organization.

PHYSICAL EDUCATION FOR MEN AND WOMEN

- 1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 221. Recreational Intramural Activities.
- 231. Intramural Sports.
Continuations of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
- 261. First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
- 291. Advanced First Aid.
Continuation of First Aid 261.
- 301. Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 343. Applied Anatomy.
Study of human anatomy.
- 452. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
- 362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups.
- 402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of physical education programs for the public schools.
- 412. Community Recreation.
Instructions in methods and materials in community leadership.
- 432. Principles and History of Health and Physical Education.

1953-1954

HEALTH AND PHYSICAL EDUCATION
(B. S. Ed.)

	Men Sem. Hrs.	Women Sem. Hrs.
Activity and Participation Courses	10	10
Phys. Ed. 352, Elementary School Program	2	2
Phys. Ed. 362, Recreational Leadership	2	2
Phys. Ed. 452, 462, Men; 462, 472 Women, Theory Coaching ..	4	4
Phys. Ed. 422, Theory of Intramural Sports	2	2
Health Ed. 202, School and Community Hygiene	2	2
Health Ed. 261-291, First Aid	2	2
Health Ed. 322, Individual Correctives	2	2
Health Ed. 402, Organization and Administration of H & PE ..	2	2
Health Ed. 432, Prin. and History of Health and Phys. Ed. ..	2	2
Health Ed. 442, Teacher's Course	2	2
Biology 365, Human Physiology	5	5
Health Ed. Elective Theory	2	2

Note: Science in Junior College must include either General Chemistry 105 or General Zoology 125.

HEALTH AND PHYSICAL EDUCATION

Assistant Professor Newby

Instructor Amacker

Coach Highfill

Assistant Coach Johnson

HEALTH EDUCATION

102. Personal Hygiene.
A survey of habits and practices which affect personal health.
202. School and Community Hygiene.
A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child in relation to his school and his community; evaluation of the literature and current devices of health instruction. Pre. Health Ed. 102. Required of Health and Physical Education majors.
261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Injuries and First Aid.
Continuation of First Aid 261.
312. Hygienic Factors in School Building Construction.
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202.
322. Individual Correctives.
Methods of corrective exercises for individuals and groups.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools.
432. Principles and History of Health and Physical Education.
442. Teachers' Course.
Problems and methods in the teaching of health and physical education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary school physical education program.

- 111. Physical Education.
Development of personal physical skill. Pre. P. E. 101.
- 121. Physical Education.
Continued development of personal physical skill; game aptitudes.
Pre. P. E. 111.
- 131. Physical Education.
Continued development of personal physical skill; game aptitudes.
Pre. P. E. 121.
- 141. Individual Corrective Exercises.
- 171. Elementary Swimming.
- 181. Intermediate Swimming.
- 191. Advanced Swimming.
Advanced swimming and life saving.
- 201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit eight hours.
- 332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records;
elementary physical diagnosis.
- 351. Calisthenics and Self-testing Activities.
- 452. Theory of Coaching Football and Basketball.
A study of the technique of coaching football and basketball.
- 462. Theory of Coaching Baseball, Track, and Tennis.
A study of the technique of coaching baseball, track, and tennis.

PHYSICAL EDUCATION FOR WOMEN

- 101. Physical Education.
Instruction in archery, tennis, and dancing.
- 111. Physical Education.
Continuation of Course 101.
- 121. Physical Education.
Continuation of Course 111.
- 131. Physical Education.
Continuation of Course 121.
- 141. Physical Education.
Individual corrective exercises.
- 151. Organized Athletics.
Participation in organized athletics.
- 161. Folk Dancing.
Selected national folk dances and singing games of various countries.
- 171. Elementary Swimming.
- 181. Intermediate Swimming.
Continuation of Swimming 171.
- 191. Advanced Swimming.
Advanced swimming and life saving.
- 1111. Intermediate Tennis.
Review of fundamentals and instruction in additional strokes.
Court work in singles and doubles.
- 1121. Organized Athletics.
Continuation of Physical Education 151. Participation in organized
athletics and sports in season.
- 201. Character and Gymnastic Dancing.
- 211. Advanced Character Dancing.
Pre. P. E. 201.
- 251. Natural Dancing.
- 271. Creative Dancing.
Designed to give students instruction and practice in the natural
movements of the dance. Pre. P. E. 251.
- 281. Stunts and Tumbling.
Stunts, tumbling, and pyramid building.
- 302. School Drama and Festivals.
Organization of school and community play days; planning, organiz-
ing and conducting festivals and pageants.

- 462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
- 472. Theory of Coaching Minor Sports.
Organization and coaching of teams, technique of officiating, tournament organization.

PHYSICAL EDUCATION FOR MEN AND WOMEN

- 1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 221. Recreational Intramural Activities.
- 231. Intramural Sports.
Continuation of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
- 261. First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
- 291. Advanced First Aid.
Continuation of First Aid 261.
- 301. Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 343. Applied Anatomy.
Study of human anatomy.
- 352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
- 362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups.
- 412. Community Recreation.
Instructions in methods and materials in community leadership.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.
- 432. Principles and History of Health and Physical Education.

1954-1956

HEALTH AND PHYSICAL EDUCATION

B. S. Ed. Degree
(and Standard Certificate)

	Major	Minor	Stand. Cert.
Activity and Participation Courses	10	6	10
H. E. 102 Personal Hygiene	2	(2)	2
H. E. 202 School and Community Hygiene	2	2	2
H. E. 261, 291 First Aid	2	2	2
H. E. 322 Theory of Individual Correctives	2		2
P. E. 352 Elementary School Program	2	2	2
P. E. 362 Recreational Leadership	2		2
P. E. 422 Org. and Mgmt. of Intramural Sports	2	2	2
P. E. 452, 462 (Men) Theory of Coaching	4	4	4
(Women—P. E. 462, 472)			
H. E. 402 Org. and Administration of H.&P.E.	2		2
H. E. 432 Principles and History of Phy. Ed.	2		
NW P. E. 403 Kinesiology	3		
Biol. 365 Human Physiology and Anatomy	5		5
Elective H. & P. E. Theory			4
Minimum total	40	18	39

PROFESSIONAL EDUCATION, including

Health Ed. 442 (Methods) 21

Other required courses: Psy. 312, 323;

Ed. 202, 302, 393, 6 hrs. Dir. Tchg.

The general education requirement in science must include either General Chemistry 105 or General Zoology 125.

The Standard Certificate in Health and Physical Education is valid for grades one through twelve.

HEALTH AND PHYSICAL EDUCATION

Assistant Professor Newby

Instructor Amacker

Instructor Chinn

Coach Highfill

Assistant Coach Johnson

HEALTH EDUCATION

102. Personal Hygiene.
A survey of habits and practices which affect personal health.
202. School and Community Hygiene.
A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child in relation to his school and his community. Pre. Health Ed. 102. Required of Health and Physical Education majors.
261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Injuries and First Aid.
Continuation of First Aid 261.
312. Hygiene Factors in School Building Construction.
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202.
322. Individual Correctives.
Methods of corrective exercises for individuals and groups.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools.

432. Principles and History of Health and Physical Education.
 Teachers' Course.
 442. Problems and methods in the teaching of health and physical education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
 Development of personal physical skill in its various activities usually included in a secondary school physical education program.
 111. Physical Education.
 Development of personal physical skill. Pre. P. E. 101.
 121. Physical Education.
 Continued development of personal physical skill; game aptitudes. Pre. P. E. 111.
 131. Physical Education.
 Continued development of personal physical skill; game aptitudes. Pre. P. E. 121.
 141. Individual Corrective Exercises.
 171. Elementary Swimming.
 181. Intermediate Swimming.
 191. Advanced Swimming.
 Advanced swimming and life saving.
 201. Participation in Intercollegiate Sports.
 Five days a week in season; maximum credit eight hours; five hours applied on major.
 332. Physical Examinations and Measurements.
 Methods in technique of examinations; forming and keeping records; elementary physical diagnosis.
 351. Calisthenics and Self-testing Activities.
 452. Theory of Coaching Football and Basketball.
 A study of the technique of coaching football and basketball.
 462. Theory of Coaching Baseball, Track, and Tennis.
 A study of the technique of coaching baseball, track, and tennis.

PHYSICAL EDUCATION FOR WOMEN

101. Physical Education.
 Instruction in archery, tennis, and dancing.
 111. Physical Education.
 Continuation of Course 101.
 121. Physical Education.
 Continuation of Course 111.
 131. Physical Education.
 Continuation of Course 121.
 141. Physical Education.
 Individual corrective exercises.
 151. Organized Athletics.
 Participation in organized athletics.
 161. Folk Dancing.
 Selected national folk dances and singing games of various countries.
 171. Elementary Swimming.
 181. Intermediate Swimming.
 Continuation of Swimming 171.
 191. Advanced Swimming.
 Advanced swimming and life saving.
 1111. Intermediate Tennis.
 Review of fundamentals and instruction in additional strokes.
 Court work in singles and doubles.
 1121. Organized Athletics.
 Continuation of Physical Education 151. Participation in organized athletics and sports in season.
 201. Character and Gymnastic Dancing.
 211. Advanced Character Dancing.
 Pre. P. E. 201.

- 251. Natural Dancing.
- 271. Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Pre. P. E. 251.
- 281. Stunts and Tumbling.
Stunts, tumbling, and pyramid building.
- 302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
- 462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
- 472. Theory of Coaching Minor Sports.
Organization and coaching of teams, technique of officiating, tournament organization.

PHYSICAL EDUCATION FOR MEN AND WOMEN

- 1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 221. Recreational Intramural Activities.
- 231. Intramural Sports.
Continuation of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
- 301. Eurhythmics
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 343. Applied Anatomy.
Study of human anatomy.
- 352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
- 362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups.
- NW403. Kinesiology.
A scientific study of the mechanical and anatomical fundamentals of human motion. Pre. Biology 365.
- 412. Community Recreation.
Instructions in methods and materials in community leadership.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.

1956-1957

HEALTH AND PHYSICAL EDUCATION

B. S. Ed. Degree

(and Standard Certificate)

	Major	Minor	Stand. Cert.
Activity and Participation Courses	10	6	10—
H. E. 102 Personal Hygiene	2	(2)	2—
H. E. 202 School and Community Hygiene	2	2	2—
H. E. 261, 291 First Aid	2	2	2—
H. E. 322 Theory of Individual Correctives	2		2—
P. E. 352 Elementary School Program	2	2	2—
P. E. 362 Recreational Leadership	2		2—
P. E. 422 Org. and Mgmt. of Intramural Sports	2	2	2—
P. E. 452, 462 (Men) Theory of Coaching	4	4	4—
(Women—P. E. 462, 472)			
H. E. 402 Org. and Administration of H.&P.E.	2		2—
H. E. 432 Principles and History of Phy. Ed.	2		
NW P. E. 403 Kinesiology	3		
Biol. 365 Human Physiology and Anatomy	5		5
Elective H. & P. E. Theory			4—
Minimum total	40	18	39

PROFESSIONAL EDUCATION, including

Health Ed. 442 (Methods)

21

Other required courses: Psy. 312, 323;

Ed. 262, 302, 393; 6 hrs. Dir. Tchg.

The general education requirement in science must include either General Chemistry 105 or General Zoology 125.

The Standard Certificate in Health and Physical Education is valid for grades one through twelve.

HEALTH AND PHYSICAL EDUCATION

HEALTH EDUCATION

102. Personal Hygiene.
A survey of habits and practices which affect personal health.
202. School and Community Hygiene.
A course designed to give the prospective teacher training and a better background of information concerning the health needs of the individual school child in relation to his school and his community. Pre. Health Ed. 102. Required of Health and Physical Education majors.
261. Injuries and First Aid.
Emergency treatment, practice in use of various kinds of bandages, dressings, antiseptics and disinfectants.
291. Injuries and First Aid.
Continuation of First Aid 261.
312. Hygiene Factors in School Building Construction.
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202.
322. Individual Correctives.
Methods of corrective exercises for individuals and groups.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools.
432. Principles and History of Health and Physical Education.

442. Teachers' Course.
Problems and methods in the teaching of health and physical education.

PHYSICAL EDUCATION FOR MEN

101. Physical Education.
Development of personal physical skill in its various activities usually included in a secondary school physical education program.
111. Physical Education.
Stunts and tumbling, including work on the trampoline.
121. Physical Education.
Gymnastics; work on heavy apparatus.
131. Physical Education.
Advanced heavy apparatus.
141. Individual Corrective Exercises.
171. Elementary Swimming.
181. Intermediate Swimming.
191. Advanced Swimming.
Advanced swimming and life saving.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit eight hours; five hours applied on major.
332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis.
351. Calisthenics and Self-testing Activities.
452. Theory of Coaching Football and Basketball.
A study of the technique of coaching football and basketball.
462. Theory of Coaching Baseball, Track, and Tennis.
A study of the technique of coaching baseball, track, and tennis.

PHYSICAL EDUCATION FOR WOMEN

101. Physical Education.
Instruction in archery, tennis, and dancing.
111. Physical Education.
Continuation of Course 101.
121. Physical Education.
Continuation of Course 111.
131. Physical Education.
Continuation of Course 121.
141. Physical Education.
Individual corrective exercises.
151. Organized Athletics.
Participation in organized athletics.
161. Folk Dancing.
Selected national folk dances and singing games of various countries.
171. Elementary Swimming.
181. Intermediate Swimming.
Continuation of Swimming 171.
191. Advanced Swimming.
Advanced swimming and life saving.
1111. Intermediate Tennis.
Review of fundamentals and instruction in additional strokes.
Court work in singles and doubles.
1121. Organized Athletics.
Continuation of Physical Education 151. Participation in organized athletics and sports in season.
201. Character and Gymnastic Dancing.
211. Advanced Character Dancing.
Pre. P. E. 201.
251. Natural Dancing.
271. Creative Dancing.
Designed to give students instruction and practice in the natural movements of the dance. Pre. P. E. 251.

- 281. Stunts and Tumbling.
Stunts, tumbling, and pyramid building.
- 302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants.
- 462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games.
- 472. Theory of Coaching Minor Sports.
Organization and coaching of teams, technique of officiating, tournament organization.

PHYSICAL EDUCATION FOR MEN AND WOMEN

- 1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley.
- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances.
- 221. Recreational Intramural Activities.
- 231. Intramural Sports.
Continuation of Course 221.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics.
- 301. Eurhythmics
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades.
- 343. Applied Anatomy.
Study of human anatomy.
- 352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities.
- 362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups.
- NW403. Kinesiology.
A scientific study of the mechanical and anatomical fundamentals of human motion. Pre. Biology 365.
- 412. Community Recreation.
Instructions in methods and materials in community leadership.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups.

1957-1958

HEALTH AND PHYSICAL EDUCATION

	Major	Minor	Stand. Cert.
H. E. 102 Personal Hygiene	2	(2)	2
H. E. 202 School and Community Hygiene	2	2	2
H. E. 261, 291 First Aid	2	2	2
H. E. 322 Theory of Individual Correctives	2		2
P. E. 352 Elementary School Program	2	2	2
P. E. 362 Recreational Leadership	2		2
P. E. 422 Org. and Mgmt. of Intramural Sports	2	2	2
P. E. 452, 462 (Men) Theory of Coaching	4	4	4
(Women—P. E. 462, 472)			
H. E. 402 Org. and Administration of H.&P.E.	2		2
H. E. 432 Principles and History of Phy. Ed.	2		
NW P. E. 403 Kinesiology	3		
Biol. 365 Human Physiology and Anatomy	5		5
Elective H. & P. E. Theory			2
Gymnastics	2	1	2
Aquatics	2	1	2
Other Activity Courses	6	4	6
Minimum Total	40	18	37

PROFESSIONAL EDUCATION, including

Health Ed. 442 (Methods)

21

Other required courses: Psy. 312, 323;
Ed. 202, 393, 6 hrs. Dir. Tchg.

.....The general education requirement in science must include either.....
General Chemistry 105 or General Zoology 125.

The Standard Certificate in Health and Physical Education is valid
for grades one through twelve.

HEALTH EDUCATION COURSES

102. Personal Hygiene.

A survey of habits and practices which affect personal health. Both semesters and summers.

202. Hygiene of the School Child.

A course designed for the prospective teacher to give training and a better background of information concerning the health needs of the individual school child in relation to his school and his community. Pre. Health Ed. 102. Required of Health and Physical Education majors. Both semesters and summers.

261. Injuries and First Aid.

Emergency treatment for accident and injuries, practice in use of various kinds of bandages, splints, methods of transportation. Qualify for American Red Cross Standard First Aid certificate. Both semesters and summers.

291. Injuries and First Aid.

Continuation of First Aid 261. Qualify for American Red Cross Advanced First Aid certificate. Both semesters and summers.

312. Hygiene Factors in School Building Construction.

Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202. On sufficient demand.

- 322. Individual Correctives.
Methods of corrective exercises for individuals and groups. First semesters.
- 402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools. Both semesters.
- 432. Theory, History and Principles of Health Education.
Second semesters.
- 442. Teachers' Course.
Problems and methods in the teaching of health and physical education. Both semesters.

Physical Education for Men

- 101. Physical Education.
Development of personal physical skill in its various activities, usually included in a secondary school physical education program. Both semesters and summers.
- 111. Physical Education.
Stunts and tumbling, including work on the trampoline. Both semesters and summers.
- 121. Physical Education.
Gymnastics; work of heavy apparatus. Both semesters and summers.
- 131. Physical Education.
Advanced heavy apparatus. Both semesters and summers.
- 141. Individual Corrective Exercises.
Both semesters.
- 171. Elementary Swimming.
Both semesters and summers.
- 181. Intermediate Swimming.
Both semesters and summers.
- 191. Advanced Swimming.
Advanced swimming and life saving. Both semesters and summers.
- 201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit eight hours; five hours applied on major. Both semesters.
- 221. Recreational Intramural Activities.
First semesters.
- 231. Intramural Sports.
Continuation of Course 221. Second semesters.
- 332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis. On sufficient demand.
- 351. Calisthenics and Self-testing Activities.
On sufficient demand.
- 452. Theory of Coaching Football and Basketball.
A study of the technique of coaching football and basketball. First semesters and summers.
- 462. Theory of Coaching Baseball, Track, and Tennis.
A study of the technique of coaching baseball, track, and tennis. Second semesters and summers.

Physical Education for Women

- 101. Physical Education
Instruction in archery, tennis, and other selected activities. Both semesters and summers.
- 111. Physical Education.
Continuation of Course 101. Both semesters and summers.
- 121. Physical Education.
Continuation of Course 111. Both semesters and summers.
- 131. Physical Education.

- Continuation of Course 121. Both semesters and summers.
141. Physical Education.
Individual corrective exercises. Both semesters.
151. Organized Athletics.
Participation in organized athletics. First semesters.
161. Folk Dancing.
Selected national folk dances and singing games of various countries.
On sufficient demand.
171. Elementary Swimming.
Both semesters and summers.
181. Intermediate Swimming.
Continuation of swimming 171. Both semesters and summers.
191. Advanced Swimming.
Advanced swimming and life saving. Both semesters and summers.
1111. Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court
work in singles and doubles. Second semesters.
1121. Organized Athletics.
Continuation of Physical Education 151. Participation in organized
athletics and sports in season. Second semesters.
201. Advanced Folk and Social Dancing.
On sufficient demand.
211. Character and Gymnastic Dancing.
Second semesters.
221. Recreational Intramural Activities.
First semesters.
231. Intramural Sports.
Continuation of Course 221. Second semesters.
251. Natural Dancing.
First semesters.
271. Creative Dancing.
Designed to give students instruction and practice in the natural
movements of the dance. Pre. P. E. 251. Second semesters.
281. Stunts and Tumbling.
Stunts, tumbling, and apparatus work. Both semesters.
302. School Drama and Festivals.
Organization of school and community play days; planning, organiz-
ing and conducting festivals and pageants. On sufficient demand.
462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule
interpretations; fundamentals of how to organize and conduct basket-
ball meets; how to officiate at games. On sufficient demand.
472. Program Planning for Physical Education.
Developing physical education programs for the Junior and Senior
High School; organization, teaching, and officiating techniques of
individual and team sports. Take along with Physical Education
121 or 131. Second semesters.
1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice
in forehand drive, backhand drive, service and volley. First sem-
esters and summers.
201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances. First
semesters.
241. Recreational Activities.
Designed for students physically unable to participate in vigorous
games and athletics. On sufficient demand.
301. Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic
activities for the lower grades. On sufficient demand.

343. Applied Anatomy.
Study of human anatomy. On sufficient demand.
- 352 Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities. Both semesters and summers.
362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups. On sufficient demand.
- NW403. Kinesiology.
A scientific study of the mechanical and anatomical fundamentals of human motion. Pre. Biology 365. Second semesters.
412. Community Recreation.
Instructions in methods and materials in community leadership. On sufficient demand.
422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups. Second semesters and summers.

1958-1960

HEALTH AND PHYSICAL EDUCATION

B. S. Ed. Degree*

(and Standard Certificate)

	Major	Minor	Stand. Cert.
H. E. 102 Personal Hygiene	2	(2)	2
H. E. 202 School and Community Hygiene	2	2	2
H. E. 261, 291 First Aid	2	2	2
H. E. 322 Theory of Individual Correctives	2		2
P. E. 352 Elementary School Program	2	2	2
P. E. 362 Recreational Leadership	2		2
P. E. 422 Org. and Mgmt. of Intramural Sports	2	2	2
P. E. 452, 462 (Men) Theory of Coaching	4	4	4
(Women—P. E. 462, 472)			
H. E. 402 Org. and Administration of H.&P.E.	2		2
H. E. 432 Principles and History of Phy. Ed.	2		
NW P. E. 403 Kinesiology	3		
Biol. 365 Human Physiology and Anatomy	5		5
Elective H. & P. E. Theory			2
Gymnastics	2	1	2
Aquatics	2	1	2
Other Activity Courses	6	4	6
Minimum Total	40	18	37

PROFESSIONAL EDUCATION, including

Health Ed. 442 (Methods)

Other required courses: Psy. 312, 323;

Courses to be taken in professional semester:

Psy. 313, Ed. 332, 392, 3162, 6 hours Dir. Tchg.

Other courses: Ed. 202, Psy. 322.

The general education requirement in science must include either General Chemistry 105 or General Zoology 125.

*The Standard Certificate in Health and Physical Education is valid for grades one through twelve.

HEALTH EDUCATION COURSES

102. **Personal Hygiene.**
A survey of habits and practices which affect personal health. Both semesters and summers.
202. **Hygiene of the School Child.**
A course designed for the prospective teacher to give training and a better background of information concerning the health needs of the individual school child in relation to his school and his community. Pre. Health Ed. 102. Required of Health and Physical Education majors. Both semesters and summers.
261. **Injuries and First Aid.**
Emergency treatment for accident and injuries, practice in use of various kinds of bandages, splints, methods of transportation. Qualify for American Red Cross Standard First Aid certificate. Both semesters and summers.
291. **Injuries and First Aid.**
Continuation of First Aid 261. Qualify for American Red Cross Advanced First Aid certificate. Both semesters and summers.
312. **Hygiene Factors in School Building Construction.**
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202. On sufficient demand.
322. **Individual Correctives.**
Methods of corrective exercises for individuals and groups. First semesters.
402. **Organization and Administration of Health and Physical Education.**
A study of the organization and administration of health and physical education programs for the public schools. Both semesters.
432. **Theory, History and Principles of Health Education.**
Second semesters.
442. **Teachers' Course.**
Problems and methods in the teaching of health and physical education. Both semesters.

Physical Education for Men

101. **Physical Education.**
Development of personal physical skill in its various activities, usually included in a secondary school physical education program. Both semesters and summers.
111. **Physical Education.**
Stunts and tumbling, including work on the trampoline. Both semesters and summers.
121. **Physical Education.**
Gymnastics; work of heavy apparatus. Both semesters and summers.
131. **Physical Education.**
Advanced heavy apparatus. Both semesters and summers.
141. **Individual Corrective Exercises.**
Both semesters.
171. **Elementary Swimming.**
Both semesters and summers.
181. **Intermediate Swimming.**
Both semesters and summers.
191. **Advanced Swimming.**
Advanced swimming and life saving. Both semesters and summers.
201. **Participation in Intercollegiate Sports.**
Five days a week in season; maximum credit eight hours; five hours applied on major. Both semesters.
221. **Recreational Intramural Activities.**
First semesters.
231. **Intramural Sports.**
Continuation of Course 221. Second semesters.
332. **Physical Examinations and Measurements.**
Methods in technique of examinations; forming and keeping records; elementary physical diagnosis. On sufficient demand.

NW342. Officiating.

A course designed to meet the needs of those who expect to qualify as competitive game officials. Both semesters.

351. Calisthenics and Self-testing Activities.

On sufficient demand.

452. Theory of Coaching Football and Basketball.

A study of the technique of coaching football and basketball. First semesters and summers.

462. Theory of Coaching Baseball, Track, and Tennis.

A study of the technique of coaching baseball, track, and tennis. Second semesters and summers.

Physical Education for Women

101. Physical Education

Instruction in archery, tennis, and other selected activities. Both semesters and summers.

111. Physical Education.

Continuation of Course 101. Both semesters and summers.

121. Physical Education.

Continuation of Course 111. Both semesters and summers.

131. Physical Education.

Continuation of Course 121. Both semesters and summers.

141. Physical Education.

Individual corrective exercises. Both semesters.

151. Organized Athletics.

Participation in organized athletics. First semesters.

161. Folk Dancing.

Selected national folk dances and singing games of various countries. On sufficient demand.

171. Elementary Swimming.

Both semesters and summers.

181. Intermediate Swimming.

Continuation of swimming 171. Both semesters and summers.

191. Advanced Swimming.

Advanced Swimming and life saving. Both semesters and summers.

1111. Intermediate Tennis.

Review of fundamentals and instruction in additional strokes. Court work in singles and doubles. Second semesters.

1121. Organized Athletics.

Continuation of Physical Education 151. Participation in organized athletics and sports in season. Second semesters.

201. Advanced Folk and Social Dancing.

On sufficient demand.

211. Character and Gymnastic Dancing.

Second semesters.

221. Recreational Intramural Activities.

First semesters.

231. Intramural Sports.

Continuation of Course 221. Second semesters.

251. Natural Dancing.

First semesters.

271. Creative Dancing.

Designed to give students instruction and practice in the natural movements of the dance. Pre. P. E. 251. Second semesters.

281. Stunts and Tumbling.

Stunts, tumbling, and apparatus work. Both semesters.

302. School Drama and Festivals.

Organization of school and community play days; planning, organizing and conducting festivals and pageants. On sufficient demand.

462. Theory of Basketball Coaching for Women.

Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball meets; how to officiate at games. On sufficient demand.

472. Program Planning for Physical Education.
Developing physical education programs for the Junior and Senior High School; organization, teaching, and officiating techniques of individual and team sports. Take along with Physical Education 121 or 131. Second semesters.

Physical Education for Men and Women

1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley. First semesters and summers.
201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances. First semesters.
241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics. On sufficient demand.
301. Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades. On sufficient demand.
343. Applied Anatomy.
Study of human anatomy. On sufficient demand.
352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnasium activities. Both semesters and summers.
362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups. On sufficient demand.
- NW403. Kinesiology.
A scientific study of the mechanical and anatomical fundamentals of human motion. Pre. Biology 365. Second semesters.
412. Community Recreation.
Instructions in methods and materials in community leadership. On sufficient demand.
422. Organization and Management of Intramural Sports and games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups. Second semesters and summers.

1960-1964
HEALTH AND PHYSICAL EDUCATION

B. S. Ed. Degree
(and Standard Certificate)*

		Major	Minor	Stand. Cert.
H. E. 102	Personal Hygiene	(2)	(2)	(2)
H. E. 202	School and Community Hygiene	2	2	2
H. E. 261	First Aid	(1)	(1)	(1)
H. E. 291	First Aid	1	1	1
H. E. 322	Theory of Individual Correctives	2		2
P. E. 352	Elementary School Program	2	2	2
P. E. 362	Recreational Leadership	2		2
P. E. 422	Org. & Mgt. of Intramural Sports	2	2	2
P. E. 452,	462 (Men) Theory of Coaching	4	4	4
	472 (Women)			
H. E. 402	Org. & Admin. of H. & P. E.	2		2
H. E. 432	Principles and History of Phys. Educ.	2		
P. E. NW403	Kinesiology	3		
Biol. 365	Human Physiology and Anatomy	5		5
	Elective H. & P. E. Theory			2
	Gymnastics	2	1	2
	Aquatics	2	1	2
	Other Activity Courses	(3)	(3)	(3)
	Other Activity Courses	3	1	3
	Minimum Total	34	14	31

..... **PROFESSIONAL EDUCATION; including Educ.**
 202 and Health Ed. 442 (Methods) 21
 Courses to be taken in professional semester:
 Psy. 312, Psy. 323, Ed. 332, 392, 3162, 6 hrs. Dir.
 Tchg.

Health and Physical Education majors must include either General Chemistry 105 or General Zoology 125 for the general education requirement in science.

*The Standard Certificate in Health and Physical Education is valid for grades one through twelve.

HEALTH AND PHYSICAL EDUCATION

B. S. Degree
Offered 1964

		Major	Minor
H. E. 102	Personal Hygiene	2	(2)
H. E. 202	School and Community Hygiene	2	
H. E. 261	Injuries and First Aid	1	(1)
H. E. 291	Injuries and First Aid	1	1
P. E. 322	Theory of Individual Correctives	2	
P. E. 362	Recreational Leadership	2	2
P. E. 422	Org. & Mgt. of Intramural Sports	2	2
P. E. 472	Program Planning	2	2
H. E. 402	Org. & Adm. of Health & P. Ed.	2	2
P. E. 403	Kinesiology	3	3
	Activity Courses required in General Education ...	3	(3)
	Elective other activity courses	2	2
	Aquatics	2	1
	Gymnastics	1	1
	Minimum Total	27	16

HEALTH EDUCATION COURSES

102. Personal Hygiene.
A survey of habits and practices which affect personal health. Both semesters and summers.
202. Hygiene of the School Child.
A course designed for the prospective teacher to give training and a better background of information concerning the health needs of the individual school child in relation to his school and his community. Pre. Health Ed. 102. Required of Health and Physical Education majors. Both semesters and summers.
261. Injuries and First Aid.
Emergency treatment for accident and injuries, practice in use of various kinds of bandages, splints, methods of transportation. Both semesters and summers.
291. Injuries and First Aid.
Continuation of First Aid 261. Both semesters and summers.
312. Hygiene Factors in School Building Construction.
Application of modern hygiene principles to the construction of school buildings. Pre. 102, 202. On sufficient demand.
322. Individual Correctives.
Methods of corrective exercises for individuals and groups. First semesters.
402. Organization and Administration of Health and Physical Education.
A study of the organization and administration of health and physical education programs for the public schools. Both semesters.
432. Theory, History and Principles of Health Education.
Second semesters.
442. Teachers' Course.
Problems and methods in the teaching of health and physical education. Both semesters.

Physical Education for Men

101. Physical Education.
Development of personal physical skill in its various activities, usually included in a secondary school physical education program. Both semesters and summers.
111. Physical Education.
Stunts and tumbling, including work on the trampoline. Both semesters and summers.
121. Physical Education.
Gymnastics; work on heavy apparatus. Both semesters and summers.
131. Physical Education.
Advanced heavy apparatus. Both semesters and summers.
141. Individual Corrective Exercises.
Both semesters.
171. Elementary Swimming.
Both semesters and summers.
181. Intermediate Swimming.
Both semesters and summers.
191. Advanced Swimming.
Advanced swimming and life saving. Both semesters and summers.
201. Participation in Intercollegiate Sports.
Five days a week in season; maximum credit eight hours; five hours applied on major. Both semesters.
221. Recreational Intramural Activities.
First semesters.
231. Intramural Sports.
Continuation of Course 221. Second semesters.

332. Physical Examinations and Measurements.
Methods in technique of examinations; forming and keeping records;
elementary physical diagnosis. On sufficient demand.
- NW342. Officiating.
A course designed to meet the needs of those who expect to qualify
as competitive game officials. Both semesters.
351. Callisthenics and Self-testing Activities.
On sufficient demand.
452. Theory of Coaching Football and Basketball.
A study of the technique of coaching football and basketball. First
semesters and summers.
462. Theory of Coaching Baseball, Track, and Tennis.
A study of the technique of coaching baseball, track, and tennis. Sec-
ond semesters and summers.

Physical Education for Women

101. Physical Education.
Instruction in field hockey and body mechanics. First semesters.
111. Physical Education.
Recreational Sports, Archery, and Tennis. Second semesters and sum-
mers.
121. Physical Education.
Volleyball and Basketball. Fall semesters.
131. Physical Education.
Rhythm Fundamentals, Badminton, and Golf. Second semesters and
summers.
141. Physical Education.
Individual Corrective Exercises. Both semesters and summers.
151. Organized Athletics.
Participation in organized athletics. First semesters on demand.
161. Folk Dancing.
Selected national folk dances and singing games of various countries.
First semesters. Summers on demand.
171. Elementary Swimming.
Both semesters and summers.
181. Intermediate Swimming.
For students who have completed physical education 171 or its equiva-
lent. Both semesters and summers.
191. Advanced Swimming.
Advanced swimming and life saving. Both semesters and summers.
1111. Intermediate Tennis.
Review of fundamentals and instruction in additional strokes. Court
work in singles and doubles. Second semesters and summers.
1121. Organized Athletics.
Continuation of Physical Education 151. Second semesters on demand.
201. Advanced Folk and Social Dancing.
First semesters on demand.
211. Character and Gymnastic Dancing.
Second semesters on demand.
221. Recreational Intramural Activities.
First semesters on demand.
231. Intramural Sports.
Continuation of Course 221. Second semesters.

- 251. Natural Dancing.
First semesters.
- 271. Creative Dancing.
Designed to give students instruction and practice in dance composition. Pre. Physical Education 251. Second semesters on demand.
- 281. Stunts and Tumbling.
Stunts, tumbling, trampolining, apparatus work. Both semesters and summers.
- 302. School Drama and Festivals.
Organization of school and community play days; planning, organizing and conducting festivals and pageants. On sufficient demand.
- 462. Theory of Basketball Coaching for Women.
Individual and team coaching systems of offense and defense; rule interpretations; fundamentals of how to organize and conduct basketball and volleyball meets; how to officiate at games. Take along with Physical Education 121. First semesters.
- 472. Program Planning of Physical Education.
Developing physical education programs for junior and senior high school; organization, teaching and officiating techniques of individual and team sports. Take along with Physical Education 111, 1111, or 131. Second semesters.

Physical Education for Men and Women

- 1101. Elementary Tennis.
Detailed instruction in the simpler fundamentals of the game. Practice in forehand drive, backhand drive, service and volley. First semesters and summers.
- 201. Character Dancing.
Study of rhythm through clog, tap, and gymnastic dances. First semesters.
- 241. Recreational Activities.
Designed for students physically unable to participate in vigorous games and athletics. On sufficient demand.
- 301. Eurhythmics.
Training the muscular system to respond to rhythm; rhythmic activities for the lower grades. On sufficient demand.
- 343. Applied Anatomy.
Study of human anatomy. On sufficient demand.
- 352. Elementary School Program.
Theory and management of games for children of elementary school age; simple dramatics; playground and gymnastic activities. Both semesters and summers.
- 362. Recreational Leadership.
Organization and leadership of recreational activities for youth groups. On sufficient demand.
- NW403. Kinesiology.
A scientific study of the mechanical and anatomical fundamentals of human motion. Pre. Biology 365. Second semesters.
- 412. Community Recreation.
Instructions in methods and materials in community leadership. On sufficient demand.
- 422. Organization and Management of Intramural Sports and Games.
Intramural programs; evaluation of activities; use of tests in forming competitive groups. Second semesters and summers.