

HISTORY OF THE DEPARTMENT  
OF  
PHYSICAL EDUCATION FOR WOMEN  
OF THE  
UNIVERSITY OF MINNESOTA  
1912-1940

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1953 [55]

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## DEPARTMENT HISTORY

### Introduction

In the spring of 1911, after an incumbency of <sup>27</sup> fifty years, Dr. Cyrus Northrop resigned from the presidency of the University. His retirement was followed by the appointment of Dr. George Edgar Vincent to the presidency. During Dr. Vincent's first year it was natural that wide-spread planning was done which changed the climate at the University measureably.

Among changes contemplated or carried out was one which affected the supervision of the health of the women students. Concerning this, President Vincent presented to the Board of Regents an excerpt from the report of Dean Ada Comstock, in which she made certain recommendations. The excerpt is quoted in full as follows:

Supervision of health- The following recommendations, submitted through the President to the Board of Regents in the spring of 1912, and favorably acted upon, explain themselves. What they point to is a better defined intention on the part of the University to concern itself with the physical well-being of its women students, and to inculcate in them a genuine respect for their own health and for that of the public.

1. That indoor physical exercise for women shall be discontinued at the end of the year 1911-12, until the time when adequate floor space, dressing rooms, and baths can be provided.

2. That a health officer, who is trained in medicine, but who shall not engage in private practice, be appointed to have general oversight of the health of the women students, and to assume the following duties:

a. To see that a physical examination, as thorough as possible, be given all women students at the beginning of the year.

b. To prescribe for each student the type and amount of exercise which she should take in order to maintain herself in good physical condition. Each student should also, at this time, be warned against any form of exertion likely to prove injurious to her.

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- c. To receive at regular intervals reports from each student as to her physical condition, and as to the regularity with which she is taking the exercise prescribed.
- d.
- d. To cooperate with the Women's Athletic Association in providing opportunity for games and out-door exercise. Groups should be organized for walking, for playing tennis, for swimming, skating and skiing. Care must be taken to see that only those vigorous enough for these sports should participate in them; over-exertion must be discouraged.
- e. To supervise the giving of instruction in hygiene to the entering class.
- f. To give sanitary inspection of lodging houses approved for women students.
- g. To receive reports of illness in Sanford Hall or in the lodging houses, and to give examination in cases for which no other physician has been summoned. The officer herself shall not give treatment.
- h. To advise the Committee on Students' Work.

3. That the parents of each woman student from out-of-town shall be requested to name the St. Paul or Minneapolis physician whom they wish to have called in case of their daughter's illness.

Note- In order to examine all women at the beginning of the year, it will be necessary for the health officer to be provided with a number of competent assistants for a month or six weeks after the opening of College. Throughout the year she will need clerical aid in keeping records and handling reports.

This plan has the following advantages:

- 1. It extends to all women students the oversight which the University has hitherto given only to new students.
- 2. It avoids requiring of students a form of exercise for which we have at present no proper equipment.
- 3. It associates exercise with the student's daily life, and emphasizes the value of out-of-door sports and recreation.
- 4. By its system of reports and conferences it lays stress upon individual responsibility for the maintenance of good health.

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The first function which the new director undertook after her arrival was the arrangement for the physical examination of all newly-entering women students. Our set-up for the examinations was revolutionary for those days. Directors of physical education had long felt frustrated by the inability to secure the information they needed about the student's vitality before she began to participate in vigorous activity. But in President Vincent we found we had a leader who had seen this need and he requested me, when I reached Minnesota, to make arrangements to get all the newly-entering students' physical examinations completed during the week before classes began. This was a wonderful challenge and I undertook the commission with joy. He authorized the employment of a group of three physicians and the full cooperation of the registrar. These physicians made the examinations and I did the "summing up" and classified the students as "unrestricted" or "restricted," a classification that indicated in which groups it would be proper for them to register for the physical education motor activity classes. It was rather a hectic week, but when it was over we found that we had examined all the freshmen who had been sent to us; 365, or a little more than 60 a day, which had been the number that President Vincent and I had set as a goal.

It is interesting to note that the basic framework of this plan has been observed ever since in our institution and spread in course of time to almost all institutions of collegiate rank. When the Health Service was established it was naturally equipped to give a more thorough medical examination and to expand tremendously the follow-up of students who were found to have defects or weaknesses.

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The non-medical members of the staff measured height, weight, lung capacity, posture and strength tests and recorded the findings on the same cards with the medical records. Comparisons with these findings were made when the freshmen and sophomores were re-examined later.

As the years went on, less stress was put on strength tests and lung capacity and more on posture, feet and personal interviews regarding health and the students' general progress at the University.

During the first year a short course, 24 lectures in personal hygiene, was given to the freshmen students by the director. Students were divided into three classes of 50 each. These were held in the Armory. The Anatomy department (Dr. Jackson, Director) was most cooperative in letting us borrow papier-mache models of different organs of the body for illustrative material in the lecture on anatomy. The distance of the Armory from the Anatomy building made it difficult to carry some of the shapeless objects to the lectures and the director well remembers one day when a papier-mache stomach rolled across the sidewalk to the feet of a group of cadets. However, they didn't seem to be surprised, so there was no embarrassment on either side.

The course included two lectures on Anatomy, three on the reproductive system, one on avoidance of contagious diseases and also lectures on clothing, care of the skin, muscular exercise, the genito-urinary system, feeding and nutrition, and the nervous system and nerves. By request of the Dean of the College of Education, five lectures were given on sex to the seniors in his college and, by request of the School of Nursing, 3<sup>sex</sup> lectures to the nurses. The general aim of these courses was to enable the individual to have a simple but scientific understanding of her own health requirements as a basis for wise daily hygiene habits.

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During the year the department attempted to conduct health consultations with all the upper-class students. The task proved too large for the staff at that time. This was regrettable since the personal consultations had proved an important means of finding the student who needed advice. Three hundred thirty-six sophomores and juniors were called in for conference during the year.

Motor Activities

During the years 1912-1915, while the department was housed in the Armory, students who had been classified "unrestricted" on the basis of the physical examinations were excused from all requirements in motor activities. Those graded "restricted" were required to register for carefully selected exercise, including gymnastics, gymnastic games, folk dancing or, if they were not strong enough for any of these, they were given prescriptions for a certain amount of walking, on which they made weekly reports.

In addition, there were elective classes for the "unrestricted" including gymnastic dancing- (200 were enrolled) swimming, basket ball, tennis, baseball, horseback riding, field hockey and skating.

Classes were held outdoors in Northrop Field in the spring and fall.

A few years before my arrival ( ) the students had organized an athletic association. The chief activity was competition in basket ball with neighboring Colleges. Intercollegiate competition for girls holds serious dangers, both physical and psychological. It was my ambition to develop a program of motor activities that should minister to both physical and emotional health and therefore I was eager to supplant the existing intercollegiate competition with a well-rounded program of intramural competition and non-competitive sports and games. No intercollegiate games appeared in the new program, and men's rules, even in

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modified form, were abolished and supplanted by girl's rules for basket ball. There was naturally some disappointment among the girls who had taken part in competition with other colleges, but other girls expressed their satisfaction that now with a larger number of participants, they also would be able to play a game which fascinated them. A tournament of interclass games was arranged and the finale was as exciting as anyone could desire. I remember that in that first tournament there was a mascot- a charming little girl of two years, who later became a successful attorney.

The Women's Athletic Association sponsored during the year competition in swimming and tennis. The organization had no permanent headquarters and I made up my mind that a room for them would not be forgotten in planning the new building for which we were hoping.

The women's quarters were limited to a few rooms at the north end of the Armory. The motor activities room measured 33' x 80'. At the end of it was a small room which we used for hygiene lectures. There was a balcony which served as an office for the staff. The room below the hygiene room served as a dressing room. It was equipped with small wooden lockers, bowls, two shower baths and a bathtub. We felt very much underfoot in this building. Altho the north end of it was ours the girls had to trudge through a long corridor to reach our gymnasium and they might have to worm their way through groups of tall young cadets, probably a rather trying experience for a shy young girl who might easily be deflected from her original intent to have an interview with someone on our staff.

Fortunately, the state legislature was meeting in 1913 and before the end of the session it made an appropriation of \$125,000. (an adequate sum in those days) for the building and equipment of a gymnasium for women. We felt very jubilant about this since it would enable us to leave the Armory, which was a man's building, primarily for military purposes and secondarily for athletics.

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Staff

The program was carried on that year by the director, J. Anna Norris, M.D., one full-time instructor, Lillian Lyford, two part-time instructors who worked six hours each, one of them as clerical assistant, the other, Blanche Oswald, as a teacher. There was a matron, Miss Jennie A. Hawkins, and there was an auxiliary staff of three women physicians who conducted the medical aspects of the physical examinations. These were Dr. Jane F. Kennedy, Dr. Eleanor J. Hill and Dr. Mabel Ulrich.

The staff remained unchanged in number during the three years we were housed in the Armory. There were a few changes in personnel. Miss Grace Archibald replaced Miss Lillian Lyford in 1913-14 and Miss May S. Kissock replaced Miss Archibald in 1914-15. Miss Kissock remained on the staff through 1942 and became the director's right hand. The first student assistant was replaced in 1913-14 by a full-time combination clerk and accompanist, Miss Charlotte Thorne.

One recommendation was presented to the President in the director's report at the end of the year- that when the new gymnasium was ready, there should be identical requirements in physical education in all colleges. This recommendation could never be carried out on account of the difference in programs in the various colleges. The three colleges which were able to profit most from the new gymnasium were the College of Science, Literature and the Arts, the Home Economics Division of the College of Agriculture and the college of Education. They were also the colleges in which nearly all of the women students were registered. Later the girls of the University High School were taken in.



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Dean John F. Downey of the College of Science, Literature and the Arts was personally very much interested in our program. He listed our teaching staff as members of his teaching faculty, and expected us to attend faculty meetings. His cordiality was a very encouraging part of my first year. He was succeeded by Dean J.B. Johnston.

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In 1913-14 the physical examinations for newly entering students were conducted under the same plan as in 1912-13. A nurse had been appointed to be in residence in Sanford Hall. She assisted with the newly entering examinations in fall and spring. The consultations with upper-class students based on information that they gave in the personal history card reached in number 509.

By request of the Dean of Women, Dean Margaret Sweeney, an additional group came in for physical examinations- the young women who were petitioning for a reduced schedule of academic classes by reason of their physical condition. Reports were sent to the Dean of Women advising whether or not to grant their petition. This became standard procedure.

In 1913-14 the principals of the Agricultural Schools at Morris and Crookston requested that the director visit each school for two or three days to make examinations of the newly entering students, classify them, and give advice in cases where defects were found, and that she follow the examinations by three or four lectures on hygiene to all the students. In compliance with this request the director visited both schools and gave examinations and lectures. This procedure was continued year by year on request of the principals of the Agricultural Schools until it was finally taken over by the Health Service.

In the second year the hygiene courses were given numbers and college credit. Personal hygiene became #4 and received two credits. A new course was added- #5, Hygiene of the Family, 3 credits, open only to seniors and juniors. This course dealt with the expectant mother, childbirth, and infant care.

An attempt was made this year to ascertain whether the personal hygiene course was meeting the felt needs of the students. A question was asked

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at the end of the final examination in the course, "Which subject in the course has been the most helpful to you?" More than half the answers indicated one or more of the lectures on the subject of reproduction. This was considered sufficient answer to occasional objections which had come in asking to have such information abolished. The lectures on this subject which had been requested a year ago were repeated for the seniors in the College of Education and for the School of Nurses, and continued to be an integral part of the general lecture course.

An important innovation was made in the registration procedure of students for classes in physical education. Heretofore, after registration was completed for all classes on the campus, the students who were required to or who wished to register for physical education classes came to the gymnasium for that purpose. Obviously such an arrangement would result in conflicts in hour that would prevent a student oftentimes from getting the physical education course she needed or wanted, and in many cases, from getting any physical education at all. This year the physical education courses with their hours were added to the registration sheets and thus the students could get an overview of the whole campus program and could fit her physical education into her program.

Courses in Advanced physical training were authorized to carry  $1\frac{1}{2}$  credits and for years included required reading and written reports. Classes in social dancing were organized this year. The value of this activity as a means of physical development is questionable, but we found a woeful lack of good taste in the new dances which were appearing, as was true, indeed, all over the country, and it seemed a good thing to try to raise the standards of social behavior. Also, we had a good-sized floor on which dancing could be done. We found, too, from our consultations with girls that there were a good many of them who were having too little

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social life and would probably benefit by acquiring skill in social dancing.

Health supervision was expanded by using the trained nurse at Sanford Hall to investigate cases of sickness in the boarding houses at the request of the house mother. Minor cases she would take care of herself and in more serious cases she would assist the house mother to call a practicing physician. This function of hers was a great relief to the house mothers and the number of calls for her assistance mounted during the next few years. She also made a survey of the sanitation of the boarding houses in the University section. At that time her report showed acceptable conditions in most of the houses. At Sanford she cared for an average of 100 girls a month for all sorts of minor illnesses.

While we were still located in the Armory a system of reporting periodic health habits was initiated. These reports were turned in weekly at first; later on only during the menstrual week, by students in physical training classes. The objective was threefold: To call the students' attention to her lapses from the rules of healthful living; to inform her teacher in physical training of lapses in hygiene or discouragement in University work; and to enable her teacher ~~to~~ or the director to advise her regarding her health problems or to recommend that she consult a practicing physician. In case she was having dysmenorrhea her instructor was likely to prescribe for her special corrective exercises. Undoubtedly these reports assisted students who cooperated in them wholeheartedly. This practice was continued for a good many years. Finally there grew up a spirit of antagonism toward it and we suspected that more and more reports were being filled in too casually. Therefore, the practice was abandoned in \_\_\_\_\_.

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In the spring the students were asked to make a subjective comparison of their general health as compared with that in the fall and to express it in tabular form under the headings "better" "unchanged" and "less good."

Comparative appraisal of health of fall and spring.

<u>Students</u>	<u>Better</u>	<u>Unchanged</u>	<u>Less good</u>
Freshmen - - -	68	190	14
Sophomores - -	46	76	24

Under the joint auspices of the department and the Women's Athletic Association, gymnastic contests between beginning and advanced classes were conducted. Also, the W.A.A. conducted two tennis tournaments, a swimming meet, and an interclass basket ball tournament.

For the first time the trophies became symbolic, instead of taking the form of large silver cups. Numerals were awarded for class participation or success and were worn as arm bands or on sweaters. Trophy cups and tiny pins were other awards for successful competition. The girls had had an immense desire for the award of an "M" even tho it would have been a modified one. The director of the department had an intimation that this might cause ill feeling on the part of the men and she had an interview with the football captain on the subject. She found that he thought there was no comparison between the effort the men made for the "M" and that which the girls would make. So, with the help of the department, the girls adopted something entirely different and eminently satisfying to them. This emblem took the form of the University Seal embroidered on felt and bore the initials "W.A.A." all in maroon and gold. It was a handsome little trophy and it was distinctive, since no other organization had anything like it. To win it a student was required to be outstanding in interest in all-round physical ability, good sportsmanship, good posture and good health. The judges were a committee on which sat representatives of the W.A.A. and the department.

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On Feb. 4, 1914, a committee on Physical Education and Intramural Sports was appointed by President Vincent, with Prof. Otto S. Selner as chairman. The committee also included Dr. L.J. Cooke, Dr. J. Anna Norris, and Dr. Jennings Litzenberg. The committee elected Dr. Norris secretary. Excerpt from first report of the committee:

"Work of the committee in promoting intramural sports:- Meetings which have been attended by students and faculty members have been held to discuss the needs of the student body. The concensus of opinion is that we need more room for tennis, better care of the courts we already have, outdoor courts for handball, ice rinks for those who wish to skate, and supervision of all grounds to prevent their use by people not members of the University, and unreasonable use by members of the University. To be able to act more wisely in these matters, members of the committee have met with experts in the game of tennis and experts in the conditioning and maintenance of courts. The findings have been that tennis has advanced to such importance here that the services of a thoroughly competent man in the care of courts is necessary. "

"In baseball the committee has provided permanent backstops,- laid out on two good diamonds on the parade grounds- provided base-balls, etc. To facilitate the handling of class and college games, all classes have been requested to elect an athletic manager."

During 1913-14 the director cooperated closely with the State Architect, Mr. Clarence H. Johnston, in studying and drawing up plans for the new gymnasium. Mr. Johnston was especially interested because it was the first women's gymnasium he had ever attempted and he was determined to make it as nearly perfect functionally as would be possible. He made and destroyed three blue prints and finally in the fourth he had included all the features which the department considered essential.

The plans provided for two large rooms for class exercise, a smaller room for small groups doing special corrective work, a natatorium, a lecture room to seat 150 students for instruction in hygiene, two large dressing rooms, each containing 50 dressing booths, a shower room containing 60 shower baths all operated from a central operating

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room, 14 additional showers in connection with the natatorium, a rest room, a room for the Women's Athletic Association, and offices and examination rooms.

The rooms, halls and stair case were so arranged that the traffic in and out of the building and classrooms would not cause intersecting lines or bottlenecks. In her annual report the director made the following recommendations to the President:

1. An identical requirement in physical training for the women of all colleges which shall comprise, after the completion of the gymnasium, of one year or gymnasium work satisfactorily completed and the ability to swim at the end of the sophomore year.

2. That with the opening of the new gymnasium three additional instructors be employed, and that, if possible, one of them be a graduate in medicine in order that the scope of individual health consultations may be broadened so as to include all upper-class women. This person should also be thoroughly trained in physical training, and would presumably take charge of the special corrective work. With a staff of this size, a large range of electives could be offered, and it is anticipated that a very large proportion of the women students can be interested to participate in some healthful exercise.

3. That the work in health supervision for women for the University High School and the School of Agriculture, including physical examination and follow-up work and organized physical activity, be placed under the direction of this department. At present the University High School is neglected and the School of Agriculture is isolated. A unification of all the work in physical education for the young women of the University would make it possible to utilize the staff and the gymnasium equipment on both campuses to the best advantage. This recommendation has the hearty

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support of the Dean of the Department of Agriculture and the Principal of the University High School.

4. As a result of my observation made during visits to Morris and Crookston, I would recommend ~~that~~ the appointment of a trained nurse at each school to assist the present staff in carrying out the work of caring for the health of both the young women and the young men.

5. Inquiries are received each year in regard to our facilities for training teachers in physical education. At present it is necessary to recommend schools outside the state for that purpose. I would like to call your attention to the opportunity which we shall have with the completion of the new gymnasium for organizing a normal training department, carrying on the basic scientific and educational training in the departments which are equipped for giving these courses, and using the equipment and staff of the new gymnasium for the theoretical and practical courses in exercise and the supervision of practice teaching. After the satisfactory completion of the work of the new gymnasium in its relation to the general body, I believe that the next step may well be the organizing of a normal course in physical education.

6. Establishment of some better system of supervision of health of students in boarding houses. (Practically no result was obtained from my effort to have boarding house keepers report cases of illness to serious that a physician had to be called, even tho they were given forms to fill in and assured of the services of the nurse at Sanford Hall.) In my judgment, such a system, in order to arouse the cooperation of students, should include medical treatment, if desired, so as to afford an incentive to them for reporting ill health.



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1914-15

In 1914-15 an additional group was included for physical examinations. By special request of the Dean of the College of Education, all senior students who were expecting to receive teachers' certificates in the spring were examined and reports were sent to the Dean rating the students from the standpoint of their having sufficient vitality to stand the strain of a teaching position. One hundred students were examined. These examinations of the College of Education seniors continued thereafter to be made annually. Haemoglobin and blood pressure tests were added to the examination for all students in 1914-15 and were continued for a few years.

The usual examinations were given to the newly-entering students, (520), Farm School (125); re-examination of all students in required and elective classes, (178).

Practically all sophomores and juniors were called in for health consultations, (327). There was a large number of interviews based on weekly hygiene cards.

The total number of calls on the nurse at Sanford Hall reached 1176, and in the boarding houses 87.

No changes were made in the program of motor activities in 1914-15.

The cooperation between the Women's Athletic Association and the department became progressively closer and more valuable. Contests were held in tennis, basket ball, skating, swimming, gymnastics and baseball. An important innovation was made that promised the development of greater interest on the part of students. A "head" was appointed by the president of the Women's Athletic Association for each sport, whose duty it was to devote herself to stimulating interest in her own field of activity. Her duties in publicizing and managing her own sport were of benefit to her by increasing her sense of responsibility.

Walking was recognized as an activity and was awarded a point toward the Athletic Seal. The requirement was 100 miles in installments of at

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least 5 miles each.

Interest on the part of the students on the Agricultural Campus was encouraged by the appointment of a representative to the Women's Athletic Association council from that campus

A Field Day for all members of the Association was held in the spring on the River Flats. This was the first attempt at an open-air festival which would mark the closing of the year's activities, and it called forth a splendidly enthusiastic response.

The symbolic awards continued to be highly satisfying to the girls in W.A.A. The arm bands now carried an insignia which designated the sport in which they were won. The W.A.A. seal was developed in burnt ~~tax~~ leather and made a handsome sofa pillow.

The plans for the new gymnasium made provision for classes of a maximum size of 60. Therefore it was important to furnish motor activity equipment which would keep a class of 60 occupied either in its entirety or divided into not more than four sections. During the year the director and Miss Kissock prepared a list of equipment for gymnasium apparatus work, games, and corrective gymnastics, to be ordered in the spring and delivered in time to be installed for use in the fall. The outlay for this equipment was in the neighborhood of \$1,000.00

The following recommendation was submitted to the President at the end of the year:

It is very essential that the land adjoining the new gymnasium should be graded and fenced so that it will be adapted for use as a playground. In the autumn and spring, whenever the weather has permitted, all required classes and the elective games have been held outdoors on Northrop Field.

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An attempt has already been made to use the land adjoining the new gymnasium in the same way, but the unevenness of the ground, the danger of losing balls over the river bank, the danger of losing much game equipment by theft, and the danger of breaking the lower windows of the adjoining buildings all combine to reduce the value of this otherwise very promising field. The open air is, of course, universally conceded to give the best condition for exercise, and I would urgently recommend that this field be developed so as to serve the purpose of a girls' playground.

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1915-16

In September, 1915, the department moved into its new building, the Women's Gymnasium. The stimulus afforded by adequate accommodations notably quickened the interest of the students in Physical Education. Certain confusion and delays were inevitable because the building was occupied before its mechanical equipment was in good order, but most of these obstacles were removed in due course. The natatorium, however, was not ready for use until 1916-17.

The physical examinations and consultations showed an increase in number each year. The weekly hygiene records continued to assume more importance in serving as a basis for personal consultations with freshmen students who had not yet learned how to take proper care of themselves. Records of all consultations held by the nurse at Sanford Hall were placed on file with the other data concerning the students' health and formed a valuable addition to the knowledge which the department had of each student.

The following tables will give a concise story of our activities the first year in our new building:

1. Newly entering students in all colleges - - - - -	629
2. Schools of Agriculture- St. Paul and Morris - - - - -	145
3. Re-examination and special consultation, all students in the required and credit classes in motor activities - - - -	394
4. Examination of seniors in the College of Education and a review of their health histories during their college life - - - - -	88

Required health consultations-

- a. All applicants for a reduction of college program were examined and advised; the same practice was followed as in 1914-15.- - -
- b. All sophomores and juniors were called in for personal consultation and advice about their health, as in 1914-15- in all - - - - - 382

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Hygiene Courses- The same courses were offered as in 1914-15

1. Preliminary hygiene- no credit
2. Personal hygiene- 3 credits
3. Hygiene of the family- 3 credits

Five special lectures to seniors at request of the Dean of the College of Education.

Three special lectures to School of Nurses at request of its Superintendent.

The new lecture room added much to the pleasure and convenience of both student and lecturer. The acquisition of an articulated skeleton and an Auzoux papier-mache model, could be comfortably housed in roomy closets. Light and ventilation on both sides added cheeriness to the meetings. The room accommodated 150.

Motor Activities

Required classes.- All newly-entering students were registered for Course 1, Freshman physical training - - - - - 476

The very adequate accommodations in the new gymnasium made it possible to carry out a long cherished plan for separating the girls according to physical condition into three groups- the strong (A-B group), the fairly vigorous (C-D group, and the orthopedic group. This last group, for special reasons, needed such careful supervision as could be given them only in a small class of ten or a dozen members. The "fairly vigorous" group corresponded to the group of girls who had formerly been required to take gymnasium work to build up their strength. The girls who in previous years had been excused from all required exercise were put into the strong group, while the "corrective class" made it possible to deal individually with cases of spinal curvatures, markedly poor posture, weak feet, weak hearts, recently operated students, etc. The results were gratifying.

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Elective Courses

	1914-15	1915-16
Intermediate gymnastics - - - - -	37	45
Advanced - - - - -	*	16
Social dancing - - - - -	95	130
Elementary gymnastic dancing - - - - -	50	32
Advanced " " - - - - -	*	15
Organized games - - - - -	*	15
Field hockey - - - - -	*	30
Basket ball - - - - -	94	86
Tennis - - - - -	33	**
Baseball - - - - -	43	60
Swimming - - - - -	144****	***
Fencing - - - - -	14	18
Total elective enrolment - - - - -	510	477
Total required " - - - - -	225	476
Total enrolment - - - - -	735	953

- \*Not given in 1914-15
- \*\*No classes were organized
- \*\*\* The new swimming pool was not ready for use
- \*\*\*\*Armory swimming pool

The Women's Athletic Association. The report of the committee on Intra-mural Sports deals with details of the contests held by the Women's Athletic Association. One new activity which has been taken up this year deserves special mention. A play hour has been successfully conducted every other Friday afternoon at five o'clock, in the gymnasium, to which any girl who wished vigorous recreation was welcome. The average attendance was 35/

This last period on the afternoon became an established play hour as time went on. Presently it was offering opportunity for W.A.A. sports leaders to organize their sport groups, and to a certain extent, for practice teachers to gain experience in learning to teach sports.

Staff

Two new teaching members were added to the staff to deal with the expanded program in the new gymnasium, and the next year when swimming classes were opened, a third addition was made.

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1915-16

The staff in 1915-16 consisted of-

Dr. J. Anna Norris, Director  
May S. Kissock, Instructor  
Valeria G. Ladd         "  
Mrs.         Raynor, corrective gymnastics (resigned before end of  
                  year on account of illness and was succeeded by  
Dr. Alice Hopkins Tolg  
Gladys Jennes, Accompanist  
Lulu B. Clough, Secretary  
Charlotte Thorne (replaced in spring quarter by Gladys Jennes)  
Jennie A. Hawkins, Matron  
Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill

        About the time that we moved into the new gymnasium  
        Dr. Ulrich asked to be excused from participating in the  
        physical examinations. She was replaced by  
        Dr. Florence A. Richardson.

Building

This was a happy year for both staff and students, exploring the possibilities of our splendid new building and enjoying its use. It was planned with great care and contains several innovations which we devoutly hoped would work, so it was with quite a thrill of satisfaction that we found they did. The 60 shower baths under the direction of one technician, the matron, showered a full section in two minutes. The bath always ended with the excited squeals of the girls as the water turned suddenly cool. The ventilation in the locker room was so good that we did not even have to roll the lockers into the forced ventilation alcove. The mezzanine floor construction unified the entire building.

Recommendations.

The director made two recommendations to the President, as follows:

1. "I would recommend that the requirement in Physical Education be extended to include the sophomore year. With our gymnasium and playground equipment, we ought to be reaching a much larger proportion of the students than at present. Elective classes in motor activities and freedom to use the swimming pool help the situation, but our health consultations with sophomores and juniors discloses a marked lack of

exercise of any sort in a majority of cases. Sophomore classes should offer a variety of motor experiences and should be varied and limited in size in order to favor the acquirement of that skill which tends toward establishing a lasting interest in the activity."

2. "I would repeat the recommendation made in my report of 1913-14 concerning the organization of a professional training course in physical education leading to a degree. The basic scientific educational training could well be carried on in the departments which are equipped for that work, while the theoretical and practical courses in exercise and the supervision of practice teaching for women, could be handled by this department, using the equipment of the new gymnasium and a somewhat increased staff. Both from the standpoint of offering an opportunity within this state for young people to receive thorough training in this speciality, and from the standpoint of providing well-trained teachers for the schools of the state, there is a real need for the careful organization of such a course."

This recommendation was repeated yearly until it became a reality when the four-year professional curriculum was established in 1919-20, under the auspices of the College of Education. The first class to graduate was in May, 1922.



Hygiene

An innovation was made this year in the care of <sup>the</sup> students' health, in accordance with the director's recommendation in her annual report to the President in a recent annual report. All students who applied for a reduction of college program on account of physical weakness or ill health were required to present themselves to this department for interview. If their petition was granted, the department required them either to put themselves under proper medical guidance or carry out a prescription of exercises or rest outlined for them by a member of the staff who took this opportunity to become further acquainted with them and to advise them regarding their complaints and perhaps to change the prescription from time to time.

The nurse at Sanford Hall cooperated with this department in keeping it informed so far as she had knowledge of cases of serious illness in the dormitory and boarding houses, and in following up cases that the department referred to her. Records of her visits and consultations with girls were filed with the other data concerning the student's health at the end of the year.

Full examinations were given to the following groups of students:

In all colleges, examinations of newly-entering students -	715
College of Education examinations and reports to the Dean-	90
Students at Morris and Crookston - - - - -	118

All sophomores and juniors were interviewed in personal consultations and were given advice for the promotion of their health- in all - - - - -	697
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The weekly hygiene records were assuming more importance all the time in serving as a basis for personal consultations with freshman students who had not yet learned to take proper care of themselves.

Hygiene (cont.)

In 1916-17 for the first time the principal of the University High School requested physical examinations for his students and also time and space in the gymnasium for motor activity classes for them. These requests were granted and 42 girls went through the physical examinations. Examinations carried on for the various high schools of the University were not an integral part of the work of this department, but so long as the service was possible without interfering with college work, it was gladly given.

Academic Courses The same courses were offered as in 1915-16

Preliminary hygiene- 12 lectures to freshman women in classes of 150

Personal hygiene semester course, 3 times a week- upper class women, 3 credits - - - - -

Family hygiene semester course, 3 times a week- upper class women, 3 credits

Course in Principles of Physical Education. To help meet the need in the state for high school teachers of physical education who have had at least an introduction to the theory as well as the practice of physical education, this department organized this year for the first time an abridged course in the theory of gymnastics, play and dancing, the component parts of which are distributed among the members of the department according to their special interests. The course consisted of lectures, recitations and practice teaching. Students register for the course, 6

Motor Activities

A table of comparative registrations for various activities follows:

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DEPARTMENT HISTORY  
1916-17

	1915-16	1916-17
Elementary physical training (required) - - - -	476	577
Intermediate gymnastics (elective) - - - -	45	39
Advanced gymnastics " - - - -	16	17
Social Dancing " - - - -	130	63
Elementary gymnastic dancing (elective) - - - -	32	41
Intermediate " " " - - - -	-not given	28
Advanced " " " - - - -	15	14
Organized games (elective) - - - -	15	40
Field Hockey " - - - -	30	50
Basket Ball " - - - -	86	150
Baseball " - - - -	60	125
Swimming " - - - -		
Beginners' classes - - - -		211
Advanced classes - - - -	not given - -	70
General swimming - - - -		286
(This represents 1332 "swims")		
In addition 194 girls swam once epiece		
Fencing - - - -	18	15
Total elective enrollment - - - -	447	1149
Total required " - - - -	476	557
Total enrollment - - - -	923	1706

The Women's Athletic Association

The report of the Committee on Intramural Sports deals with details of the contests held by the Women's Athletic Association. One new activity which has been taken up this year deserves special mention. Four ice hockey teams were organized by the Woman's Athletic Association and coached by the courtesy of four men students on an outdoor rink on the campus, and at the end of the skating season a tournament was held. So far as information is available, this is the first instance of the organization of an ice hockey tournament among college women in the United States. The interest in it was so keen that ice hockey has been adopted by the Women's Athletic Association as a recognized sport.

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DEPARTMENT HISTORY  
1916-17

The following contests were held during the year:

	<u>Entrants</u>
Fall Tennis Tournament - - - - -	46
Spring Tournament - - - - -	40
Field Hockey- four full teams and from three to five substitutes for each	
Basket Ball- Number of girls out for the sport - - - - - 150 Preliminary tournament of 8 games leading up to championship Tournament between sophomores and seniors	
Odd-Even Tournament- Freshman and Junior team vs Sophomore- Senior team	
Skating- Four full ice hockey teams and regular substitutes for three	
Baseball- Four full teams with substitutes - - - - -	48
Swimming- Elementary contest - - - - -	12
Advanced - - - - -	11
Free swimming - - - - - (noon periods Tuesday and Thursday)	1132 swims
Walking- Reports made by 57 girls showed that at least five miles had been walked. The highest total for any girls was 150 miles	
Field Day- Under sponsorship of the department on May 26th. The final game of inter-class baseball was played, and also the final game of "house" baseball (in which dormitory, self-governing houses and sorority houses competed.) The physical training classes also had their final games in Newcombe, bad ball, cricket, and field hockey.	

The Women's Athletic Association continued its practice of making awards which are symbolic in value rather than of intrinsic value.

The spirit of sportsmanship which pervades the contests is notable.

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DEPARTMENT HISTORY  
1916-17

Staff

Dr. J. Anna Norris, Director  
May S. Kisseck, Instructor  
Valeria G. Ladd       "  
Dr. Alice Hopkins Tolg, Instructor for Orthopedic classes  
Lillian Hanson- part-time instructor, teaching swimming and  
University High School. For the high school  
teaching she was on the budget of the University  
High School.  
Gladys Jennes    accompanist  
Lulu B. Clough, Secretary  
Jennie A. Hawkins, Matron  
Dr. Jane F. Kennedy,  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

Recommendations:

1, I would repeat my recommendation that the requirement in physical education be extended to include the sophomore year. To accomplish this I would recommend further an addition of two instructors to the staff. With our gymnasium and playground equipment we ought to be reaching a much larger proportion of the students than at present is the case. Elective classes and freedom to use the swimming pool help the situation, but our health consultations with sophomores and juniors disclose a marked lack of exercise of any sort in a majority of cases. A large number of sophomore classes should be offered in order (1) to minimize the students' difficulty in arranging programs, (2) to permit a wide choice among types of exercise, (3) to make it possible to limit the group to that size which is favorable to the acquirement of skill. Skill in any form of exercise tends not only to create a permanent interest in that form, but also to develop greater interest in exercise in general, an interest which we hope would show itself in more active habits after leaving college.

2, I would recommend that another additional instructor be employed on the staff of this department whose time shall be distributed between the college classes and the University High School classes. This instructor should have the ability and experience necessary for a successful

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DEPARTMENT HISTORY  
1916-17

critic teacher, and should be able to take her place in the professional training course in physical education.

3. 3. I would repeat the recommendation made in my report of 1913-14 concerning the organization of a professional training course in physical education leading to a degree. The basic scientific and educational training could well be carried on in the departments which are equipped for that work, while the theoretical and practical courses in exercise and the supervision of practice teaching, for the women, could be handled by this department, using the equipment of the gymnasium and a somewhat enlarged staff. Both from the standpoint of offering an opportunity within this state for young people to receive thorough training in this speciality, and from the standpoint of providing well-trained teachers for the schools of the state, there is real need for the careful organization of such a course. (The beginning of Teacher-training work was made in 1916-17 with one professional course.)

I would add that apparently only the unfortunate financial stringency of the times prevented an appropriation by the 1917 legislature for carrying out the above two recommendations in addition to the oft-repeated recommendation for the establishment of a professional training curriculum in physical education.

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In the spring of 1917 President George E. Vincent left the University to become President of the Rockefeller Foundation in New York. This was a keen disappointment to our staff as well as to the University in general. He had shown such understanding of the work of the department and had supported it so generously and was himself of such an inspirational type that we knew he could never be exactly replaced. His successor was President Marion Levey Burton, who remained with us three years.

My report to President **Burton** covering the year 1917-18 was unusually full and detailed. It was his first year as President of the University and I wished to furnish him with as full a picture of the department and activities as possible.

Physical Examinations and Consultations

1. Full examinations were given to the following groups of students:
  - a. In all colleges, examinations of newly-entering students - -669
  - b. In College of Education, seniors - - - - - 98  
(Reports on their physical condition were sent to the  
Dean of the College)
  - c. Spring examinations of all students in required non-credit  
and elective credit classes - - - - - 374
  - d. In Agricultural Schools- St. Paul, Morris and Crookston - 98  
(Lectures in hygiene were also given at Morris)
  - e. In University High School- newly entering students - - 69
2. Required Health Consultations
  - a. In 1917-18 the number of students reporting as the result  
of having received permission to carry a reduced  
program of credit hours was - Autumn semester - - - 48  
Spring " - - - 37
  - b. All sophomores and juniors were interviewed individually  
and advised with concerning their health- in all - - 670

It was gratifying to find that in a majority of cases the student had been making earnest effort to correct those habits which had been interfering with healthful life. Cases needing medical attention were referred to practicing physicians.

c. Between 300 and 400 consultations were held, based on physical examination records and weekly hygiene cards. The subjects of advice were most frequently circulatory disturbances, (dysmenorrhea), lack of outdoor exercise, complaints of fatigue and reports of insufficient sleep.

In addition to her regular duties in 1916-17, the nurse at Sanford Hall gave six lectures on Home Nursing to the students registered in the course in Hygiene of the Family.

4. Academic Courses

Preliminary Hygiene (12 lectures) - - - - -	631
Personal Hygiene, 2 credits, Sophomores, Juniors and Seniors	15
Hygiene of the Family, Juniors and Seniors, 3 credits - - -	8
Principles of physical education, Senior students, 3 credits	7

Orthopedic Work. The orthopedic work does not figure in contests or in exhibitions, but it is bringing about improvement or correction in many cases which would tend otherwise to grow worse as time elapsed. It is not spectacular, but it is a very important part of our work and requires specialized knowledge and devotion.

The following conditions were discovered and treated:

Scoliosis (lateral spinal curvature)- -	25
Resistant and flexible round shoulders-	15
Infantile paralysis deformities- -	2
Congenitally absent right forearm - -	1
Injured Knees - - - - -	2
Injured shoulder - - - - -	1
Anemia with malaise - - - - -	2
Sacroiliac strain - - - - -	1
Pelvic inflammation - - - - -	1
Appendicitis - - - - -	1
Heart lesion - - - - -	2

In her report Dr. Tolg speaks especially of improvement in 22 of the scoliosis cases, and improvement in all cases of round shoulders. The girl without a right forearm had always been excused from exercise requirements in high school and had a very undeveloped body. She improved wonderfully in strength and in the spring developed into a left-hand pitcher in indoor baseball. The general health of most of the girls in the orthopedic group is below par at the beginning of the season and it is gratifying to hear the assurances which many of them give later in the year of the improvement they have experienced.

Rhythmic expression was introduced for the first time in 1917-18. The teacher, Valeria Ladd, had been studying it in summer courses for three years with Mrs. Florence Flemming Noyes. To quote from Miss Ladd's report in 1918:



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DEPARTMENT HISTORY  
1917-18

- "The objects of this class are:  
 To furnish a simple, joyous form of exercise.  
 To relax body and mind.  
 To cultivate a habit of self-forgetfulness, and thereby correct self-consciousness, repression or morbidity.  
 To stimulate the subjective imagination and thereby cultivate or awaken the Art consciousness which finds outlet in any creative work."

Motor Activity

With the sanction of the colleges, a requirement in swimming was initiated in 1917-18. This did not apply to all students but only to those who by the end of their freshman year had not learned to swim either under instruction or by hook or by crook. Tests were given during the spring quarter and those who passed them were relieved of all swimming requirement. The test was simple and consisted merely of requiring that the student be able to float and to swim the length of the pool by any stroke. Any student who passed the test was eligible to take either intermediate or advanced swimming the following year. Comparatively few students could pass the test in the freshman year, so that a good many sections of elementary swimming classes were offered. Of course, on the basis of physical examinations the girls were excused from the requirement when necessary.

Elementary physical training (required) freshman students - -	543
Swimming (all sophomore students who had not already learned to swim - - - - -)	117
Intermediate Physical Training, elective -	62
Advanced Physical Training " - -	15
Rhythmic Expression - - - " - -	30
Organized games - - - " - -	37
Field hockey - - - - " -	69
Basket ball - - - - " -	130
Baseball - - - - " -	70
Class swimming - - - - " -	633
Social dancing ) Gymnastic dancing )	were dropped
Total number of swims under instructor, daytime classes -	4797
Extension classes	90
Total number of swims in general swimming under supervision of Matron - -	921

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DEPARTMENT HISTORY  
1917-18

The use of the swimming pool was extended under the auspices of the department by the evening classes in which were registered for the year-90

The increased interest in swimming that was shown by the students this year was notable, and I think it was due largely to the requirement which compelled a great many girls to learn to swim. Having attained that much proficiency and finding the exercise a pleasant recreation, they came back to the pool to enjoy it again.

The Summer Session

This is the first year that the department has offered courses in the summer session. Two courses in gymnastics, games and folk dancing, and methods of teaching, were offered. Twenty students registered. Thirty-three students registered for a course in swimming, and there were 165 "swims" taken in the hours under the supervision of the Matron.

University High School

The freshman and sophomore classes were given the use of the gymnasium six periods a week and were taught by Ann Peterson and two of our undergraduates. Gratifying results were obtained. Next year, with a regular member of this department to take charge of this work, and with the requirement extended to include juniors and seniors, and with supplementary classes offered in play and in orthopedic work, we shall expect to make a real contribution to the health of the high school girls.

Staff

Dr. J. Anna Norris, Director  
May S. Kissock, Instructor  
Valeria G. Ladd       "  
Dr. Alice Hopkins Folg, Instructor  
Lillian Hanson, part-time swimming instructor  
Lulu B. Clough, Secretary  
Gladys Jennes, Accompanist  
Jennie A. Hawkins, Matron  
Dr. James F. Kennedy, Dr. Eleanor J. Hill,  
Dr. Florence A. Richardson

DEPARTMENT HISTORY  
1917-18

Women's Athletic Association

The entrance of the United States into the first World War changed the University climate in many ways. Large numbers of men students joined the army or were drafted into its service and even the Women's Athletic Association program had to be adjusted to fit the reduced numbers resulting from the demands of the time. The faculty adviser, Miss Kissock, attended the weekly meetings of the W.A.A. Board and helped in all of their planning for the year's programs. Her availability for consultation at all times has always been an important factor in the success of the organization.

The patriotic calls for workers for the Red Cross and other war activities had a somewhat demoralizing effect on regularity of attendance in athletic practice periods. Moreover, a new eligibility ruling of the Association, which required satisfactory scholarship of all members of class teams and others striving for athletic points resulted in the discouragement of a good many ineligibles and their consequent absence from practice groups. Considering these drawbacks to large numbers, the competitive sports of the women of the University made a very good showing.

Tennis

Owing to the unusually late opening of the University (Oct. 16, 1917) the fall tournament was omitted. A spring tournament of singles was run off, beginning April 20th. Thirty-five girls enrolled.

Field Hockey

Length of season, Oct. 13 to Nov 28. Practices were held at 4:00 P.M. on Monday-Wednesday and **Tuesday-Thursday**. Each class group was run by a class manager until Nov. 16, when teams were chosen and captains elected. Eight practices were required to make a girl eligible for a class team. Participants- 69  
An interclass tournament of five games was played Nov. 22-27 and the Junior team won.

### Basket Ball

Length of season, Nov. 19 to March 22. Practices were held at 4 P.M. Monday-Wednesday and Tuesday-Thursday. During the first two weeks girls who had never played before were coached in a group by themselves. Twelve practices were necessary to make a girl eligible for a class team. Class teams were chosen March 7-15. The championship game between the two winning teams was played March 22. Participants- 130

Devices for stimulating the interest of more girls in taking part in the game were the Odd-Even games and the House Basket Ball Tournament. Both proved helpful. A running score of the entire season was kept of the tournament between the senior-Sophomores and the Junior-Freshmen (Odd-Even), regardless of the personnel of the teams on different days.

In the House Basket Ball Tournament, all sorority houses, co-operative houses and Sanford Hall were eligible. Six houses took part and a tournament was run April 2-8.

### Ice Hockey

All students were admitted to the University rink this year free of charge. (Toward the end of the season fifteen University High School girls came out to practice also.)

The length of the season was Jan. 7 to March 14. Practices were held at noon daily in which the girls were arranged in groups by classes. Five practices were necessary for eligibility to class teams. Great appreciation is felt of the good-will of four men students who voluntarily served regularly as coaches.

Class teams were chosen Jan. 31, and a tournament of four games was played March 4-14. Further games were postponed on account of the warm weather which spoiled the University rink. However, arrangements were made later by the Intramural Sports Committee whereby the tournament games were played off at the Hippodrome rink.

### Baseball

Length of season April 10- May 25. Baseball suffered especially from the factors mentioned in the opening paragraph, and also because many of the girls had by spring won as many points as the Association permits in one year, and therefore they were not sufficiently interested to attend practices regularly. For the sake of general interest a tournament was played off, even tho the number of ineligible was so large that no points could be awarded. It was felt that it was better for the sport and for the girls' physical fitness not to omit the tournament entirely. Participants-70

### Swimming

The total number of "swims" in "General swimming"(without instruction-900  
The total number of girls who appeared in elective classes - - - - 455  
An advanced contest was held May 10, with fourteen contestants. An elementary contest was held May 20, with twelve contestants.

A 100-point contest was carried on throughout the year, for the purpose of stimulating regularity of attendance and of attaining proper execution of various strokes and aquatic feats. A girl must have swum 25 times before she could qualify for this test. Twenty-one girls entered for the elementary test and six won their point on it; nineteen entered for the advanced test (including life-saving) and three won their point on it.

Interest in swimming was also stimulated by three exhibitions given during the year, two by particularly accomplished swimmers among our students, and one by an amateur champion. Selma Darby.

### Walking

Girls making reports on walking jaunts of five miles or more - - 19

### Field Day

This occurred May 25th and the championship games which finished the season's tournaments were played in Newcomb (between the freshman classes),

House Baseball and Class Baseball.

The presentation of trophies was a feature of Field Day, with the arm bands and arm band emblems which signified the winning of points toward the athletic seal, the class cups for the winter and spring sports, and the athletic seals for the fortunate girls who had won them. As a patriotic act in the interest of the conservation of leather, it had been decided not to present the regulation burnt leather seals this year, but to substitute printed certificates signifying the girls' accomplishment and the reason for omitting the leather seal this year. Eleven girls won these seal certificates, which stand for good sportsmanship, athletic ability, healthful living and satisfactory scholarship.

Recommendations

1. That the requirement in Physical Education be extended to two years (see 1916-17 report to the President for full text.)

2. To organize a professional course for the training of teachers of Physical Education leading to a degree. (For full text see 1916-17 report.)

The following material was not in the 1916-17 report:

The states of Michigan, California, Rhode Island, New York, New Jersey and Maryland have passed laws requiring the teaching of physical training in elementary and secondary schools. At the meeting called by Commissioner of Education Claxton last February, he was authorized "to appoint a committee to carry out a Recommendation that a thoroughgoing program of health education and physical education should be put into force with federal aid for all elementary and secondary school children both rural and urban in every state in the Union."

In view of the widespread interest in building up our young men for the army, and the knowledge that it is as important to have a strong

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DEPARTMENT HISTORY  
1917-18

womanhood as a strong manhood, it seems as if required physical training for all may be a nearer possibility than we think. Even at present the lack of teachers of the subject for the states requiring it is serious, and a professional training course at the University of Minnesota would be an important contribution to the problem.

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DEPARTMENT HISTORY  
1918-19

The progress of the department in 1918-19 may be described under the following headings:

1. The correlation between this department and the newly established Health Service.
2. The introduction of graphic methods of recording posture during the physical examination week.
3. The adoption by the College of Science, Literature and the Arts of a requirement that all sophomore women shall register for physical education two periods a week, in addition to the requirement of three periods a week for all freshmen; the new regulation to go into effect in 1919-20. This regulation will include the instruction in swimming that was mentioned in 1916-17.
4. The organization of a four year course for the preparation of teachers and supervisors of physical education and the adoption of it by the College of Education; this course to be introduced in 1919-20.
5. The organization for the University High School of thorough-going physical education work for the girls of all four classes. The support of the principal was most valuable.

The establishment of the Student Health Service under the direction of Dr. Sundwall was an occurrence of importance to which I had long looked forward. The location of the Health Service was in Pillsbury Hall. From this time on it was possible for students not only to confer with and receive advice from the director of the Physical Education Department regarding their health, but also to receive medical treatment from the Health Service. One result was that a much larger number of students presented themselves when ill or under the weather than had hitherto been the case. The physical examinations for women students continued to be conducted in the women's gymnasium. The Health Service lent specialists in eye, ear, nose and throat to the department of physical education for women in order that the examination might be more complete. Students in whom de-



DEPARTMENT HISTORY  
1918-19

facts were discovered during these physical examinations were referred either to their own physicians or to the Health Service. The director of the department of physical education for women held four office hours a week at the Student Health Service for the purpose of advice and treatment of women students.

For the first time we introduced a graphic recording of posture by the use of the shadowgraph. This was a great advance because it aroused a lively interest in the girl in her own posture; also it favored making a comparison between the fall and spring examinations. In almost every case the tracings in the spring showed an improvement over the tracings in the fall. We continued the use of the shadowgraph until the year 1924-25, when we installed Norman Fraad's silhouettograph. The shadowgraph's shortcoming was inherent in the fact that the tracing for the picture had to be done by a pencil in the hands of a fallible human being.

Full examinations were given to 1404 students, including the newly-entering students in all colleges (648) and in the Agricultural schools at St. Paul and Morris and the University High School (185); including also reexaminations of college and high school students (571).

Required health consultations were held with 1503 Students, including 104 applicants for a reduction in college program. 580 upper-class students called in for their annual health examination; 819 initial consultations were held by various members of the staff with freshmen whose physical examination or hygiene records showed need for conference. In addition to the required consultations the departmental office hours were freely patronized by students seeking health advice from various members of the staff.

We added somewhat to the teachers' courses. In addition to the professional course "Principles of Gymnastic Teaching," a second professional course was offered, "Teachers' Course in Play."

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DEPARTMENT HISTORY  
1918-19

Motor Activities

Freshman required physical training and eight elective courses were carried on under approximately the same conditions as before. The short fall quarter cut down the numbers in all elective exercises.

	<u>Registrants</u>
Elementary Physical Training - - - - -	466
Intermediate and Advanced Physical Training - -	177
Rhythmic Expression - - - - -	72
Organized games and Folk Dancing - - - - -	22
Basket Ball - - - - -	106
Baseball - - - - -	113
Archery - - - - -	24
Swimming - - - - -	646 (re-
	quired and elective)
(Besides this the pool was used incidentally to the extent of - - - - -)	386 Swims)

The Women's Athletic Association

The report of the Committee on Intramural Sports included a report on the Women's Athletic Association activities for the year:

- ← Summer Session. Two teachers' courses in gymnastics, games and folk dancing were offered, and fifty students enrolled- more than twice as many as last year. Fifty-two students registered for swimming.
  
- ← The Extension Division. Three classes used the natatorium one evening a week during the year. Ninety students registered.
  
- ← University High School. All four classes of the high school attended physical education classes regularly during the year, three periods a week. Swimming occupied one of the periods for all except the freshmen. In addition, an elective group of nine girls attended an orthopedic class during the same hour.

Staff

The only changes in staff personnel were the addition of Gertrude B. Schill, instructor, and Evelyn Voss, part-time instructor in swimming.

Recommendations

I would especially recommend finishing the natatorium unit by equipping with shower baths and dressing rooms the space beside the pool which has been reserved for them. It was necessary to leave this portion of the natatorium unequipped when the gymnasium was built, and therefore the girls

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DEPARTMENT HISTORY  
1918-19

who use the pool have to take their showers in the general shower room. This necessitates their passing through a main hall from the locker room to the natatorium in dripping suits and bare feet. (During 1917-18 this journey had to be made about 9000 times, and by about 900 individuals.) The hall is very public, in view of anyone entering the side door or passing up the main stair case. It is very cold in winter and leads to serious complaint from students. It is indeed a source of embarrassment to the department also since we have to admit that students run the risk of catching cold in passing through it, and rather frequently we have to modify the requirement in swimming on that account.

I would also recommend transforming the storage space above the instructors' offices into three offices to correspond with those below. We shall have two instructors this coming year whose desks will have to be placed in hallways since there is no surplus office space. This condition is of course not favorable <sup>for</sup> intimate consultation with students or to any sense of privacy or security for the instructor.

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DEPARTMENT HISTORY  
1919-20

The year 1919-20 was characterized by a sharp increase in the University registration. This increase was partly the result of heightened interest in education that had developed in the general population during the war and was shown especially by veterans returning home. Since September, 1915, when the Women's Gymnasium was first occupied the University enrollment had approximately doubled. As one of the results of this rapid increase in size, the classes in physical education had become so large that students were beginning to complain that they felt like cogs in a well-oiled machine. The maximum size which this department had set up for its classes was 60 students, but during the past year the majority of the classes contained between 90 and 100. The corrective classes also had increased from 10 members to 15. It became imperative that the staff be somewhat enlarged in order to return again to the optimum class enrollment.

For more than a year conferences had been going on between this department and the College of Education concerning the setting up of a four-year course of teacher training in physical education. The department of physical education for men was also making preparations for a four-year course. In the fall quarter of 1919-20 a professional training course was set up in each department under the auspices of the College of Education, whose Dean, Dr. Coffman, would recommend its graduates for the education degree, Bachelor of Science. This department enrolled freshmen and sophomores in the fall of this year who naturally took most of their courses in the College of Science, Literature and the Arts, though anatomy was taken in the Medical School under Dr. Charles A. Erdmann. It was planned that the first class to receive a degree would be the class of 1922.

The technique of teaching swimming in the department underwent a

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DEPARTMENT HISTORY  
1919-20

drastic change in 1919-20. Hitherto the traditional method had prevailed of teaching each individual to progress according to his own ability. At this time class methods were introduced including drill on various techniques and other teaching devices permitting class progression from day to day. The results were brilliant and 249 beginners learned to swim during the year- a thrilling advance over previous years.

An example of the increase in student enrollment is shown by a comparison between the 1918-19 enrollment in physical training (400) and the 1919-20 enrollment of 762, an increase of 61%.

Staff

Dr. J. Anna Norris, (away on sabbatical leave in second and third quarters)  
May S. Kissock, Assistant Professor, (acting director during second and third quarters)  
Dr. Alice Hopkins Tolg, Instructor  
Valeria G. Ladd, "  
Gertrude B. Schill, "  
Helen A. Barr, " (winter and spring quarters)  
Gertrude M. Baker, "  
Lulu B. Clough, Secretary  
Gladys Jenness, Accompanist  
Jennie A. Hawkins, Matron

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson  
Additional clerical help for checking hygiene cards

In the spring of 1919-20 President Burton resigned his position at the University of Minnesota and became President of the University of Michigan. Dr. Lotus D. Coffman, who had been Dean of the College of Education for several years, was appointed President of the University of Minnesota, a most fortunate choice for the University and for our department.

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DEPARTMENT HISTORY  
1920-21

Since 1913 the director had been visiting the two agricultural schools at Morris and Crookston early each fall for the purpose of conducting physical and medical examinations of the women students. She also gave lectures on hygiene at each school. This project was initiated each year by a request from the principles of these schools. Beginning in 1920-21, these examinations were conducted by a group from the University Health Service. This relieved the director of a duty which was physically arduous altho its importance and the cooperation given by the agricultural schools had made it a satisfying experience.

The total number of physical examinations and re-examinations in all college classes and in the University High School was 2133. The number of students enrolled in all classes of motor activity during the <sup>fall quarter of the</sup> regular college year was 1463.

Additional efforts were made in 1920-21 to relate the motor activities taught in the department more closely to the general lives of the students. Increased attention was focused on the teaching of life saving in the swimming classes; the rudiments of tennis were taught to a class of 175 beginners in order that they might practice tennis by themselves in the summer. More devices were used to stimulate interest in posture and carriage and for motivating the acquirement of conscious, harmonious, neuro-muscular control and skill without tension in daily living. Posture tracings in the spring showed almost uniform improvement over those taken in the fall; strength tests were usually improved, and in the complete physical examination in the spring the freshmen gave gratifying evidence that the University year had not caused undue fatigue. In a large number of cases their health was improved.

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DEPARTMENT HISTORY  
1920-21

The Women's Athletic Association instituted a change in the basis of membership whereby membership was limited to students who had won certain stated athletic points. As a result, the number of members was smaller than in former years but the morale was improved. The report on competitive sports appears in the report of the Committee on Intramural Sports.

Building

Certain remodeling in the building was carried on during the summer of 1920 which, for at least three members of the staff, enhanced markedly the convenience and efficiency of class preparation, student interviews, storage of records, etc. The storage space above the three instructors' offices was converted into three offices of dimensions corresponding to those below. They gave easy access to the gymnasium floors, to the instructors' dressing rooms and the main lobby of the building. The increase in the number of staff members accompanying the development of new courses and the expanded enrollment in the University after the war had made this extension of office space an imperative necessity. The staff in 1920-21 had grown to include seven teaching members and with the addition of the offices mentioned above, the building now had six offices for teaching members besides the director. An additional instructor was recommended to the President in the report of 1920-21.

Staff

Dr. J. Anna Norris, Director  
May S. Kissock, Assistant Professor (on leave of absence)  
(Her place was taken by Beatrice Berthold)  
Dr. Alice Hopkins Tolg, Instructor  
Valeria G. Ladd, "  
Gertrude B. Schill, "  
Gertrude Lyon, Instructor part-time swimming and taking  
Miss Baker's place  
\*Gertrude M. Baker (On leave of absence and studying  
at the University of Wisconsin)  
Gladys A. Fellows, (resigned in the spring)  
Beatrice Berthold, " " " "  
Lulu B. Clough, Secretary  
Gladys Jenness, Accompanist  
Jennis A. Hawkins, Matron

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DEPARTMENT HISTORY  
1920-21

Staff continued-

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

Additional clerical help for checking hygiene cards.

Recommendations

1. I repeat my recommendation of 1918-19 that the natatorium be completed by the construction of shower baths and dressing rooms. In that connection the pool grows more popular for extension classes. Recently the Extension Division had asked for its use on additional evenings. It has been impossible to approve the request since the use of the pool would mean the opening of the locker and dressing rooms at times when they could not be properly safeguarded. When the natatorium unit is completed and can be used as a separate entity, there is no doubt that it will be put to use for many more classes.

We have 1238 lockers and this year we have had 1555 girls using them. Since they are only six inches in width, it is both unhygienic and disorderly for them to be used for more than one person. We are in great need, therefore, of additional equipment.

2. May I enter a plea for the retention of such open spaces as still remain in the vicinity of the Gymnasium Building for the use of classes in this department. Our gymnasium was entirely adequate when built and aside from the increase in student enrollment it would have continued to be do for indoor activities. But the lack of outdoor space for department classes was a very serious problem. There seemed at that time to be three possibilities:

a. To get permission from the Park Board to use the "river flats" below the University for field hockey and other large sized groups, but this idea carried the serious objection that it would take so long to go to and from classes that each class would require two periods of the students' time, a very difficult question to solve in programming;



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DEPARTMENT HISTORY  
1920-21

b. To wait for the solution of the problem until an adequate gymnasium can be built in an area not at present available large enough to supply ideal playing space around the building. The objection to this idea, aside from the long wait which it might involve, would be the long distance that the physical education plant would be from the colleges that use it most- Science, Literature and the Arts and Education. The students' use of the building might be seriously curtailed thereby.

c. To recognize the fact that in this climate most of the physical education program must be carried on indoors and that the gymnasium itself is therefore of more importance than the playing fields. Also, that the present building is near enough to the Colleges that would use it most to favor its extended use by the students. The important steps that should be taken if this view prevailed would be that space should be reserved, improved, and if possible, enlarged.

Of these three ideas the department favored the third, and future plans were based on it. At that time the department utilized the space behind the Library and the Gymnasium Building, in front of the Pathology Building and behind the Education Building, including the tennis courts.

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DEPARTMENT HISTORY  
1921-22

For the last several years it has been the custom of this department to refer the President to the report of the Committee on Intra-Mural Sports for news of the contests conducted by the W.A.A. 1921-22 turned out to be the final year of the existence of the Committee on Intra-Mural Sports. At this time Mr. Fred W. Leuhring was appointed as the director of a reorganized mens department- the Department of Physical Education and Athletics, and all men's intra-mural athletics were put under the authority of that department. Hereafter we find that the director of the department of physical education for Women passed in a full report of the needs and activities of the W.A.A. as part of her annual report to the President. At this time I will make extensive excerpts from the report of Dr. H.S. Diehl, as chairman of the Committee on Physical Education and Intra-Mural Sports.

"The budget for intra-mural work for 1921-22 was \$1,192. This consisted of \$192.00 balance from last year; \$500.00 appropriated by the Board of Regents out of general University support funds; and \$500.00 voted by the Athletic Board of Control. Expenditures out of this budget were under control of the committee. A few special projects such as the building and maintenance of the skating rink and the supplying of bleachers for the finals of the women's basket ball tournament were authorized, but most of the expenditures were for equipment, for basket-ball, hockey and baseball.

"The ice skating rink, which was constructed in December on Northrop Field, was one of the best in the Northwest and was used daily by large numbers of the students and faculty. After the authorization of an ice hockey team the rink was used at times for team practice and one-third of the expense was assumed by the Athletic Board of Control.

"In the formulation and execution of the program for the intra-mural athletics, the committee acted only in an advisory capacity, the departments of physical education doing the actual work. A summary of the accomplishments from September, 1921 to May, 1922, in this field of activity is as follows: "

I. INTRA-MURAL ACTIVITIES FOR WOMEN

"The intra-mural sports have been carried on as heretofore by the cooperation of the Department of Physical Education for Women and the Women's Athletic Association. The faculty has given instruction in the team games (except ice hockey) and has taken the leadership in selecting teams and arranging for tournaments. The Women's Athletic Association has provided the publicity and the awards.

Intra-Mural Activities for Women-Cont.

"Intramural sports have been badly hampered by lack of outdoor space within reasonable distance of lockers and shower baths. I would recommend a full consideration of the needs for more space for the intramural sports of the University women, and would urge that any large plan for the development of a new area, such as the river bank park, for athletic purposes, include the provision of adequate facilities for the women. As one example of the inadequacy of the present facilities I would instance the two hockey fields, which measure approximately 75x120 feet each. A regulation hockey field measures 15-x150 feet.

"Under present conditions it seems necessary to utilize to their fullest extent the space behind the Library and Gymnasium buildings, as well as that bounded by the Library, Pathology and Music Buildings and the Workshop.

"Facts concerning the year's sports follow:

"Field hockey (Fall quarter) 105 participants; two weekly practices. Class tournament was played off in the spring.

"Basket ball (Winter quarter) 120 participated, two weekly practices. Class tournament, March 4 to March 15, won by the seniors. House tournament entered by twelve teams, won by Chi Omega. Color tournament between freshman and sophomore sections, played February 1 to March 1.

"Ice hockey (Winter) 14 participated.

"Swimming (All quarters) The aquatic League (a branch of the Women's Athletic Association) gave an exhibition January 19 before a group of about 175 spectators, for the sake of stimulating interest in swimming among the University women. "Stunts" and fancy diving made up the program. Annual swimming meet arranged for May 25.

"Gymnastics (All quarters) A demonstration of the work done during fall and winter was held March 19, before a group of more than four hundred invited guests.

"Baseball (Spring quarter) 115 participated. Class tournament played May 22. House tournament and color tournaments played.

"Tennis (Spring quarter) Registration for singles tournament, 26; tournament began May 8. Registration for doubles tournament, 14; tournament began May 15.

"Golf (Spring quarter) This is a sport which the Women's Athletic Association is organizing this year for the first time. There have been 15 entries for the tournament which began May 17. The Glenwood course was used.

"Field Day was held in the East Riverside Park May 31. On that occasion the final games were played in field hockey, interclass baseball, house baseball, volley ball, and archery."

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DEPARTMENT HISTORY  
1921-22

This is the final report that was made by the Committee on Physical Education and Intramural Sports.

Cooperation between this department and the University Health Service in physical examinations and follow-up work has been close.

Professional Courses

With this year the organization of the course for preparing teachers and supervisors of physical education was completed, and the first senior class of six students received degrees as graduates from the College of Education. The enrollment in the course was 64,- seniors, 6 juniors, 11; sophomores, 20; and freshmen. 27. In addition, 7 students were enrolled in the minor course for training teachers.

The number of states that have on their statute books laws requiring the teaching of physical education in their public schools has now risen to twenty-eight. This fact emphasizes the increasing need of properly organized courses for training teachers in this subject.

The cooperation of the supervisor of physical education in the public schools of Minneapolis, Miss Ermina Tucker, has made it possible for our students to use those facilities for practice teaching in addition to the opportunities which exist on the campus in college and University High School classes.

At the suggestion of the department, the students of the major and minor courses together have organized a professional society called the Physical Education Association of the University of Minnesota. This organization has proved an important center, even during its first year, for the development of professional consciousness. Among its purposes for next year is the "big sister" attitude toward newly-entering students and a systematized effort to help them toward success. The organization should prove one of the important influences in their

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DEPARTMENT HISTORY  
1921-22

University life for this group of students.

ENROLLMENT OF NON-PROFESSIONAL STUDENTS

Required exercise:

Freshmen, general courses - - - - -	786
Sophomores	
Physical training - - - - -	92
Swimming - - - - -	312
Interpretive dancing - - - - -	89
Organized games and folk dancing -	45
Major sports - - - - -	69
Total	607

Required hygiene - - - - -	708
Elective exercise (excluding swimming)	82
Number of "swims" (general swimming)	1,795
Elective hygiene - - - - -	34
Summer session - - - - -	209
Extension Division - - - - -	393

Physical Examinations, total number - -	-1,684
Entrance (fall) - - - - -	751
Entrance (winter) - - - - -	69
Entrance (spring) - - - - -	20
Total	840

Spring re-examination of freshmen and sophomores - - -	809
" " of University High School - - -	35
(Follow-up appointments on account of defects discovered at first examination) - - - - -	194
Upper-class consultations for all juniors and seniors (except juniors of the College of Education) - - -	320

Building

The projected completion of the shower bath and dressing-room unit in the natatorium, first recommended in the report to the President in 1918-19, to be begun in the summer of 1922, will bring marked relief in the administration of the classes in swimming, preventing exposure to cold on the part of students and diminishing the congestion of the general dressing-room.

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DEPARTMENT HISTORY  
1921-22

The addition of 250 lockers to the equipment has removed to a large extent the necessity for assigning more than one student to a locker.

Staff

Dr. J. Anna Norris, Director  
May S. Kissock, Assistant Professor  
Dr. Alice Hopkins Tolg, Instructor  
Valeria G. Ladd                   "  
Gertrude M. Schill               " (part time)  
Gertrude M. Baker               "  
Gertrude Lyon                   " (swimming)  
Henrietta Browning             "  
  
Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

In 1922-23, in an effort to increase the helpful service which the instructors could render their students in matters of health, the experiment was tried of calling in every member of their freshman and sophomore classes at least once during the fall and winter quarters for individual conference. It was found that the results as shown by the students' interest justified the time and effort.

An innovation in the conduct of the motor activities classes was undertaken this year for the sake of utilizing the time of the class hour more fully. The University periods of fifty minutes permit only thirty in which the student actively participates in exercise (the other twenty minutes must be devoted to showers and dressing.) While the game of baseball requires a large time allowance if all players are to secure the psycho-motor and social values which are inherent in it, it can be broken up into small track events, the practice of which will give skills useful in the playing of baseball and at the same time will keep all members of the class busy in small squads for the full period. This year the fifty-yard dash and running broad jump for organic power and muscular coordination and the putting of a golf ball for later life recreation.

Several demonstrations of the work of the department were given during the year before various audiences.

On October 27, a demonstration of developmental and orthopedic gymnastics and interpretive dancing was given for the benefit of the School Hygiene and Physical Education Department of the Minnesota Education Association before an audience of about one hundred persons.

On January 30, at noon, an exhibition of swimming was given by the Aquatic League before an audience of about two hundred fellow students in swimming classes.

On March 6, a demonstration representative of the work which had been carried on in all indoor classes except swimming, was presented before an audience of about four hundred invited guests.

On June 7, a dance program was produced on the Campus Knoll. The presentation of this dance program constituted the working out of the final problem studied in the course in interpretive dancing and was participated in by nearly the whole group of one hundred girls. The program was attended by an audience of five hundred people.

#### The Women's Athletic Association

This organization has cooperated closely with the faculty as usual in organizing and controlling athletics and sports.

The Association has adopted a new constitution during the year, which brings it into conformity with the regulations drawn up by the Athletic Conference of American College Women (A.C.A.C.W.) at their national meeting in 1921. According to its "point system," 1000 points must be won before the highest award of the Association may be received, a regulation which postpones this achievement until the end of the junior year at least. The points are weighted according to the amount of time and effort required by the particular type of activity.

The Association made two important changes in regard to winning the Seal which will make it possible for more girls to receive recognition and therefore will provide heightened incentive for participation in the W.A.A. program.

The W.A.A. Seal, the highest award of the Association has become very difficult to earn. It requires, in addition to 1000 athletic points, personal qualifications of fine sportsmanship, good posture and carriage, scholarship, poise and bearing, influence in the community, interest in



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DEPARTMENT HISTORY  
1922-23

healthful living, a spirit of service, and other tangible qualities which give assurance that the winner will be a worthy representative in after years of the Association and of the University. Only four students won it this year- three seniors and a junior.

Since the Seal is out of reach for most of the Association, a graded scale of preliminary awards was adopted this year. Upon qualifying for membership (100 points and a scholastic average of "C" in at least ten hours of work with no failures in the preceding quarter), the girl is awarded her class numeral; upon winning 500 points she is given the privilege of wearing the W.A.A. pin; and upon winning 1000 points she is awarded an "M", and becomes eligible for consideration for the highest award- the W.A.A. Seal.

Two additional groups were organized this year, the Home Economics section and the Interhouse League. Membership in the former has the same minimum eligibility rule as for the parent organization. This innovation will undoubtedly facilitate the arousing of greater interest in athletics and sports on the Agricultural Campus. The chairman of the section will automatically become a member of the W.A.A. Board.

The Inter-House League is designed to stimulate interest in athletics among the boarding houses, dormitories, and cooperative cottages. Each house will have a representative on its board, the chairman of which will be a member of the W.A.A. Board.

Athletic points were earned during the year in the following activities:

- Field Hockey- After a session of six weeks, in which 78 girls enrolled and practiced, a class tournament was held in November. Juniors won.
- Basket ball- After a season of eight weeks, in which 106 girls enrolled and practiced, a class tournament was held March 1-12. Juniors won.
- Inter-House Tournament played by 14 teams ending March 2. Chi Omega won.
- Ice Hockey- Twelve girls practiced.
- Baseball- After a season of seven weeks in which 164 enrolled and practiced, a class tournament was held in which the final game was played June 1. The freshman team won.

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DEPARTMENT HISTORY  
1922-23

Tennis- Three tournaments were played: singles with 25 entries, doubles with 14 entries, inter-house with 14 entries.

Spring Carnival- On Northrop field, June 1, the final contests in tennis, track, baseball, archery, and volley ball were conducted.

An event of great importance in its influence on women's participation in athletic recreation occurred during the year. A conference by invitation of Mrs. Herbert Hoover was held in Washington on April 23 and 24. The ultimate purpose was the adoption of a plan for safeguarding the health of women participants in athletic games. The conference was attended by nearly 100 men and women leaders in health and physical education representing institutions from the Atlantic to the Pacific coast. The discussion disclosed a strong concensus opposed to inter-collegiate competition for women as at present carried on in many institutions. Miss Blanche M. Trilling, the director of physical education for women at the University of Wisconsin, was chairman of a Committee on Organization and her report ~~z~~ laid the basis for the final organization of the Women's Division of the National A.A.F., the American Athletic Federation. A Committee on Platform- Dr. J. Anna Norris chairman, was appointed to bring in recommendations for a platform which could be promulgated by the National Athletic Federation. Under the skillful and charming leadership of Mrs. Hoover, various conflicting points of view were presented, but finally agreement was reached in the adoption of a platform for the Women's Division of the N.A.A.F. Miss Trilling and Dr. Norris were members of the first executive committee of seven, and served for three years. The executive secretary during these three years was Miss Lillian M. Schoedler.

In 1940, because of lack of funds, the Women's Division went out of existence. Its functions were taken over by the section on Women's Athletics of our national organization, the American Association for Health, Physical Education and Recreation.

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DEPARTMENT HISTORY  
1922-23

In its seventeen years of existence the Women's Division exerted an influence out of all proportion to its membership and the size of its treasury. Its platform was adopted by most colleges and preparatory schools of the country and the faulty and unfortunate conduct of women's athletics which it labored to correct went quite generally out of fashion.

University High School

On April 27, a gymnastic meet and demonstration, covering all the work of the indoor period, was held before an invited audience of about 300 relatives and friends.

On June 6, a swimming meet was held, covering the work which had been going on in classes all winter.

On June 8, in the East River Park, a field day was held in conjunction with the general U.H.S. Field Day.

ENROLLMENT OF PROFESSIONAL STUDENTS MAJORING  
IN PHYSICAL EDUCATION

Seniors - - - - -	8
Juniors - - - - -	10
Sophomores - - - - -	12
Freshmen - - - - -	25
Minoring in Physical Edu- cation - - - - -	7
Total	<u>62</u>

Recommendations

I would repeat my recommendation of last year that in any large plan for the provision of space and equipment to meet the needs of the University athletics, the needs of the women students be considered jointly with those of the men. Our greatest need at present is space for outdoor activities. An economically arranged field which would provide what is needed for women would cover five acres. At present we have the use of small pieces of land which in the aggregate measure somewhat over an acre. This is, to be sure, exclusive of certain fine tennis courts on Washington Avenue, but they may not be counted on permanently.

DEPARTMENT HISTORY  
1922-23

Staff

Dr. J. Anna Norris, Director  
May S. Kissock, Assistant Professor  
Dr. Alice Hopkins Tolg, Assistant Professor  
Katherine Hershey, Instructor (served only this year)  
Henrietta Browning, "  
Gertrude M. Baker, "  
Grace Denny, "  
Grace Rockwood, "  
Lulu B. Clough, Secretary  
Gladys Jenness, Accompanist  
Jennie A. Hawkins, Matron

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

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DEPARTMENT HISTORY  
1923-24

The presence of an additional member on our staff this year has made it possible to give close attention to two areas of our work which have been step-children heretofore.

The students in Home Economics carry such a heavy laboratory program and are so far from the main campus that they have not profited by the elective periods for games and sports which are scheduled here. This year one of the staff has spent time on the farm campus organizing the sports of the various seasons and an increasing interest has been shown by the students which promises well for further development next year.

Ice hockey is a sport which has never been regularly supervised on account of the lack of staff. Through the courtesy of the Department of Physical Education and Athletics men students have been found who were willing to give what time they could to it, but nevertheless the sport languished. This year it was possible for members of our own staff to take charge of it and it bids fair to develop a much more widespread interest.

Women's Athletic Association

The Women's Athletic Association has had a successful year under the direction of its president, Miss Margaret Krueger. Its cooperation with this department has been most satisfactory. By great effort it succeeded in earning enough money to send two delegates, Miss Krueger and Miss Jeannette Wallen, to the triennial national convention of the Athletic Conference of American College Women, which was held at the University of California. These representatives brought back much that was of value.

It is of interest to note that the Athletic Conference has again gone on record as opposed to intercollegiate competition for women, except as may occur in telegraphic meets. It is true that there is what is called "interclass intercollegiate" competition among the three institutions around San Francisco Bay, where the three senior classes hold a tournament,

and the other classes do the same. A good many southeastern colleges have regular varsity competition. The Middle West institutions in general have never developed it and we have had no problem so far.

The Women's Division of the National Amateur Federation, which held its first annual meeting last spring, has adopted a platform which encourages the participation in recreation of all members of a given group rather than a picked few, and a spirit of play for its own sake. It discourages gate receipts, traveling, and undesirable advertising. The influence of the publicity which has been given this platform will be helpful to college girls.

The W.A.A. Seal, the highest award of the Association, was won by only one girl this year, Miss G. Ruth Campbell.

#### Demonstrations and Athletic Competitions.

Demonstrations of all branches of indoor work were given before an invited audience, March 13.

The Aquatic League gave a swimming exhibition to fellow students during the winter quarter.

The Annual Dance Program was held on the Campus Knoll June 3, before an audience of about a thousand people. It was participated in by about one hundred girls.

Tournament- An interclass tournament in field hockey, interclass and inter-house tournaments in basket-ball and baseball, and a tennis tournament were held during the year. An interclass swimming meet was held May 25.

Interclass tournaments required from eight to ten squad practice periods (according to whether played outdoors or indoors) before students were eligible for choice on the teams. Twenty teams took part in basket-ball and baseball tournaments. The sixteen house teams (dormitories, sororities, large boarding houses, and cooperative cottages) played combination round robin and elimination tournaments, which, with the required squad

practice, insured the schedule of from six to eight games for each team.

The Spring Carnival, held on Northrop Field June 10, by courtesy of the Department of Physical Education and Athletics, gave opportunity for a program including final contests in the several spring sports; tennis, volley ball, archery, baseball and track. Track included the 50-yard dash, high jump, broad jump, basket-ball throw, javelin and discus.

The Professional Courses

The Physical Education Association, a group comprising all the women majoring and minoring in physical education, has met regularly once a month, sometimes for professional, and sometimes for social purposes. It has been a strong influence in unifying the professional group and helping the younger members to develop professional spirit.

The graduates of the major course in physical education for the years 1922 and 1923 all secured positions before schools opened in the following September. All are doing satisfactory work so far as we can secure reports from the heads of their institutions and judging by reappointment. In all cases they are teaching physical education alone without a secondary subject. They are distributed as follows:

<u>Institution</u>	<u>State</u>
Teachers college - - - - 2	Minnesota - - - - 4
College or university - - - 3	Michigan - - - - 3
High school - - - - - 1	Illinois - - - - 2
High school and grades - - - 2	Iowa - - - - - 2
Grades - - - - - - - 4	Arizona - - - - - 1
Marriage - - - - - - - 1	
<u>13</u>	

Four of the nine graduates of 1924 have grade and high school appointments. The rest are not yet placed. The delay in their securing positions is doubtless due to the fact that it is not yet generally known that this University is training teachers of physical education.

### Summer Session

In connection with the requirement enacted by the last legislature for the teaching of physical education in the public schools of Minnesota, this department has been called into conference by the State Department of Education several times during the year for the consideration of the State physical education syllabus.

As a consequence, the teachers' courses in the Summer Session were planned definitely for the purpose of assisting the teacher without specialized preparation to acquire the fundamental knowledge, technical skill, and pedagogical proficiency necessary to co-operate with the state supervisor in the new physical education syllabus now in effect in both grade and high schools. The development of a playground group of girls of junior high age for use as practice material helped greatly in the teachers' course in play.

### University High School

As one result of an added member of the staff, a course of lessons in hygiene was arranged and given to the junior and senior classes of University High School girls. This will be developed still further another year.

The annual gymnastic meet and demonstration was held April 18 in the gymnasium before a large audience of invited relatives and friends.

On May 28 the annual swimming meet was held. The major college students in Physical Education acted as officials and judges.

A Posture Week, planned by the major students in physical education, included an essay contest, a poster contest, and a walk-straight tag day. A banner in maroon and gold was presented to the winning class by the women of the faculty of the University High School.



Equipment

The completion of the natatorium dressing room has brought much satisfaction to all the people using it. Its appointments are adequate and are devised for convenience, speed and comfort.

A new grass surfaced Athletic Field below the College of Education will be finished during the summer of 1924 and will provide additional facilities for both college and high school girls that will be of much value.

A field hockey court of reasonable, tho not regulation size, can be accomodated. At other times of the day the field will provide an admirable range for archery, and other less formal activities can be carried on. It is almost a necessity to have athletic spaces within easy reach of lockers and showers. It is to be hoped that in the future a really adequate athletic field with lockers at hand will be provided. A single field will be of decided advantage over a group of small disconnected areas such as we now have. A greater number can use it and a greater number can be supervised by a single instructor.

Enrollment of Professional College Students

Seniors - - - -	9
Juniors - - - -	10
Sophomores - - -	24
Freshmen - - - -	21
Minoring in physi- cal education - -	8
Total	<u>72</u>

Summer Session

Teachers course in play - - - -	20
Teachers course in gymnastics - - -	37
Interpretive dancing - - - -	42
Teachers course in swimming - - -	13
General swimming - - - -	136
Total	<u>248</u>

In order to show the teaching load which the staff is carrying and the completeness with which the gymnasium facilities are being used, I am including here a summary of student hours in which the gymnasium is used.

DEPARTMENT HISTORY  
1923-24

Student Hours per Week During Fall Quarter

	<u>Students</u>	<u>Hours</u>	<u>Student-Hours</u>
Hygiene - - - - -	800	1	800
Elementary physical training - -	855	3	2,565
Sophomore physical training - -	74	2	148
Sophomore elementary swimming - -	210	2	420
Sophomore advanced swimming - -	73	2	146
Sophomore interpretive dancing - -	116	2	232
Sophomore games and folk dancing -	78	2	156
Sophomore major sports - - -	83	2	166
Elective field hockey - - - -	118	2	236
Elective swimming - - - - -	35	1	35
Extension swimming - - - - -	210	1	210
Senior professional students - -	9	13	117
Junior professional students - -	10	12	120
Sophomore professional students -	24	7	168
Freshman professional students - -	21	2	42
University High School - - - -	<u>111</u>	<u>3</u>	<u>333</u>
Total			<u>5,894</u>

Staff

- Dr. J. Anna Norris, Director
- May S. Kissock, Assistant Professor
- Dr. Alice Hopkins Tolg
- Rhea M. Coze, Instructor swimming
- Gertrude M. Baker, Instructor
- Irene Clayton, "
- Helen Hazelton, "
- Grace E. Denny
- Catherine Sias, "
- Anna Johnson, Secretary
- Jennie A. Hawkins, Matron
- Accompanist
  
- Dr. Jane F. Kennedy
- Dr. Eleanor J. Hill
- Dr. Florence A. Richardson

Physical examinations continued to be conducted in much the same way as in recent years. A distinct innovation, however, was made in 1924-25 by the introduction of the silhouetograph camera for the production of graphic records of posture. This instrument was recently perfected by Mr. Norman Broad of Harvard University. It is generally considered the best instrument for posture recording in physical examination for large numbers in a short time. This camera prints a white figure on a black background with a four second exposure. It takes the place of the shadow-graph (a tracing of the outline of the torso) which we have used for the past six years. In our work for good posture a graphic record at the beginning and the end of the course makes it possible to point up our instruction to the student by permitting scientific comparisons between "before" and "after."

#### Laboratory Experimentation in Objectifying Gymnastic Teaching:

For two years the department has been cooperating under the leadership of Miss Helen W. Hazelton in revising the gymnastic portion of the course in required freshman physical training classes. Gymnastics has always been subjectively taught and has depended almost entirely for its success on the personality of the teacher. If that was not strong and inspiring, the lesson became what has been frequently referred to as "deadly drill." As a result, and because it was not subject to scientific testing, gymnastics has fallen into disrepute in many quarters. There are, however, certain values in localized motor control, localized relaxation, generalized facility for learning new co-ordinations, and applications to improve habits of standing, sitting, and walking, which can be taught better in gymnastics than in other forms of exercise.

The project on which the staff is engaged now stresses the objectifying of gymnastic teaching. The physical education field is rich in objective material, which has been used principally for recreative purposes.

A compilation of exercises by the department gives a basis for a laboratory experiment in which conscious localized controls and skills will be worked for in an objective way. This is a pioneer field and one which has aroused much interest on the part of the staff, who have contributed generously of time and thought in preparing the compilation. A preliminary use of it has proved stimulating to the students. It will be drawn upon in all gymnastic work next year and a study will be made to find a satisfactory basis for tests and grading.

The material has been classified under the heads: I. Exercises relating to posture; II. Exercises relating to apparatus work; III. Exercises relating to sports and athletics; IV. Exercises relating to folk dancing. All sources have been drawn upon; traditional gymnastics, orthopedic gymnastics, interpretive dancing technique, balance and agility exercises, elements of performance in vaults, jumps, suspensions, basket-ball, skating, swimming, canoeing, archery, tennis, baseball, track and field athletics, and folk dancing.

#### Professional Courses

Under Miss Gertrude M. Baker's leadership, the critic teachers of practice teaching in various branches of physical education have been evolving outlines of topics by which to report their observations. These are already proving of much value in directing the critic's attention to a careful analysis of the performance of the practice teacher, in providing a permanent memorandum of the elements of teaching, by which a rather complete picture of the performance can be constructed, and in serving as a basis for conference between critic teacher and practice teacher. They use the terminology of general education and thus emphasize the fact to both critic and student that physical education is one phase of general education. Outlines for use in sports and games, dancing and orthopedic gymnastics are under way now in the hands of interested members of the staff.

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While the temptation is great to use the practice teachers as assistants in the department and to turn over to them sections of over-crowded classes, we realize that it is only by frequent observation and conference that they can grow to be superior teachers, and our effort is to observe them in as many as half of their teaching experiences. While lack of a staff personnel adequate to this program has interfered with it at times, the addition of one instructor in the department for the coming year will help greatly in achieving the goal.

The Physical Education Association (of major and minor professional students and faculty) prepared and published the second annual Alumnae Bulletin during the winter, and issued it to the graduate and under-graduate members. This year the bulletin was entirely in the hands of the students. As a means of acquainting alumnae with progress among graduates, it is a project in which the department is keenly interested.

It is gratifying that all of the graduates of the professional training course for the past three years have been holding positions in their specialty, except one who is married and living at home. Their distribution is as follows:

Teachers College - - -	2	-	-	-	-In Illinois, Iowa
College or University -	5	-	-	-	-Arizona, Indiana, Iowa Minnesota, Wisconsin
High School - - -	3	-	-	-	Indiana, Minnesota (2)
High School and Grades	6	-	-	-	Illinois, Minnesota (3) Montana, North Dakota
Grades - - -	4	-	-	-	Michigan (2) Minnesota (2)
Private School - - -	1	-	-	-	Washington, D.C.
Marriage - - -	1	-	-	-	
Total	22				

Women's Athletic Association

The Women's Athletic Association has proved a most helpful instrument, as in the past, for securing progress in organization, publicity, and general student interest in athletics.

Two new developments deserve attention. The House League (dormitory, sororities, cooperative cottages, large rooming houses) has been unable to find any hours except the noon hour when it could use the gymnasium for basket-ball. More time than this was needed by its teams; therefore it was given permission to play also on the three evenings in the week when the building was open for extension work. The board of the W.A.A. arranged a schedule and four teams used the evening hours regularly during the season. They demonstrated the need, incidentally, for faculty cooperation and supervision of these periods. Next year the enlarged staff will make this possible.

One of the money making projects of the W.A.A. was called the Penny Carnival. This was first used during 1923-24. It became traditional and excited much interest among students who were living on the East Side. Each dormitory, rooming-house, self-governing house and sorority house strove to support a booth and to have it as individual as possible. These booths were set up in one of the large gymnasium rooms (the apparatus room); the "game room" was used for social dancing. The profit from the annual carnival was considerable, and favorable publicity for W.A.A. and the Department also flowed from the event.

Special consideration was given to broadening the basis for winning awards so that the girl who was not athletically inclined or very strong could find a place for her more limited abilities. Therefore the organization incorporated into the list of sports eligible for points under the 1000 point system several new activities: Interpretive dancing,

apparatus work, archery, orthopedic gymnastics, and volley ball- all have been given a place in the system. Probably no girl was more thrilled over her first 25 points than one of the orthopedic cases (a victim of infantile paralysis) who had worked very hard for the improvement necessary for the award.

The presence of a skating rink near the side door of the gymnasium in the latter part of the winter was of the greatest assistance in maintaining regular participation in ice hockey, and in fostering an interest in learning to skate. The girls were allowed to use the side vestibule for putting on and taking off their skates, thus avoiding exposure to the bitter cold. We expect to have the rink at the beginning of the season next winter and to give it an official status.

The department is in sympathy with the widespread disapproval which physical educators and general educators express for both intercollegiate and interscholastic competition for girls and women (except in telegraph meets). It believes that the point system in athletics is the logical answer to the quest for something to take the place of inter-institutional competitive schedules. Nevertheless, where such competition exists it behooves everyone who is interested in physical education to cooperate when opportunity presents itself for the purpose of helping to promote the best conditions possible. During the past three years Miss Kissock has cooperated with the Board of Park Commissioners in this way, and has been President of the Municipal Basket Ball Association. She has conducted a short course for officials each year and has acted in an advisory capacity when troublesome situations have arisen.

#### Rebirth of the President's Committee on Intramural Sports.

After a lapse of three years since the dissolution of the Committee on Physical Education and Intramural Sports, the need became evident for some committee which could discuss the use of University facilities for

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for recreation in order to protect the interests of the women students. The appointment by the President of a Committee on Intramural Sports was followed by a meeting of the Committee, - Mr. F.W. Luehring, Mr. W.R. Smith, Dr. H.L. Diehl, Miss M.S. Kissock, and Dr. Norris. The Committee met and elected Mr. Luehring chairman and Dr. Norris secretary.

It was agreed that there were three main lines for consideration by the Committee: the determination of the scope of joint activities, the budget, and the personnel. Tennis and skating were recognized as the only joint activities at this time. Tennis is a joint activity in both equipment and care of the courts. Skating becomes a departmental activity in equipment with the building of a rink next to the Women's Gymnasium in addition to the rink on Northrop Field.

The Committee appointed Mr. Smith and Miss Kissock a subcommittee to supervise the operation of the joint activities. It was determined that the Committee should meet at least once a quarter at the call of the chairman or the secretary to plan activities for the following quarter and should meet at such other times as either the chairman or the secretary may deem necessary.

#### University High School

The University High School students continue to be accommodated in the physical Women's Gymnasium for all of their education activities. Sixteen hours a week are scheduled for their classes and play hours.

"Acme", the University High School organization founded by Miss Schill in 1917-18, has been a fine influence for encouraging students to strive toward high scholastic and character standards, as well as varied participation in games. Election to "Acme" has proved to be out of reach of most of the students, however, because of these high standards. During 1924-25 Miss Sias developed a new organization called the "U" Club, with somewhat lower standards by which students might win awards. "Acme" will still



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remain the most coveted of honors, as membership in it signifies a very high development of "all round" qualities, but the "U" Club will be the larger and more widely distributed group. Both clubs are based on a point system.

The Gymnasium Building has practically reached its limit for the expansion of classes. The two gymnasium floors are occupied in class work 40 hours out of a possible 44 every week from 8:30 to 5:30 (Forty-four periods do not include the fifth hour, which we try to avoid for class work. It is used in winter, however, by the House League in basketball.) The swimming pool is occupied every hour except the first and sixth hours which fall directly after breakfast and lunch and are therefore undesirable for swimming. Even the little orthopedic room, which is used by a highly selected group, is occupied 30 hours out of 44.

In addition, classes have been held during the half hour between the regular classes in periods when the enrollment has been uncontrollably large. For example: the 2 o'clock is on the gymnasium floor from 2:10 to 2:40, during which time the overflow is dressing for class. When the 2 o'clock class leaves the gymnasium floor at 2:40 to bathe, dress and depart, the overflow enters the gymnasium floor for its half hour of class work. When the overflow leaves the gymnasium at 3:10, the 3 o'clock which has been preparing for class in the dressing room, enters the gymnasium floor. There are 40 dressing rooms 36" x 36". The question is, where did the additional 30 (75%) do their dressing and leave their clothing?

It has been suggested that the large classes might be handled in two shifts (as in the case of the advanced swimming mentioned above) if only there were sufficient dressing room space and lockers to accommodate them.

The difficulty with this is that two successive periods of the student's time are necessary for scheduling a class "between classes" and their program difficulties might reduce the numbers so much that it might not justify the expense of building extra dressing rooms and locker space.

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I would recommend that a study be made looking toward relief to this condition. Five possibilities have been suggested: depressing the floor of the locker and dressing rooms and double-decking them; building an addition to locker and dressing rooms by enlarging the building; a tunnel to the Old Library with locker, dressing ~~room~~ and shower space there; a new gymnasium on the land back of the tennis courts, giving the present building up for other uses; holding classes in the evening; the use of a portion of the stadium. All of these suggestions carry their own objections. A serious study of the situation may bring about a satisfactory solution.

Staff

Dr. J. Anna Norris, Professor-Director  
May S. Kissock, Assistant Professor  
Dr. Alice Hopkins Tolg, Assistant Professor( away on sabbatical  
furlough)  
Marion McGimsey, Instructor (appointed to carry on the orthopedic work)  
Gertrude M. Baker, Instructor  
Irene Clayton, "  
Helen W. Hazelton, "  
Catherine Sias, "  
Rhea M. Coxe, "  
Anna Johnson, Secretary  
Jennie A. Hawkins, Matron  
? Accompanist

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

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Enrollment of Non-Professional Students

Freshman requirement  
 Hygiene - - - - - 890  
 Elementary physical training (fall quarter) - 806

Sophomore requirement(fall quarter)  
 Physical training - - - 114  
 Elementary swimming - - 247  
 Advanced swimming - - 92  
 Interpretive dancing - - 99  
 Games and folk dancing - - 66  
 Major sports (field hockey) 90  
 Total sophomores 708

Distribution of freshmen among sports (spring quarter)

Tennis - - - 320  
 Archery - - 160  
 Volley ball - 19  
 Baseball - - 318  
 (2 periods)  
817

Enrollment for Major Sports

Field hockey-  
 Sophomores to fulfill requirement- - 90  
 Other classes, elective - - - 120  
 210

Ice hockey, elective - - - - 25  
 Basket ball-  
 Sophomores to fulfill requirement- 93  
 Elective classes, main campus - 60  
 Elective classes, farm campus - 20  
 173

Baseball-  
 Freshmen, to fulfill requirement 318  
 Sophomores " " " 109  
 Elective classes, main campus- 105  
 " " farm campus - 25  
 557

Elective swimming, number of swims - - - 2,293

Professional college students-  
 Seniors - - - - - 9  
 Juniors - - - - - 27  
 Sophomores - - - - - 35  
 Freshmen - - - - - 40  
 Minorng in physical education- 3  
 114

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University High School Girls  
(four classes) - - 123

Extension classes

Swimming, both semesters - - - 241  
Swimming, summer session - - - 21  
Interpretive dancing - - - 39  
301

Summer session

Teachers course in play - - - 28  
" " in gymnastics - - - 42  
Interpretive dancing - - - 24  
Teachers course in highly or-  
ganized games - - - 23  
Swimming - - - 158  
Teachers course in swimming - 12  
287

Entrance examinations-

Fall- - - 1,097  
Winter - - - 79  
Spring - - - 55  
1,231

Report of Tournaments and Demonstrations

Interclass gymnastics competition - - March 13  
Dance Program - - - - - May 27  
Penny Carnival - - - - - February 27  
Class Tournaments:  
Field Hockey - - - - - November 3-5  
Ice Hockey - - - - - February 10-14  
Basket ball - - - - - March 6-11  
Baseball - - - - - May 25- June 2  
Interclass swimming meet - - - - - March 10  
Spring Carnival - - - - - June 2  
University High School interclass  
gymnastic contest - - - - - April 24  
University High School interclass  
swimming meet - - - - - June 3  
University High School field day - - June 6

DEPARTMENT HISTORY  
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Following are the outstanding developments of the year-

The department continued the search begun last year for activities to complete a compilation which could be used as gymnastic material. Also, we continued to work in the direction of setting up certain standards of accomplishment based on these activities and to use methods of testing and grading which would be intelligible to the student. At the end of the winter quarter a questionnaire was circulated among the freshman students to be answered anonymously. Approximately 500 answers were returned. The questionnaire follows:

1. Arrange the four activities which you have had in class (gymnastics, folk-dancing, games and apparatus) according to your enjoyment or interest.
2. Arrange the same activities according to your ideas of their value to you.
3. What improvement, if any, have you noticed?
4. What changes would you suggest for another year?

A study of the answers disclosed the following information:

1. Ranked by enjoyment-

Folk Dancing - - - -	-176
Apparatus - - - -	166
Gymnastics - - - -	103
Games - - - -	68

2. Ranked by value-

Gymnastics - - - -	355
Apparatus - - - -	129
Folk Dancing - - - -	18
Games - - - -	9

3. In regard to improvement, the outstanding comment concerned posture.

Muscle development, control and co-ordination, and health came next in order.

The comments seem to show a real interest in the development of health.

4. Changes-

More stress on gymnastics - - - -	115
More stress on apparatus - - - -	77
More difficult folk dancing wanted -	36
"          "      games wanted - - -	30

Conclusions-

Gymnastics and apparatus- The high ranking that these two types of activities received in enjoyment and value correspond with the improvement in the student attitude in classes during the fall and winter quarters. Probably the self-testing activities not only added interest to the work of the classes, but enabled the student to recognize the values which they are receiving.

It is fair to conclude from the rating of folk dancing that the enjoyment of rhythm and social contact are high in girls of this age.

The lack of enjoyment in games came as a surprise. It may have had a relation to the fact that they had had six weeks of outdoor games in the fall and that they were ready for a more serious purpose in the indoor program. Moreover, the lack of space indoors prevented the development of small group games. These findings will be taken into consideration in planning next year's program.

The department presented a dance program on the Campus Knoll in June. This program is the last lesson of the season for all dancing classes. It does not entail extra practice on the part of the students, except for an ensemble rehearsal. It does, however, entail many extra teaching hours on the part of the instructor since she divides the class into groups which meet for practice at various periods. This year, for the first time, the University's amplifier was installed for the performance. The result was all that could be desired in magnifying and distributing the music. It is estimated that 1,000 people witnessed the performance.

Women's Athletic Association

Sentiment has been continuing to grow in favor of acquiring a cabin for week-end outings at some convenient distance from Minneapolis, which will be available for members and also for the general University body of women. Sites have been investigated with the concensus of opinion in favor of either of the banks of the Rum River at Anoka, or the valley of the Minnesota. Sketches have been drawn and estimates secured. At the winter basket-ball banquet of the organization

the plans were detailed as far as progress permitted.

The idea of this cabin is in harmony with the interest in outdoor recreation and wholesome social contacts which the Women's Athletic Association does much to promote. The Department of Physical Education for Women is glad to endorse it heartily.

The platform and policies of the Women's Division of the National Amateur Athletic Federation have been subscribed to this year by the Association and it has taken out the regular \$5.00 membership. In April, when a Minneapolis district group of the Women's Division was organized, the W.A.A. was represented by two members and in accordance with the ideals of the Women's Division and of this department, the W.A.A. invited students from Hamline and Macalester Colleges and from the high school athletic associations of Minneapolis, St. Paul and Stillwater, to participate in open games and events in our Spring Carnival and to be present at the spring banquet which followed in the evening. Several visiting groups were present and the spirit was one of good comradeship. In the opening games each team was made up of representatives of several institutions, and while each side strove to win, the fun of the game was the main interest.

In the spring the W.A.A. took part in its first "telegraphic meet." In the track events it competed with the W.A.A. of the Ohio State University, and in archery with the W.A.A. of the University of Michigan. The lack of the bodily presence of the competitors, of publicity, of a paying audience, and of travel, seems to protect the telegraphic meet from the elements which make other intercollegiate competition for women undesirable.

The W.A.A. has conducted tournaments in field hockey, tennis, volley ball, basket-ball, swimming, ice hockey, baseball, archery and track. It has also fostered horseback riding and hiking, and has given points to those who passed certain tests in dancing and apparatus work.

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University High School

The athletic organization called Acme went out of existence this year. It was formed eight years ago under the guidance of Miss Gertrude B. Schill to foster athletic accomplishment, high scholastic ability, and the development of desirable social and civic qualities. It did pioneer work in stimulating interest in a program of recreational activity and health interest. Its membership included some of the most outstanding girls of the school. However, social recognition for high scholarships is now offered by other school organizations and the "Y" Club can take care of athletic and health point systems. Therefore, Acme has ceased to have a reason for its continuance.

The activities program went on as usual. A required course in hygiene running through two quarters was held for seniors. Interclass competition in all activities was held at the end of the indoor season, and participation in the University High School field day closed the year.

Committee on Intramural Sports

The Committee on Intramural Sports has held several meetings during the year for the discussion of problems of joint facilities. The subjects of consideration have fallen into three groups: first, the administration of the Washington Avenue tennis courts, for the routine business of which Mr. Smith and Miss Kissock have acted as a sub-committee; second, a study of the status and use of the existing facilities for physical education in the University, both outdoors and indoors, showing the ratio of student hours per week to available space; and third, a study of the most desirable lines along which the further development of physical education facilities may extend in the future.

By the courtesy of the Department of Physical Education and Athletics, Mr. Iverson taught fancy skating on the women's skating rink to regularly registered classes of girls. The rink was built by employees of the Department of Intramural Sports for which service a reimbursement was made from the budget of this department. The rink was kept in excellent condition during the skating season.



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The committee is agreed that this University is far below others of the same class in its provision of outdoor space for physical education and that the need for further provision is urgent. For a full statement of the committee's studies I would refer you to the report which is undergoing preparation. The survey itself presents a strong argument for acquisition of more land for outdoor activities as soon as possible, and a building for more indoor space. Required classes for freshmen and sophomores are crowded to the point of inconvenience and loss of productivity in health giving results. The required classes, together with the classes of students majoring in physical education, occupy the existing facilities so completely that upper-class students and faculty find almost no opportunity for use of the gymnasium during the day. The opening of the gymnasium under faculty supervision four evenings a week from seven to nine for practice and tournaments in basket-ball, has helped decidedly, but soon the increasing numbers will catch up with this increased opportunity.

In view of the prospective vacating of the Law Building a study has been made of the possibilities thus presented for providing relief from the present congestion. The added space might be sufficient to help our indoor situation measureably. The building, with comparatively small change, seems unusually well adapted for such temporary use. A request for the adaption of portions of it has been made in my biennial estimate for 1926-27

Faculty Change

Miss Else H. Bockstruck and Miss Mary Starr Conger were appointed as instructors to fill vacancies. Miss Pauline L. Lane was appointed instructor as an addition to the staff. Miss Helen Hazelton was promoted from the rank of instructor to that of assistant professor.

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Staff

Dr. J. Anna Norris, Director  
May S. Kissock, Assistant Professor  
Dr. Alice Hopkins Tolg, Assistant Professor  
Helen Hazelton " "  
Gertrude M. Baker, " "  
Catherine Sias, Instructor  
Grace E. Denny, "  
Mary Starr Conger "  
Evelyn Anderson, Secretary  
Jennie A. Hawkins, Matron  
Irene Clayton, Instructor  
Pauline L. Lane "  
-? Accompanist  
Assistant Matron

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

### Physical Examinations

As usual, this department conducted physical examinations of the newly entering women students during the week before classes began in the fall. For the first time the University carried on a full freshman week program, organized to give opportunity for the upper-class students in various colleges to welcome the freshmen and help them in their orientation to the campus. Scheduling of physical examinations was complicated by this fuller freshman program, but co-ordination with the rest of the Freshman Week plans was finally worked out so that a smoothly running program resulted.

### Hygiene

The enrollment in hygiene has increased until now there are 1,170 taking the course in nine sections, five in the fall, three in the winter, and one in the spring. Heretofore all the sections have been carried by the director of the department; this year the director was relieved of three sections taught by Miss Denny.

### Orthopedic Gymnastics

In the winter quarter when the enrollment in orthopedic gymnastics is usually a little higher than in the other two quarters, there were 269 students enrolled. The conditions treated fell into four main groups: (1) faulty body statics, both in general posture and in lateral curvature of the spine; (2) pathological conditions, both of bony structure and internal organs; (3) remediable conditions which are largely functional; (4) temporary disabilities.

The students in almost every case cooperate with sincere interest. The posture cases are among those most amenable to treatment by exercise. The heart cases are treated by relaxation, resting, and slow movement with rest periods interspersed; they usually respond favorably. The victims of infantile paralysis who have developed increased power of movement are especially appreciative of the help they receive.

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These classes are especially inconvenienced by the small room available for them. Dr. Tolg and Miss Denny are doing remarkably efficient work and will be able to organize it more effectively at any time that a larger room becomes available. With a wide range of types of conditions in a group of twenty-five students, a room 25'x40' is all too small. Requests for adequate space for orthopedic gymnastics is included in the report which asks for an additional allotment of space for the department.

The Freshman Required Course

Of the 2,088 students using the building in the fall quarter of 1926, 850 were freshmen. The freshmen thus constitute the largest single group, and for the past few years especial attention has been devoted by the staff to making a study for the purpose of developing a course for them which shall be educationally as well as physiologically satisfying.

We realize that every year a large proportion of students come here after having had at least two years' experience of physical education in high schools. In a study begun this year for the purpose of comparing the results of our posture training in 1921-23 with that in 1925-27, we found that a random sample from both classes showed that 59% of the former class had had at least two years of physical education in high school, against 82% in the latter class. The physical education which the student has had in high school is largely developmental in character, increasing organic power and giving motor strength and skill, but usually it does not make an appeal to the intelligent understanding.

As a college woman, the student is beginning to have an interest in the future usefulness of the effort she is making in any direction and, while she is probably as responsive as ever to the recreational appeal of games and dancing, she is likely to be critical of a program which is entirely recreational in character, as she certainly is of one which is

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entirely abstract and required response from her of which she does not see the value. The latter objection has been urged so strongly against gymnastics that some institutions have dropped it entirely from their required curriculum, and many are allowing free election for those who are strong enough to require no special care.

In this department we act on the assumption that there is a certain field of exploration in physical education activities to which all freshmen who are physically eligible can well be introduced in order to help them evaluate their assets and liabilities, increase the former and diminish the latter, and gain an understanding of the meaning of the course so that they can apply knowledge and skills learned here to situations in which they may find themselves elsewhere. To this end we are striving to use the physical education hours as laboratory hours in connection with the classes in hygiene which the freshmen all carry.

The purpose we have in mind for the combined courses are (1) personal health and an understanding of how to accomplish it, (2) motor efficiency and an understanding of standards of physical fitness, (3) social consciousness and co-operation coupled with a desire to be a "fit" member of society, and (4) an increased repertoire of recreational skills for enjoyment in leisure time.

Health has been worked for through close correlation between motor activities and hygiene lectures as well as through personal conferences with class instructors and medical members of the staff who follow up on defects found through entrance physical examinations. The program for motor efficiency is directed toward (1) correct mechanics as exemplified in harmonious posture and carriage; (2) the combination of strength, flexibilities, and co-ordination necessary to accomplish selected tests on given pieces of apparatus and in dancing; (3) the accuracy and speed of reaction which is necessary in games. Social consciousness and co-operation are

inherent in all of the group activities, but especially in the folk dancing and games, and in the latter the germs of leadership are given opportunity for socialized expression. Skills in recreation for leisure-time use may be developed in the games and sports which are taught in outdoor seasons. These purposes have been chosen with the hope that the course will make a contribution to a well-rounded adult life and will serve as a basis for intelligent choice among the sophomore courses where more specialized skill in the chosen activity can be developed.

While the purpose may be entirely clear to the faculty, however, the student may have only the idea that she has is to pass off a non-credit requirement in exercise which will probably be followed by some physical benefit connected in some vague way with stirring up the circulation and using the muscles. To focus her attention on the purposes to which her effort was to be directed, a program of weekly topics was devised. Every fourth week was "posture Week" and other valuable topics were "Foot Week," "C-D Week," (constipation and dysmenorrhea), "Realization Week," (which coincided with the mid-quarter examinations, and the "Weigh-what-you-should-weigh Week."

The activities through which these problems were attacked were of four types: gymnastics, folk dancing, apparatus work, and organized games. A wide range of gymnastics exercises had previously been compiled by the staff, drawn not only from traditional sources but also from the specific co-ordinations which are basic to such sports as swimming, skating, etc., and to the various team games, apparatus exercises and dancing. The various subjects taken up in the hygiene course were discussed and illustrated and related to the exercises in the lesson.

In the final week of the winter quarter tests were given in all classes in the specific skills on which the student had worked during the course. The final grade was determined by the results of these tests, the daily work of the student and her health as measured by her attendance record. Posture was specifically tested and flexibility, balance,

co-ordination, and strength (especially abdominal strength) were stressed.

The foregoing description refers to the indoor work which presents the greatest problem from a standpoint of interest, and on the other hand perhaps presents the best opportunity for the student to acquire an insight into our purposes. In the outdoor season the interest in games and sports carries these activities along without special motivation. This year, we have ventured to undergird the enjoyment of the activity by requiring a knowledge of the rules and by testing the fundamental skills of each sport and game.

The teaching staff cooperated closely in devising and carrying through this program under the leadership of Miss Hazelton. Staff and committee meetings were used for discussion and correlation of plans. Each instructor, however, used her own ingenuity for attaining the ends,- choosing whatever games, dances, or types of gymnastics which she considered most appropriate. The tests were uniform for the whole department.

In order to find out, if possible, whether the student did understand the meaning of the program they had been through, they were asked to give unsigned written reasons why either the outdoor work or the indoor work meant more to them. The set of answers is naturally not conclusive, but the fact that the answer was not limited or directed by the question gave an interesting range to the responses.

The outdoor work was preferred by 60 per cent of the class. The reasons given had mainly to do with enjoyment; 6 percent of the answers, however, mentioned the value of the game in later life. The reasons for preferring the indoor work dealt predominantly with the values gained in posture or health or increased interest in physical development or in special exercises learned which could be used outside of class. In addition, to this, the indoor work was mentioned as more valuable by a third of those who said they found the outdoor games more enjoyable. (Apparently this means that 66 percent spoke intelligently of the value of their physical education.)

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It is easy to understand the preference of the majority for the outdoor games and their difficulty in finding reasons for it other than enjoyment. But the fact remains that more than half of the class appreciated the purpose of the indoor work well enough to write discriminating reasons. This result as well as the increased interest shown in classes under this plan seems to support the conclusion that the character of the course is valid. Further work to increase its usefulness will proceed next year.

Horseback Riding

Horseback riding, which has been conducted by W.A.A. for the past few years, was organized this year as a regular department activity. Provided always that the students ride in classes and under instruction, horseback riding will continue to be recognized as a sophomore elective. This action was made possible by an arrangement for instruction of classes at Mr. Berg's academy on the Fair Grounds in the fall quarter, and Mrs. Ingram's academy at Twenty-eighth Street and Portland Avenue in the spring quarter.

In the spring a horse show was held at the Fair Grounds under the auspices of the W.A.A., with sixty entrants, including men as well as women.

Sportsmanship and participation program

The department sponsored a sportsmanship and participation contest during the spring quarter among the houses that belong to the Interhouse League. The group being already organized as part of the Women's Athletic Association and active in its tournament program, was the logical spot at which to start a program constructed for girls in Southeast Minneapolis. The plan presented possibilities for participation by girls who are not strong enough to be attracted by team games.

The points for each house for each sport are figured on the basis of the percent of the members of the house that participate in the event/secreted. At the end of the quarter the participation score was tied between two houses and a certain difference in sportsmanship decided the award of the cup.



Bowling was added to the list of activities sponsored. Reservations was made at the bowling alleys in the new clubhouse of the Minneapolis Business Women's Club for one afternoon a week for five weeks in the winter quarter at the flat rate of \$25.00. Each house in the Interhouse League contributed \$1.00 to this payment and all were eligible to play on those days without further charge. The interest was gratifying. The time was too short to carry through a tournament, but it is hoped that a larger fund may be found for this purpose next year so that a season of bowling may be carried through with tournaments and the award of points. Since there is no opportunity for women to bowl on the campus, it is fortunate that alleys are available in so desirable an environment as the Business Women's Club.

Evening classes- Instructors were present in the gymnasium Monday, Tuesday, Wednesday and Thursday evenings during the winter quarter coaching basket-ball practice and supervising the tournament of the Interhouse League.

The department opened a recreational swimming hour on Thursday evening for the general University group and found that it met with good response. On Monday, Tuesday and Wednesday evenings the pool was used by the Extension Division, as usual.

Golf- The acquisition of a golf course by the University has already been followed by lively interest in this form of recreation. Courses have been offered by this department on its own play fields for two summer sessions and one spring quarter. The size of classes was limited last summer to 12, this spring to 15, and this summer to 20, but in all cases the classes were over-registered. Twenty is as large a class probably as can profit by the instruction of one person. The instructor we have employed, Miss Margaret B. MacRae, arranges that each class member shall have a club in her hands and be practicing throughout the period, a great improvement over the method

where one person receives the attention of the instructor while the others watch.

I have met with the Golf Committee during the spring quarter and summer session as a member of the sub-committee on golf and the sub-committee on clubhouse.

Women's Athletic Association- Miss Helen W. Hazelton has acted as staff adviser to W.A.A. and has attended the Board meetings regularly. This has resulted in a successful liason between the Board and the department.

It is quite natural that the aims of the students should not be identical with those of the department. Theirs are primarily concerned with standards of skill, the thrill of competition, the raising of necessary funds and committee work necessary to carry on their program smoothly, while the department's interests stress participation by a wider and wider segment of students, the safeguarding of health, and the best standards of sportsmanship. The idea of mass participation and play for play's sake is favored by the presence in the association and its board of a large proportion of students who are majoring in the profession of physical education, and who are unconsciously applying the principles learned in their class discussions and other activities.

The American of College Women (a national student organization) met this year in Syracuse and the two delegates from Minnesota, Mildred Greenberg and Margaret Murray, brought back with them ideas and inspiration of just the sort which is helpful in further developing the plans of the department. During the first decade of its existence this organization has consistently shown in its discussions and final actions an attitude which is in close harmony with the best thought in physical education in the country. Its reaction on our student opinion has been distinctly desirable and it has proved itself an important accessory factor in college and university physical education.

The usual tournaments and meets and social gatherings were held during the year. "Track" has increased markedly in popularity and the final meet was an important part of the Field Day in May which was held on the field behind the College of Education and was witnessed by a large and interested group of spectators.

The Association has not yet been able to find a suitable location for a cabin for week-end trips. The cost of the land is too high in desirable situations. Until a possible site is found, the concensus is that we should make use of the new University Recreation Field on Cleveland Avenue for picnics. The girls hit upon the idea of building a fireplace below the clubhouse on the side toward Cleveland Avenue. They collected the material and with the help of the plasterer who was stuccoing the clubhouse, they constructed an association fireplace which will be available for use by all university students. The clubhouse will afford other facilities for comfort and we hope that the Recreation Field may be the objective for those bent on picnic gatherings as well as for golf.

#### Intramural Sports

The chairmanship of the Committee on Intramural Sports has been held by Mr. Leuhring during the year, the secretaryship by Miss Hazelton. The committee has held several meetings during the year which have been important in discussion and action on matters of joint interest.

The result of the study of the Committee on Intramural Athletics into the load being carried by the physical facilities existing at the University in 1925-26 was presented in a report to the President on March 4. A separate statement of the needs of additional facilities for women in order to carry out the present program more successfully is in process of preparation. The present gymnasium, whose limitations I have already mentioned in my annual reports, becomes more crowded each year and additional space is urgent.

University High School

This year Miss Bockstruck instituted an experimental program of correlation between health education and motor efficiency in her University High School classes. The results were so convincing that the same general plan will be worked on again next year for the high school, and Miss Bockstruck will carry on an experiment similar in purpose, with one group of college freshmen. The central interest of the high school plan was a campaign for normal weight. A monthly record of weight was kept, and by proper diet, general hygiene, and suitable exercise, effort was made to approximate the normal range for each girl's age-height. The freshmen and sophomores carried out a project of collecting all the information possible about diet and health, and the juniors and seniors worked out original exercises both of vigorous and relaxing character. The results, both in exercise and dietary information were shown on the evening of the high school demonstration.

Judging by the interest of the parents this is a serviceable method of producing cooperation between school and home in health matters.

Relationship of department and all-University production of Carmen- A satisfactory type of cooperation with an all-University production like Carmen has not yet been found. This year the management of Carmen planned a 15-minute interlude for dancing, to be developed by this department. Theoretically this seems desirable. Practically it means a choice among several plans: (1) one-third of the total enrollment for dancing in the spring quarter would be required to drop out of dancing classes at mid-quarter even tho this was part of the requirement in physical education for those students since they had not developed sufficient facility in ten lessons to appear in a public production, of (2) the other two-thirds of the enrollment must have ten lessons apiece extra, which would mean that the instructor must meet the chosen group for extra instruction at least

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thirty hours and probably forty or fifty hours in the last five weeks of the quarter; (3) instead of trying for a chorus dancing episode in the opera, a few chosen students might be groomed for the affair with the aid of a paid professional coach; (4) the program might be turned over to a group of proficient students in dancing who would be free to work it out with such help in conference as they sought from the faculty- it being the understanding that they would receive university credit for it if it was a success.

The first mentioned procedure was the one followed this year. It was far from ideal, and the matter needs further study in order to find a satisfactory solution.

Staff

Assistant Professor May S. Kissock was away on sabbatical furlough during the year, studying at New York University. She received a master of science degree in physical education in June. Miss Irene Evans came to us as instructor to enable adjustment in program during Miss Kissock's absence. Irene Clayton resigned her instructorship in the spring to accept an appointment as director of physical education at Rockford College, Illinois. Miss Winona E. Jones, whose professional training has been secured at the University of California, has been appointed her successor. Miss Agnes B. Anderson was appointed half-time instructor for 1927-28.

### Physical Examinations

During freshman week the usual physical examinations were given to all newly-entering women and University High School girls; in number 1222.

Classes in orthopedic gymnastics were carried on as in 1926-27. This division of the department also took care of the "follow up" work which consists of individual conferences with those students who have minor functional disorders or more serious organic defects which need to be more fully investigated. Conferences were held with 374 students this year. The orthopedic division is constantly expanding and is seriously handicapped in its work by lack of space.

### Freshman Required Course

The organization of this course as a fundamental orientation or exploratory course in physical education for the newly-entering students was continued as in previous years.

### Sophomore Required Course

Two courses have been added to the sophomore offerings in physical education, i.e., beginning and advanced golf and horseback riding.

### Women's Athletic Association

The W.A.A. has had an unusually successful year under the leadership of its capable president Margaret Murray, and a progressive governing board. Their efforts were centered on the idea of providing a broad and varied program of activities in which all women students might participate with interest and satisfaction. The following activities were offered: golf, horseshoe pitching, bowling basket-ball, swimming, baseball, tennis, track and horseback riding.

### Dance Program

For the first time in two years we resumed the practice of holding an annual dance program out of doors on the Knoll. It had been given up the

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past two years in order to participate on the all-university production of Aida and Carmen. The dance program was held in the evening of June 1. It was based on a series of sketches from Sherwood, by Alfred Noyes, and the music was from Reginald DeKoven's opera, Robinhood. The program was planned largely by the junior students in the class of pageantry.

Extension Division

Two evening classes in swimming were held Mondays and Wednesdays throughout the year. The enrollment during the first semester was 90 and during the second semester, 62.

Intramural Sports Committee

The chairmanship of the Committee on Intramural Sports was held by the acting director of this department during the year, and the secretaryship was held by Mr. W. R. Smith of the Department of Physical Education and Athletics. The committee held a meeting each quarter to discuss and to act on matters of material interest to the men and women students of the University.

Golf Committee

As acting director of this department I have met with the Golf Committee during the past year.

Staff

The director of the department was away on sabbatical furlough during 1927-28. Assistant Professor May S. Kissock served as acting director. Miss Florence M. Warnock entered the department as an instructor to permit adjustments of teaching load to be made. Miss Agnes S. Anderson served as a part-time instructor, enabling the enrollment of swollen classes to be reduced.

Signed- May S. Kissock,  
Acting Director.

### Physical Examinations

An important change has been made in the conduct of the physical examinations of all newly-entering women students. Heretofore the examinations had taken place in the Women's Gynasium under the direction of the Department of Physical Education for Women, assisted increasingly by the Student Health Service. In the fall of 1929 the Health Service moved into its new quarters in a wing of the University Hospital and in these quarters had plenty of room in which to take care of the physical examinations of the women. It also was equipped with all the modern methods of making examinations thorough and accurate; its Director, Dr. Harold S. Diehl, was willing to employ women entirely for the medical examinations of newly-entering women students, as had always been the practice during the years that the examinations were conducted under the department of Physical Education for Women. Therefore, it seemed best from all points of view that the examinations should be done in the Health Service plant and that the direction of the medical portion of them should be in the hands of the Health Service. Five Hundred dollars of the amount that had been spent on medical examiners and clerks by this department was made available for use by the Health Service.

This department continued to carry on the photographic examination of posture and the detailed examination of posture, spine and feet, as well as strength tests. A copy of the entire examination was filed in the office of this department.

The "summing-up" was done in two parts. The Health Service made note of medical conditions which needed further consideration and made recommendation concerning limitations of exercise. The classification of the student for physical education activities was then made by one of the medical members of the Physical Education staff.



In the spring all freshmen received, as usual, a posture re-check and a photographic silhouettograph; the sophomores, in addition, had a medical examination at the Health Service. The former was done at the Women 's Gymnasium. The latter, for the first time, took place at the Student Health Service, and no sophomores received a passing grade in the spring quarter courses without having had that medical examination.

The director of this department was given full access to the records of the students at the Health Service and held an office hour there every week for the purpose of passing on the cases of certain students who desired or had been recommended to drop or limit their physical education. Additional cancellations were authorized by Dr. Alice Hopkins Tolg, the head of our orthopedic division, at the gymnasium, and her conferences with girls regarding minor disabilities reached the number of 416.

Correlation between the lecture hour and the gymnasium hour has continued to be explored during this two-year period. In the gymnasium, many of the principles and arguments given in the lectures were illustrated. For instance, after the lecture on Feet and Shoes each girl was given the opportunity of seeing her own feet through a fluoroscope, one shod and the other unshod, and observing if the foot and especially the toes had enough room in the shoe. Special corrective foot exercises were given to all with explanations of their effects.

Twelve percent of the entire class enrolled for Elementary Physical Education were taken care of in the orthopedic division. This division takes great pains to explain to the students their condition, why special exercises are necessary, and why special limitations are put on their general activities. The student is stimulated to get the best results from the use of her body and opportunity is given for rest periods during the lesson. In cases of weak posture and functional scoliosis, improvement is obtained and in many cases even the curve is sometimes cured.

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Among the conditions treated were the following:

Poor posture and faulty body mechanics - - - - -	201
Scoliosis - - - - -	107
Foot abnormalities - - - - -	147
After-effects of accidents or operations - - - - -	13
Malfunction of organ - - - - -	69
The handicapped who needed protection from fatigue, increased heart rate, muscle pull, etc. - - - - -	158

Credit for Required Courses

For two years the departments of Physical Education for Women and Physical Education and Athletics have acted jointly in requesting academic credits for the required courses in Physical Education. In the spring of 1929 academic credit was granted for these courses by the College of Science, Literature and the Arts, Education and Agriculture. The amount of credit granted by the various colleges depends on local conditions and each differs from the others. The College of Science, Literature and the Arts has granted three credits for two quarters of work, the College of Education 5 credits for two years, and the College of Agriculture 4 credits for four quarters of work. In each case the college has increased its requirement for graduation by the number of credits granted to physical education. The credits in each case are supposed to be equivalent in all ways to credits for academic courses, including honor points for high grades.

As one result of this change, the hygiene course became part of the physical education course during one quarter, occupying an additional hour as before, but becoming the lecture hour of a lecture-laboratory course, for which one grade was sent to the registrar.

The anticipated benefits of academic recognition of student effort have been borne out by results. There has been marked improvement in attitude, and evidence of increased interest. Absences have decreased, there is great demand for mimeographed material, and students ask for special help in preparing for final examinations.

### Sophomore Requirement

The sophomores were limited in their choice among thirteen elective activities only by two factors: the physical fitness of the student for the activity and the requirement that all girls who do not know how to swim register for Elementary Swimming.

Certain trends in their choice are of interest. Those activities which can be enjoyed after graduation are being chosen in large proportion. The significance is not entirely clear, since those are also to a large extent the activities that do not require a change of dress, but it is suggestive of a desire for the ability to participate in active outdoor recreation. Some sections have had to be closed in hockey, baseball, track and basketball, while new ones have been opened in tennis, golf, archery, outdoor skating, horseback riding, and advanced swimming. Basketball, however, continues to hold its own as the most popular indoor game.

### Experimental Program

For two years this department has been cooperating with similar departments in certain other institutions in an experimental program in which the fundamental purposes in physical education for college women and the means for securing their realization have been uppermost. Conferences have been held during the past four summers, during the two weeks of which principles and applications have been discussed. The delegates have then gone back to their own institutions to experiment with methods for getting the desired results. The Universities of Iowa, Michigan, Ohio State, Washington, Wisconsin, Chicago and Oregon Agricultural College have been represented. Our delegates were Miss Baker, Miss Warnock and Miss Timberman.

The factors considered fundamental for the program in psycho-motor education are the following: Co-ordination, speed of movement, flexibility, endurance, strength, rhythm and relaxation. These factors have application

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in the three general groups of activity- dancing, sport skills, and skills of daily life. In the development of these abilities, simple practical problems have been set for the students or by the students themselves and opportunity has been given for experimentation, discussion and analysis. Each girl thus experiences many varied motor activities and is taught to make intelligent application of general principles to these activities. The carry-over from the skills practiced in the winter quarter to some of the sports of the spring quarter of this year was gratifying, especially baseball and track. The interest of the students in tackling these problems and their satisfaction in their own improvement are notable and indicate the desirability of further development of the method involved.

#### Recreational activities

The ninth hour in the afternoon and the evenings from seven to nine have been kept sacred to recreational activities. There is no other time in the day when the gymnasium is free for them; even the noon period for the last two years has had to be used for scheduled classes. This spring we find that fifty upper-class students who have finished their requirement are scattered among the enrollments in golf, tennis, archery, advanced swimming, and horseback riding, and altho in most instances it increases an already crowded condition, we have been glad to have them take part in the groups.

#### Women's Athletic Association

The W.A.A. has moved its office into Shevlin Hall. This new location gives it closer relationship to the other women's organizations on the campus, thus carrying out its idea of the growing importance of allying itself with them. The organization is of the greatest aid in furnishing publicity for the department's recreational program, in running off tournaments, and in its recognition of athletic accomplishment by "points"

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awarded at delightful dinners. It is endeavoring to expand and modify its program to meet all interests. Points can be gained through participation in the following wide range of activities, each of which has a student head: field hockey, ice hockey, volley ball, tennis, basket-ball, swimming, baseball, golf, horseshoe pitching, horseback riding, hiking, dancing, apparatus, orthopedics, desk tennis, archery, track and bowling.

An indication of the lessening tension in women's games is given by the fact that the umpiring of tournament ~~and~~ games in baseball was done by students in 1928-29 and in 1929-30 field hockey and even basket-ball were refereed by students. The officials did exceptionally well, and even in the final game gave complete satisfaction to both teams.

The figures for participation by students in various recreational activities follow:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Field Hockey - - 95	Apparatus - - 22	Archery - - - - 22
Bowling - - - 36	Basket-ball- 150	Baseball - - - - 121
Volley ball - - 33	Ice Hockey - 20	Golf - - - - - 30
Swimming - - 78	Tumbling - - 15	Tennis-singles - - 60
		Tennis- doubles - - 20
		Unorganized sports- 53
		Track - - - - - 20

The Hunt Club, a new outdoor group, was organized during this two year period and became affiliated with the W.A.A. It put on a creditable horse show at the Parade Grounds in the spring. The Aquatic League, Orchesis (dancing organization), and Interhouse League continue their affiliation with the organization.

The association had an unusually successful Penny Carnival this year (its one money-raising event) and cleared three hundred dollars. With it, it sent three delegates to the biennial meeting of the Athletic Conference of American College Women, held this year at the University of Michigan.

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Play Day for Minnesota Colleges, initiated by the W.A.A. of the University of Minnesota in 1929, was held at St. Olaf College in the spring of 1929 and at Macalester College in the spring of 1930. Gustavus Adolphus will be hostess in 1931. Six colleges were represented in 1929 and nine colleges in 1930. The idea of these play days is to broaden contacts and to play for the fun of playing. Everyone is given a chance to play and the teams, organized informally, contain representatives from various colleges, so that the girls play "with" instead of "against" members of other colleges. A banquet followed the games this spring and ended with reports and discussions of what each W.A.A. is doing at its own college.

Staff

There have been eleven full time women on the teaching staff, an increase of one over the last biennium.

In the sports season the teaching staff expands its operations by means of the practice teaching of the senior major students in hockey, basket-ball, baseball and tennis. One staff member can act as critic teacher for two sections, and this makes it possible to offer five outdoor sports sections to the groups which must be combined into two classes indoors, since there are only two rooms for them to use. Even with this assistance a teaching load during the outdoor season of 23 to 25 hours is given each instructor, thus increasing her regular program by three hours a week.

Building

The building is more and more crowded each year. ~~The total number of women students in the University~~ *The total enrollment of women students in the University* was increasing, for example ~~it~~ <sup>n</sup> ~~was 3,127 and~~ <sup>it</sup> ~~the number of women students during the biennium 1928-30 was 3,527, an~~ increase of 400.

The total enrollment in our department for the fall of 1929 was 1,656, while the total number of lockers available was 1,270. The four largest

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classes averaged 192, while the number of dressing rooms is 168. If certain remodelling is done which is being studied now, contemplating a mezzanine floor in the locker room and a change to the self-service box locker system, this shortage should be relieved for years to come and petty thieving of articles of clothing will be stopped.

The overcrowded condition of classes will not be relieved, however, since the two gymnasiums are being used now every hour in the week with the exception of five scattered hours, and there is no chance for creating new classes. The large classes are divided into squads of 10 to do their work, but three of them number approximately 125 in enrollment and it can be seen that even in a room as large as 65 by 98 feet there is not space for 12 or 13 squads to move with freedom.

The outdoor conditions are helped out very much by use of the tennis courts on Washington Avenue, where as many as ten courts at once are used by the many classes that elect tennis.

In the fall of 1931 the department was shocked to hear from Dr. Norris that she and Mr. Keller of the men's department, in conference with Dean J.B. Johnston, had been informed that his advisory council of faculty members had concluded that the requirement of physical education in the College of Science, Literature and the Arts should be abolished. Dean Johnston said that if the recommendation was approved by the faculty, it would become effective at the end of the year 1931-32. Various reasons were adduced which will not be discussed at this time. Mr. Keller and Dr. Norris were to go back to their departments for discussion and were to return to Dean Johnston at a later date.

Dr. Norris and her staff discussed this intended action at length and came to the conclusion that if this action could be postponed until a certain scientific experiment could be carried on, the conclusions would be likely to influence the final action of the College. At any rate, the conclusions would be of great interest not only to our department but to our profession, whether the results were positive or negative. We realized that in order to carry on a scientifically valid experiment we would need the cooperation of the colleges. The director went to President Coffman and laid the whole matter before him. He evinced interest in a scientific study of the results of physical education, and was willing to give his cooperation. Subsequently Dean Johnston acceded to my request to postpone any action which would change the status of physical education during the following year- 1932-33.

Dean Haggerty of the College of Education was much interested in the proposed study of the outcomes of physical education and appointed Miss Elizabeth Graybeal, a graduate student in the College of Education, as a research fellow to carry on certain aspects of the study.

The University Committee on Educational Research, through its sub-committee on Physical Education Studies, in which this department had



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representation, embarked on a comprehensive study of the outcomes of the program of physical education for women, that is to begin in 1932-33. This study will continue during the residence of the students involved. It will enable a comparison of results between groups who take the regular program in physical education and groups who do not. This study is welcomed by the department as a means of securing a more intelligent basis for future action regarding the requirement and the program in physical education. We are glad to be one of the first departments in the country to invite a study of its outcomes. In order to be ready to start the study in the fall of 1932, it was necessary to prepare several tests to be used at the beginning and at the end of the college year.

This was an exceedingly heavy year for the staff, since these crucial preparations had to be made and were made in addition to several studies which the staff had already decided to pursue this year. The staff members showed splendid spirit, industry, and perseverance in all of these undertakings. The studies that were carried out during 1931-32 were as follows:

1. Motor Ability Tests- This study was conducted under the direction of Miss Elizabeth Graybeal who also did most of the work. It continued throughout the year. Tests were tried out in physical education classes, repeated for reliability, eliminated if unreliable, and then studied for validity, until a battery of seven tests was set up for use. The staff cooperated in every way possible. It is planned to use the test in the fall of 1932 and again in the spring of 1933.

2. Knowledge tests for newly-entering freshmen in fall of 1932- These tests include knowledge regarding health, posture, fundamental motor control and all the sports we teach. They will not only be necessary in the conduct of the experiment, but they will be used in arriving at norms of information about physical education activities

possessed by the newly-entering freshmen. These tests were prepared and validated by members of the staff.

The following studies were not definitely connected with the program of research on the outcome of physical education.

3. Studies of student opinion regarding the program of the department-

- a. Study of answers to a questionnaire issued to freshmen and sophomore students in 1930-31, studies made by the staff.
- b. Study of answers to a questionnaire issued to junior and senior students in 1930-31, studies made by a graduate student.

4. Study of Girls' preference in physical education activities-

This study was carried on by Miss Barbara Marx in the Institute of Child Welfare, under the auspices of a research committee of which the director of this department was chairman.

The study disclosed a decided preference for individual sports as compared with team sports. The following figures representing freshmen choices in the spring quarter of 1932 show the same preferences:

Freshmen choices, spring of 1932.

<u>Sports</u>	<u>Numbers choosing them</u>
Archery	174
Baseball	26
Golf	125
Tennis	398
Volley Ball	<u>29</u>
Total	752

The interpretation of these figures is not entirely clear. The individual sports are those for which no change of costume is necessary; on the other hand, since the equipment for both golf and tennis is expensive and there is a playing fee, it would seem as if choices for these two sports expressed real preferences. Moreover, for archery the added exertion and time required for walking to Sanford Hall must have been considered and discounted.

5. Qualifying examinations- The College of Education adopted the policy this spring of requiring qualifying examinations of all its junior

students who wished to do practice teaching the following year. Our staff prepared comprehensive qualifying examinations covering the physical education field and its background subjects.

The Department of Physical Education for Women conducted several studies for the advancement of its work:

6. Revision of Professional Curriculum- During the biennium a committee of the staff worked on a revision of the professional curriculum for students majoring in physical education. Before the revision itself started, a study of alumnae opinion was carried on by Miss Baker, the results of which entered largely into changes of emphasis that were recommended. A study of chemistry grades, conducted by the director of the department, was also helpful. Changes consisted in both reductions and increases of the weight of courses and certain rearrangements of sequences which allocated skills courses in the first two years, technique courses in the third year, and philosophical courses and practice teaching in the fourth year. The course is still so largely prescribed that there is room neither for a desirable number of electives nor for desirable minors. The next step, therefore, will be a study of the desirability of adding a fifth year to the curriculum.

7. Dancing- A comparative study of the technical and the integrated methods of teaching dancing has been carried out by Miss Baker for the National Dance Committee. This was reported at the Convention of the American Physical Education Association, held in Philadelphia, April 23-24, 1932.

8. Posture- A comparative study of first, second and third posture grades of 376 sophomores, using as a criterion the opinion of experts based on photographs, has been carried on by Miss Starr. The study showed a definite improvement over two years; eighty percent had improved,

seven percent had lost ground, and thirteen perzen stood still. The first photograph was taken at entrance, the third in the spring quarter of the sophomore year.

9. Swimming- With the assistance of students, an experimental class was held this spring in the pool to teach old infantile paralysis cases to swim and thereby to assist in the recovery of their muscular development. Final studies have not been completed.

10. Basket-ball- A study was made in 1932 by three students under the supervision of the director, in the course in Administration of Physical Education concerning basket-ball for girls as it is carried on in the high schools of the state. The State Department of Education was interested in getting this information which would disclose the amount of inter-scholastic basket-ball that was being played by girls in the schools of the state and the rate of substitution of intramural for inter-scholastic programs. They gave their cooperation to the study and a copy of the results was sent them.

Professional Curriculum- Integration of Two Courses.- Beginning with 1930-31 the course in Anatomy for professional students, heretofore taught in the College of Medicine, was taught by a member of our own staff, Miss Florence Mahoney, whose graduate work lay in the field of the medical sciences. She then taught Kinesiology to the same group the following quarter. The latter course is intimately dependent on the former, and this arrangement has permitted valuable integration of the two courses, Anatomy and Kinesiology. Kinesiological applications of the facts in Anatomy have accompanied that course and so have eliminated a time-consuming review of Anatomy.

The preparations in the Anatomy Building have been fully available for the Anatomy Course. A room has been furnished and the course fee has provided material for dissection.

Practice Teaching- It has been difficult to provide sufficient opportunity for practice teaching. The University provides, in addition to the University High School for the purpose, two city high schools, South and Marshall, but owing to program difficulties and the number of students who need practice teaching, this has not been sufficient. Some relief has been provided by the fact that three Minneapolis parochial schools have made it possible to schedule necessary additional opportunities. Since the alumnae mention practice teaching as one of the most valuable courses that they experienced while at the University, it is important not only to continue the present offering but to enrich it if possible.

Personnel Work with Professional Students- Organized effort has been made to prepare the student in matters of personality as well as in subject matter for carrying out their responsibilities as teachers, and to direct them into some other line of effort if they prove unadapted for the profession of physical education. There is an adviser for each of the four classes and one adviser for transfer students. These advisers take pains to know the students and help them with their problems, either advising them directly or helping them to make contact with some other agency. Convocations, teas, and the monthly professional or social meetings of students' organizations are other ways in which they learn the standards of their profession. Each year in the spring, students are rated on personal qualities both by the faculty, and in some items by their fellow students, and they are given the opportunity to discuss these ratings with their advisers.

There is need for further refinement of means of predicting whether a student will be successful as a teacher. It is unfortunate, especially in these days when positions are not so plentiful, to have a girl reach the end of her fourth year in our department and then not be able to receive strong recommendation. This personality program is a definite step, however, in the direction of proper self-appraisal.

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1930-32

Recreational Activities and W.A.A.- As usual, there has been close cooperation between the staff and the Women's Athletic Association in planning and conducting a program of recreational activities for the women on the campus. A board of twenty students and two faculty members meets weekly and plans policies, programs, ways of raising money, expenditures and social gatherings. Faculty members coach certain seasonal sports at 4:30 in the afternoon which may be freely elected without registration. Three faculty members have spent a total of approximately half of one person's professional load advising the Board and following up departmental administration.

The regular program of the Association in the past two years has included the following:

1. A "Mixer" for freshmen students early in the fall quarter.  
The attendance in the fall of 1931 was approximately 200
2. Balloon Sale at the Homecoming Football game\*
 

	<u>1931</u>	<u>1932</u>
Net receipts - - - - -	\$143.00	\$166.80
3. High School Play Day  
Girls from all high schools in the Twin Cities are invited to attend.  
Attendance between 100 and 150.
4. College Play Day, at Gustavus Adolphus in 1931, at Carlton in 1932.  
  
College girls from this part of the state meet at one of the colleges for an afternoon of games and sports, playing not for the glory of their college, but for the fun of the game.
5. Penny Carnival
 

	<u>1931</u>	<u>1932</u>
Net Receipts - - - - -	-\$161.02	\$196.08
6. An association banquet each quarter with attendance averaging about 75.
7. A wide and varied program of games and sports for each season.

\* The Penny Carnival is the traditional method the Association has for raising money. In recent years they have also initiated the practice of selling balloons at the Homecoming football game.

Following the expressed choices of the girls, three new activities have been introduced: rifle marksmanship, fencing and tap dancing, making a total of approximately sports sponsored by the Association. Rifle marksmanship has been taught by the kindness of the military department, fencing by a private instructor, and tap dancing by a member of our department staff. Charges for fencing lessons have been borne partly by the participants and partly by the Association. Horseback riding, golf, bowling and tennis also entail expense to the girls.

. Adoption of a Participation System of Credit toward Awards. The Association has felt increasingly that the point system for awards has been a factor that has limited the number of girls participating in its programs of activities. After much consideration it was decided to experiment with a new system. What is called the "Participation" system was put into effect in the fall of 1931. It was anticipated that by this means a larger number of girls would be encouraged to come out for recreational activities, and the results of the first year of trial of the system have been encouraging, since the largest number ever participating in one year was recorded. In the participation system, a girl will receive credit for the quarter in a certain sport if she takes part in it a stated minimum number of times, which is on the average, six. She need not have unusual skill in order to participate.

Nine hundred thirty-nine girls have been reported as participating, of whom 338 have received credit. In addition to those reported below, there were 259 girls who played in tournaments for their houses or in recreative hours in the gymnasium. In general a sport is open for participation credit only one quarter and only one team sport may receive credit in any quarter.

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DEPARTMENT HISTORY  
1930-32

Itemized figures in W.A.A.  
(including duplicates)

<u>Sport</u>	<u>No. of girls receiving</u>		<u>Sport</u>	<u>No. of girls receiving</u>	
	<u>credit</u>	<u>no credit</u>		<u>credit</u>	<u>no credit</u>
Field Hockey -	35	24	Tumbling - - -	4	9
Rifle marksmanship	51	40	Interpretive		
Swimming	48	35	dancing - - -	11	19
Basketball	53	44	Unorganized sports	3	7
Tap dancing	18	61	Tennis - - -	26	
Volley ball	17	8	Baseball - - -	18	21
Fencing - -	23	9	Golf - - -	4	
Riding - - -		20	Archery - - -	7	20
Apparatus - -	3	10	Track - - -	17	5
			Horsehoe - - -		10

**Recitals:** The department has presented a lecture recital by Miss Catherine Rapp, in the Music Auditorium, and two recitals by Orchestria, the honorary dance organization. One recital was given for the University public and the other for the high school girls of Minneapolis at the request of Miss Ermina Tucker, assistant supervisor of physical education in the public schools of Minneapolis.

**Miscellaneous Administrative Changes-** Miss Kissock was deputized by the director to deal with the following two problems:

**Exemptions of transfer students:** In line with the trend of the department to consider the physical education requirement of greatest value to freshmen and sophomores, beginning with the fall of 1931 all students who enter the University with 45 credits of advanced standing are excused from the freshman requirement and all students who enter with 90 credits of advanced standing are excused from the entire requirement.

**Cooperation with junior colleges:** Cooperation has been extended to the junior colleges in Hibbing, Virginia and Duluth in arranging their curricula for the students who are majoring in physical education so that they will be as nearly as possible identical with ours, in order that there may be a minimum of lost time when students transfer to the University. Conferences have been held and outlines of courses have been furnished.



A change in the practice whereby students procure gymnasium costumes: Previous to 1930-31, the Storeroom carried a stock of gymnasium knickers, swimming suits and middies and sold them to the students at the beginning of the fall quarter and incidently thereafter. This practice has certain undesirable factors which became more troublesome as time went on. The Storehouse was not equipped for trying on or exchanging garments; the style of garment might be somewhat changed every few years and the Storehouse had no sale outlet for the discarded styles; swimming suits owned by students could not be sterilized between uses.

After due consideration, the practice was basically revised; beginning in the fall of 1930, the Storehouse ceased to sell gymnasium clothing. Middies and swimming suits were furnished to the students and the laundering, done by the University laundry, was charged against their physical education fee, thus giving additional service for the fee. The swimming suits were laundered and sterilized after each use, and the middies approximately once a week; the fresh looking middies, in sharp contrast with conditions which had formerly prevailed, were a great hygienic and aesthetic improvement.

In regard to the knickers, it was decided to make an arrangement with some commercial house near the campus to which the girls could be sent to outfit themselves. Manufacturers' representatives were invited to submit sample knickers and prices to this department, which then chose the garment to be worn. The facilities of such stores (which showed interest in being considered) were investigated. It was essential that there should be privacy for fitting where necessary; that there should be plenty of sales clerks; that a full stock of sizes should be available; that any necessary reorders should be prompt; and that the price should be reasonable.

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1930-32

On this basis Dayton's Store on 14th Avenue Southeast was selected to carry the knickers and sell them to the students.

This practice has now been in use for two years and has proved eminently satisfactory.

Staff

Dr. J. Anna Norris, Director	
May S. Kissock, Assistant Professor	
Dr. Alice Hopkins Tolg "	"
Gertrude M. Baker "	"
Florence Mahoney, Instructor	
Jean S. Helgeson "	
Helen Starr "	
Grace Christensen "	
Catherine Snell "	
Florence Warnock*	(Asst. Prof. 1931-32)
Josephine Dickson "	
Alice Timberman "	
Mildred Lee "	{ 31-32)
Myrtle Messenger "	{ 31-32)
Elizabeth Moyes "	{ 31-32)
Jennie A. Hawkins, Matron	
Rosanna Haury, Clerk	(30-31)

\*On leave 1930-31

Dr. Jane F. Kennedy  
Dr. Eleanor J. Hill  
Dr. Florence A. Richardson

Program of Experimental Research in Required Physical Education-

The study of the outcomes of physical education, undertaken through the cooperation of the University Committee on Educational Research with this department, has involved an experimental program which began in the fall of 1932 and has recently ended. In the preliminary report at the end of the first experimental year, the research fellow Miss Elizabeth Graybeal, found significant differences between the experimental and the control group in favor of the experimental group. The final report was not finished as this report went to press.

For the purpose of the experiment the freshman class that entered in the fall of 1932 was divided at random into two groups of equal size. One group participated regularly in the required physical education classes while the other was not only not required but not allowed to participate. The numbers in these groups at the start and the finish of the two-year experiment were as follows:

	<u>Experimental group</u>	<u>Control group</u>
1932-33 - -	368	378
1933-34 - -	61	74

In the research or active group the program of activities did not differ greatly from those in use in recent years. However, the criteria for allocation of activities to students emphasized more than ever before the individual differences among students. Individual differences were disclosed by the following means:

- (1) the physical examination, which has always been indispensable for classification;
- (2) the photographic posture record, graded by the new Howe-MacEwen objective method;
- (3) written examinations in knowledge of any or all the motor activities we offer;
- (4) a skills test in swimming, which was at that time the only motor activity in which skills test had been devised and standardized;
- (5) a written examination in health knowledge.

In addition, for the use of Miss Graybeal, the students took the tests in motor ability and attitudes which she had validated in 1930-31.

The control or inactive group has been handled with the fact in mind that while those students were prohibited from enrollment in any motor activity or lecture class, nevertheless an attempt should be made to motivate the attendance that was required of them at regular intervals. The purpose of their attendance was to make reports on voluntary motor activity. The motivation consisted of lectures and moving pictures on matters of general interest, given by the kindness of certain members of faculties outside of this department.

Demonstrations of five abilities from the fields of posture, fundamentals of movement, team sports, individual sports, and knowledge of the human mechanism, have been used as the basis of the program. Swimming was no longer required as a specific ability but took its place as one of the individual sports. If these abilities were not demonstrated by the tests or examinations in Freshman Week, the student was required to spend at least one quarter in the field of each ability that was lacking. She was not required to take training in any ability which she already possessed, but could exercise free election among all the activities instead.

In most of the courses offered the students take an identical pre-test and post-test covering the quarter's work and the grade for the course depends largely on the improvement made.

The desirability of individualizing the curriculum has appealed to our staff for some time and we decided that from this time on we would incorporate this principle and practice into our program for all students required to take physical education.

The orthopedic and remedial gymnastics which always were based on individual needs were carried on as before.

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DEPARTMENT HISTORY  
1932-34

The College of Science, Literature and the Arts-- The College of Science, Literature and the Arts abolished its requirement in physical education by action of the faculty in the spring of 1933 and subsequently rescinded the credit which was formerly granted to students passing certain upper-class motor activity courses. The effect on enrollment figures is shown by the following tables:

	<u>1932-33</u>	<u>1933-34</u>	<u>Percentage drop</u>
Enrollment in all colleges			
Fall - - - -	1,530	893	42
Winter - - -	1,792	693	44
Spring - - -	1,489	832	44
Enrollment in College of S.L.A.			
Fall - - - -	1,053	361	66
Winter - - -	1,214	249	80
Spring - - -	971	403	57

The students registering in 1933-34 in the Arts College fell into two groups:

1. the pre-Education group-- students who would have been held anyway to a requirement by the College of Education in their junior or senior year, and
2. the free election group. An analysis of the 1933-34 figures follows:

	<u>Total S.L.A.</u>				
	<u>Enrollment</u>	<u>Pre-education</u>		<u>Free election</u>	
Fall - - -	361	225	62%	136	38%
Winter - -	249	149	60%	100	40%
Spring - -	402	237	59%	166	41%

In 1933-34 the pre-Education students in S..L.A. were given the tests after registration and received guidance in choice of courses. The remainder of the Arts College students received neither classification nor guidance.

It was impossible to predict the ultimate effect of the abolition of the requirement in physical education by the College of Science, Literature and the Arts. By it the students are thrown entirely on their own initiative in regard to taking physical education. It remained to be seen how many who were interested in it could resist the pressures time demands made by

transportation, scholarship, self-support work, and social contacts.

Trends in physical education- The trend noted before of student interest toward individual activities at the expense of team games continued. The program content of the department made an effort to satisfy that trend. An analysis of enrollment in required classes, 1933-34, showed 269 students in team sports, and 1,367 in individual sports. In the activities sponsored by the W.A.A. in 1933-34, 130 individuals participated in team sports, and 542 in individual sports.

Studies- Various studies relating to the work of the department had been formulated and were in process of investigation by members of the staff. These are by title:

1. Study of overlapping of courses in the curriculum for training teachers, by the Curriculum Committee of the department. (G.M. Baker)
2. Study and preparation of tentative five-year curriculum for teacher training, by the Curriculum Committee of the department. (G.M. Baker)
3. Written examinations in physical education motor activities. (Staff)
4. Reliability and validity of vital capacity tests. (F. Mahoney + H. Starr)
5. Basis of selection for posture training classes. (~~G. Braun~~) (H. Starr)
6. Possible correlation between posture and thoracic index. (G. Braun)
7. Use of moving pictures in teaching diving. (H. Starr)
8. Revision of personal rating form for major students. (G.M. Baker)

Recreation- Opportunity was offered the students in 1933-34 to use for recreation a few scattered hours in the late morning and early afternoon. The late afternoon hours were already open for this purpose and it was hoped that the earlier hours would appeal to those who lived at a distance. A wide choice of activities was called to the attention of the students. Only twenty-five percent of those taking advantage of these hours were students in the College of Science, Literature and the Arts, even tho that college always had the largest enrollment.

A further means of popularizing sport was innovated by demonstrations in golf, tennis, and swimming by women experts in those fields. It was hoped to stimulate enthusiasm in our women students by showing them what had been accomplished by members of their own sex. Both men and women students attended the demonstrations in audiences ranging from one to three hundred.

An experimental adult recreational program.- An experiment providing recreation for an adult group of women was launched by the department in 1933-34. Women faculty members, employes, graduate students, and faculty wives were invited to use the facilities afforded by the gymnasium on Tuesday evening and late Friday afternoon. Altogether 1,003 persons participated.

Women's Athletic Association.- This student organization has had an admirable record during the past two years. It is an earnest, intelligent young group of women, vitally interested in making a contribution to the life on this campus. They fill a unique position on the campus and are definitely meeting the recreational needs and interests of a large group of university women. The records show that during 1933-34, 819 individual girls participated in W.A.A. activities 4,537 times. "Open house" was instituted in the winter of 1932-33, and 471 women participated during 1933-34.

For the first time, in the spring of 1934, the association invited men students to participate in certain of its activities, namely, tennis and archery. Tournaments were run off in both. The board planned to continue a certain amount of this mixed participation next year.

A development which may be significant of a trend occurred this spring when our student dancing organization, Orchesis, pooled its efforts with the Masquers to put on a recital.

This year was the seventh anniversary of the first Minnesota College Play Day, which originated with the University of Minnesota. The purpose of the Play Day is to foster enjoyment of sport, to make new friends, and to discuss mutual problems.

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DEPARTMENT HISTORY  
1932-34

A new form of cooperation among Minnesota colleges was inaugurated in 1933 under the auspices of the University of Minnesota when the W.A.A.'s of the state united to form an organization called the Minnesota Athletic Association of College Women. The first annual meeting was held on the afternoon of the college Play Day in the spring of 1934 on the campus of the University of Minnesota. The purpose of the association is to build up and improve women's recreational motor activities, to discuss common problems and to help individual schools. Membership is open to women's athletic associations in colleges, universities, teachers' colleges and junior colleges.

In 1933 our Women's Athletic Association sent two delegates to the national convention of the American Federation of College Women, (formerly A.C.A.C.W) held at the University of Texas. They tendered an invitation to the federation to hold its next convention, in 1936, at the University of Minnesota and this was accepted.

Need of new building.- The inadequacy of the present building is especially emphasized by the constantly increasing demand of students for sports of individual character. Our building was planned for activities in large groups. Indoor instruction in tennis, golf and archery needs space which does not exist in our building. Whereas 100 can be accommodated in a class in gymnastics on one of our floors, only 10 should be taught at one time in golf, and yet the same large floor is the only space for it.

Staff

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Florence Mahoney,	Instructor	
Mildred Lee	"	
Helen Starr	"	
Grace Christensen	"	
Catherine Snell	"	
Josephine Dickson	"	
Elizabeth Noyes	"	(1932-33)
Jane Whalen	"	(1932-33)
Jennis A. Hawkins, Matron		Dr. Jane F. Kennedy
Accompanist		Dr. Eleanor J. Hill
2 clerks		Dr. Florence A. Richardson



Annex to Gymnasium Building.- Through savings of money in the towel budget and transfers of certain funds by the business administration, and through a grant by the P.W.A. (Public Works Administration) funds had accumulated to build an annex to the Women's Gymnasium. Study and drawings had been made under the auspices of the department committee during the previous biennium and in 1934-35 the construction of the annex was undertaken and finished. The building was superintended by P.W.A., which was not so advantageous as superintendence by the University Department of Buildings and Grounds. It was difficult for the members of the staff to get permission to inspect the progress and make suggestions which would have prevented certain weaknesses in arrangement before they were made. However, the building added sufficient space and accommodations to relieve to considerable extent the crowding of classes which we had experienced for some years. We were therefore very happy that it was possible to build the annex at this time. *(The leadership in the planning was by M. S. Kisseck)*

The annex was really a building in itself, connecting by means of a corridor with the general locker room. It contained a dirt-floored sports room 60x100 feet in dimension in which to practice archery, hockey, golf and other games that are not appropriate for a wooden floor. The other activity room was a natatorium containing a 30x75 foot pool and a balcony for spectators. On the floor above the pool was a dressing and shower room. There is a chute for sending the wet suits to the laundry hamper and a dumb waiter for lifting the dry suits to the dressing-room floor. The new pool was to be used for those students who were already at home in the water, leaving the present small pool in the main building for the instruction of beginners.

An important alteration was accomplished in the main gymnasium building during 1934-35 which made it possible for the orthopedic classes to

enjoy a room of adequate size and splendid light and ventilation. Twenty feet from ~~the~~ one wall of the larger activities room (game room) a movable sound proof partition was installed. The orthopedic classes from this time on met in the smaller segment of the game room and at the same time classes were held for other purposes in the larger part. The partition is of folding construction and can be removed whenever the entire unbroken space is needed for such a game as basketball.

In this annex to the Women's Gymnasium there is a conference room for the use of the W.A.A. It will take the place of the room in the main building which was originally used for a W.A.A. Board room but had to be confiscated for other purposes as the building became inadequate in space. The new room will further the activities of this organization materially by giving a feeling of permanence and by affording a central meeting place.

Opposite the new W.A.A. room is a small conference room for faculty meetings. This will fill a long felt need for both formal and informal meetings and discussions.

A large window in the wall of the corridor leading to the W.A.A. room and Faculty room looks down on a small squash court, enclosed on all four sides and adequately ventilated.

General trends of the program.- No essential change was made in the methods of classifying students for work in physical activities and health knowledge. The students in colleges which specify a certain requirement in physical education for graduation continued to take tests at entrance in knowledge and skills in physical education activities and health. On the basis of these tests and the posture examination and assuming that her organic condition warranted it, the student was held for classes in areas of the program in which she fell below the exemption level. If the student was found to need orthopedic gymnastics, this took precedence over other activities, for a part at least of her course. Aside from this compulsion

the students were permitted free choice among the courses offered in the bulletin.

The students in the colleges which do not require physical education for graduation received only the posture examination and a few words of explanation and advice.

General College Experimental Program.-- The general college, a new division of the University organized in 1935 held its women students for a requirement of two years in physical education on an experimental basis. Two significant changes in the program were made in 1935-36. Students shown by the classification examination to be gifted in a motor way might substitute, to a limited extent, leadership courses, such as Camp Leadership, or Recreational Leadership, in substitution for strictly activity courses. These leadership courses were a regular part of the curriculum activities for College of Education students majoring or minoring in physical education. The team game requirement was removed. Antagonism toward the requirement for team games had been voiced often enough to General College Advisers to make it seem desirable to suspend it for one year and observe the results. Election of team games will always be possible, but altho so valuable on the high school level for the opportunity they afford for the expression of desirable social behavior, it is a question whether they should be made a requirement on the college level, even tho the girl had previously escaped such experience.

During the preceding biennium all general college students had been expected to attend a course of lectures dealing with physical education and health. Attendance, tho not required, was recorded.

EXPERIMENTAL RESEARCH

Visual Education.- Experiments in visual education have been made possible by a grant for the preparation of films by the Visual Education Department of General College, to be used in the teaching of the dance and horseback riding.

Overlapping Study.- After two years of research work the study of the professional curriculum for overlapping of courses has been finished. In general it shows little overlapping. Where it exists, it seems to be legitimate, either because the topic is a large one and needs emphasis in more than one area of the field, or else it is being reviewed after an appreciable length of time. Undoubtedly there was more overlapping when the study was begun. By the time the revisions of courses were reported in the spring of 1936, each staff member had had an opportunity to study the content of the other members' courses, broken down into topics of longer or shorter duration, and to discuss with each other apparent overlapping. The participation in the study, therefore, has proved stimulating and clarifying.

UNIVERSITY HIGH SCHOOL

An Experimental Program in the University High School.- In the fall quarter of 1934 an experimental program in physical education was begun in the University High School, under the direction of Miss Elizabeth Zimmerli. The purposes were:

1. To make possible a measurement of changes in the physical fitness of the girls.
2. Develop a program which would enlist the willing cooperation of the girls.
3. Change the spirit of these classes in order to make them desirable practice teaching situations for students of the professional course.
4. Eventually to develop a program which would approach the ideal for high school girls.

In 1935-36 physical education was required for girls of all classes by the University High School administration. The principles at the center of the curriculum of activities for the junior high school was to teach the students a wide repertoire of activities so that by the time they enter the senior high school they would be able to make satisfying choices of a limited number in which to develop real skill. The activities forming the curriculum of the <sup>senior</sup> high school were selected with the purpose of building a background of skills in recreational activities that might be continued in adulthood.

#### Women's Athletic Association

The State organization of the W.A.A.'s includes as members St. Olaf College, Macalester College, Carleton College, College of St. Catherine, Hamlin University, Concordia College, Gustavus Adolphus College, Mankato State Teachers College, Duluth Junior College, and the University of Minnesota.

The national conference of the Athletic Federation of College Women was held at the University of Minnesota on April 23, 24, 25, 1936; one hundred ten institutions were represented, and 315 people, 24 of whom were faculty advisers, registered. The program included round-table discussions for students and for the advisers in separate groups, general meetings, a tea given by the Women's Self Government Association, two tours- one of the campus, the other of the city- the annual Orchesis recital, small committee meetings, and a formal banquet.

The college play days give opportunity for students in various parts of the state to meet each other in the spirit of play and become acquainted with the different collegiate institutions of the state.

The W.A.A. play day for high schools gathered together more than two hundred fifty girls from the Twin Cities, St. Louis Park, North and South St. Paul, Anoka and other neighboring cities.

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DEPARTMENT HISTORY  
1934-36

The number of girls participating on the college level in activities sponsored by W.A.A. and the department is shown by the following tables:

	<u>1933-34</u>	<u>1934-35</u>	<u>1935-36</u>
Total participation - -	4,537	6,529	5,191
" separate individuals -----		1,352	960

Query: Did the abolition of the physical education requirement by the Arts College in the spring of 1933 contribute to the drop in athletic participation in 1935-36 by removing the contact which students had had with the physical education department?

Each of the recreational activities was directed by a student sport leader with the help of a faculty adviser. Participation by a mixed group of men and women in certain sports continued to draw the interest of part of the students.

In 1935 the W.A.A. asked to be allowed to take advantage of the privileges of the recently established Student Organization Fund. This arrangement, with Mr. Geddes' assistance, proved very helpful in the management of the financial affairs of the association.

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DEPARTMENT HISTORY  
1936-38

General Trends in the Department Progress.- The trends of the department progress in both the required and elective areas have been toward additional opportunity for class instruction on the higher levels of skill; more dependence on student initiative in the improvement of posture; the introduction of certain non-activity courses open to a limited group; more variety and informality in the costumes used for the activities.

It had become increasingly clear that the students desired opportunity for the acquisition of greater skill in chosen activities. An addition of ten class sections on the intermediate and advanced level became necessary during the past biennium. These affected the following activities: tennis, archery, basketball, swimming. Due to this development, differentiation tests for elementary, intermediate, and advanced skills became increasingly important and had an augmented place in the program.

Since the study of posture grades had shown that improvement in posture may occur during the freshman year in a large proportion of students even without special class instruction, registration in special posture classes was not required of freshmen during this biennium, or of the sophomore students unless the posture picture at the end of the freshman year still showed the need of improvement. Increasing attention was paid to motivating the student's interest in good posture irrespective of what activity she was taking. The improvement in subsequent photographic posture records was so significant that plans were made for further emphasis in the next biennium to be placed on this method, and results would be statistically studied.

An innovation in physical education was the addition of two informal courses not involving physical activities: Sports and Dance Appreciation and Camp Leadership. The former, an orientation course, appeared to be a new departure in physical education, apparently not being taught at that

time in any other institution. The method of teaching was by use of lectures and moving pictures. Student opinion, gathered by questionnaire at the end of the course, seemed to show that an important amount of information had been gained, and it was planned to give the course a permanent place in the program. It was hoped that the course would lead to wider interest and participation in sports and dance during college years and afterwards.

The latter course, Camp Leadership, was taught by lecture, discussion, and demonstration and laboratory work. Such a course appeals especially to students who have already a rather wide experience in sports, and who are planning for the experience of camp counselorship in the summer. Enrollment in the two classes already offered was 36 in 1937 and 42 in 1938.

The growth of popular interest in individual and dual sports had an important bearing on the costume requirement. For some of our activities, such as golf and archery, no special costume is now required; tennis may be played in any of the popular styles of sports clothing. On the other hand, for indoor activities the middy blouse and the knicker were still largely used. The former is supplied to the students without special charge. That was now being given to the possibility of supplying costumes for the dance and sweat pants for late fall and winter sports as an additional service for the physical education fee. Both the cost and the storage demands needed to be considered carefully. Undoubtedly enrollment in these activities would be increased if there were no extra expense for costumes. Some other institutions furnished all the required costumes for physical education.

Comments on the Program for Academic Students.- The average number of registrations per year in all classes of academic students for the biennium 1936-38 was 3045, which number may be compared with the average of 2498 in the biennium of 1934-36. The gain of approximately 22% exceeded



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the gain in University enrollment for women during that time, which was less than 10%.

Study of the registration in elective classes during the years since the abolishment of the requirement by the College of Science, Literature and the Arts revealed no growing tendency for increased registration by less strong students who have the greatest need for special watchfulness on the part of the instructor or exercise adapted to special needs. The University of Minnesota is not doing for its women students who need but do not elect physical education, as much as is done by nearly all the state universities which require physical education and therefore are in a position to help the girls who are not strong enough to feel the urge to election of sports.

An activity interest questionnaire which was conducted on 257 freshmen students during Freshman Week in 1937 brought the following data:

Rank in order of activities given first choice	Percent who knew nothing about the sport when answering questionnaire
1. Swimming - - - -	14%
2. Tennis - - - -	22%
3. Skating - - - -	7%
4. Archery - - - -	65%
5. Horseback riding - -	30%
6. Modern Dance - - -	24%
7. Golf - - - -	50%

This table bears out the observation that, in general, lack of interest in recreational activity stems from lack of knowledge.

Average registration in various activities for the two years of this biennium follows:

Individual Sport	
Archery - - - -	310
Golf - - - -	175
Horseback riding -	65
Skating - - - -	50
Tennis - - - -	306
Swimming(Aquatics) -	639

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Table continued.

Team Sports

Baseball - - -	33
Basket ball - -	182
Field Hockey -	28
Soccer - - -	23
Volley ball - -	90
Posture classes - - -	52
Modern Dance - - -	173
Tap Dance - - -	183
Fundamentals - - -	194
Hygiene - - -	306

Aquatics continued to be the most popular division of our program. They include swimming and diving on the elementary, intermediate and advanced levels, life saving and elements of canoeing. Life saving, including the rudiments of canoeing, has received increasing emphasis in the aquatic program since we have had the additional pool in the annex. In each year of this biennium, during one week (Life Saving Week) in the spring quarter, a program of demonstrations of life saving skills, canoeing, and boating techniques and artificial respiration were conducted with the aid of the members of the Aquatic League, a division of the W.A.A. Invitations to students were extended through the Daily and posters. The attendance in 1936-37 averaged between 60 and 70 a day (or a total of about 300.)

The greatest interest ever shown in any activity for one quarter was in tennis in the spring of 1938 when the enrollment was 332 and 12 sections were necessary to accommodate them. Archery is a close competitor with tennis for popularity.

Achievement tests have been used for the following purposes:

1. To sort students into uniform groups for purposes of instruction. This is used for fundamentals and advanced courses in swimming, skating, tennis, basket ball and baseball.
2. To determine the improvement of students in the acquisition of skills. Students are enthusiastic and encouraged when they note their progress. Such tests are used in fundamentals, elementary and intermediate swimming, skating, volley ball, archery, elementary and intermediate tennis and intermediate basket ball.
3. To evaluate an activity for purposes of instruction. This is used in tournament tennis, intermediate basket ball and intermediate tennis.

Valid and reliable achievement tests for college women were published in 1936-37 by Nielsen, Cozens and Cubberly. Tests and scores from this study were used in the following courses in 1937-38: basket ball, volley ball, baseball, field hockey, advanced swimming, tennis and soccer. In addition, departmental tests have been constructed for swimming and tennis; these have been in process of revision, extension and validation during the past two years.

In developing a testing program we have tried to avoid overuse which would kill student interest, but have tried to give tests a place which would appeal to the students as well as to the faculty.

Women's Athletic Association.- During these two years the relations of the Women's Athletic Association with the Women's Self Government Association and the Young Women's Christian Association have been unusually close. There has been unity of thought and effort, and trilateral social meetings of their boards have been held at intervals. One of the most valuable student-faculty committees on the campus is the Co-ordinating Committee which was organized in 1935-36 with the guidance of Dean McCreery. Cooperation made possible through this committee has been of immeasurable benefit to the program of W.A.A. which has been represented at all meetings.

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In 1937-38 W.A.A. received timely help from the Coordinating Committee through a special meeting to discuss ways and means of financing the organization's share of the expense for the dance recital of Hanya Helm.

Balloon Sales for Homecoming.- In 1936-37 plans were made to sell an unusual number of balloons in order to raise money to furnish the new W.A.A. room in the annex of the gymnasium. The organization for the sale was efficiently planned and carried out, as shown by the fact that 5000 more balloons than usual were sold. Two hundred girls worked in close cooperation on the project. However, on account of recent explosions elsewhere of hydrogen-filled balloons used for a similar purpose, it became necessary to substitute helium for hydrogen for filling the balloons, and as a result a deficit of \$109.00 was incurred. Later the administration kindly made \$300. available to the W.A.A. for furnishing their room in order that that part of the project might not suffer, an act they deeply appreciated.

On account of the prohibitive cost of helium, the balloon sale was not held the following year. In its place "Minnesota Buds" were sold at each of the home games by an average group of sixty girls. The receipts did not justify the time and effort spent on the project and it was not repeated.

Since the flight of balloons at the start of the Homecoming game had become a tradition enjoyed by many, and since the balloon sale had been for many years the main support of the W.A.A. program, it was sincerely hoped that a joint project might be worked out, with W.A.A. supplying the balloons and another sponsor supplying the helium, and such was the case in 1938-39.

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Recreation Projects.- In addition to promoting and playing a large part in administering a program of sports and games at 4:30 in the afternoon and a recreation hour at noon, the organization increased its efforts to reach girls who cannot easily take advantage of these hours, e.g., Nurses, the Home Economics students and others who have late laboratory hours. In the spring of 1938, with the help of various faculty advisers, a program of baseball, tennis and archery was promoted, the equipment for which was made available at various decentralized points, e.g., Sanford Hall, the Home Economics Building, the Nurses' Hall. Any group could challenge any other group and arrange a tournament. On Tuesday evening in the gymnasium the pool was open from 7:30 to 9:00, and on Wednesday evening recreational games were offered in the large rooms. Two-hundred individual students participated in these open nights at the gymnasium during the spring quarter.

The clubs affiliated with the W.A.A. are now four. To the Aquatic League and Orchesis were added the Nimrod Club for the riflery group and the Badminton Club. The Aquatic League gave a swimming show both years which, through the courtesy of Mr. Frank McCormick, took place in the Exhibition Pool at Cook Hall. Orchesis gave a recital both years in the Music Auditorium. All four of these events drew large audiences and were more than self-supporting.

One of the projects of W.A.A. was the sponsoring of skiing classes, composed of both men and women. The classes were taught by Miss Margit Davidson, a ski expert from Sweden, who was a guest instructor in the Department of Physical Education for Women for the week of January 24-29. This project was more than self-supporting. Miss Davidson also taught certain classes in Swedish gymnastics. The great enthusiasm of the students aroused by her skilful teaching both of skiing and gymnastics was a tribute to her skill and dramatic leadership.

With the cooperation of Dean Willey, Orchestris sponsored a lecture recital by Hanya Holm at the Northrop Auditorium, February 7, 1938. The audience filled the main floor.

The organization has received helpful advice and cooperation from Mr. Carol Geddes, financial adviser for student organizations, in the handling of funds of the organization and its affiliated clubs.

University High School.- For four years an experimental program has been going on in the University High School under the direction of this department. The classification of the students for their physical education program has been based first on the annual medical and physical examination, and second on the Rogers Physical Capacity tests. The children take the tests on entrance for classification during their first year, and all take them in the spring for classification during the next year. Students with a physical fitness index of from 86 to 115 are enrolled in activities for the median group; those with less than 86 are enrolled in activities also in two special classes a week for the purpose of building up their strength. In the senior high school those with a physical fitness index higher than 115 are treated during the following year as gifted children and are relieved of the physical education requirement but are welcome to elect courses. If in the spring the student's strength tests drop markedly this is taken as an indication that she needs the direction again of the physical education instructor, and she returns to regular class work the following fall for further training, in an effort to make habitual her desirable activity patterns.

The fourfold objectives of the program puts first the building and maintaining of organic efficiency. Study has been made each year of the results of the use of the Rogers test, and at the end of four years the numbers are beginning to be large enough to give some interesting indications.

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The following table is taken from Miss Zimmerli's report. It indicates a slow but steady advance for the below median group ( $Q_1$ ) during the four years. The median and above median groups, in which no special effort to increase strength has been made, show no consistent trend.

PHYSICAL FITNESS INDEX

Year	Cases	$Q_1$	Median	$Q_3$
May, 1935	115	77	94	111
February, 1936	156	78	94	113
March, 1937	141	78	88	103
March, 1938	150	80	93.3	104

The cumulative records of individual girls sometimes show marked drops in the physical fitness over the record of a year ago. Investigation frequently disclosed that within a week after the test an illness developed which was probably already lowering the girl's strength, or that she had recently recovered from an illness. The instructor's subjective judgment was usually consistent with the tests. We planned to continue the use of the tests and the study of accumulated records.

In the preceding two years the teaching program in the school was used increasingly for demonstration purposes for the edification of college students who were majoring and practice-teaching in physical education.

Staff

In 1936-37 Miss Baker was on sabbatical furlough studying at Columbia University; in 1937-38 Miss Snell was on sabbatical furlough studying at Columbia University. Miss Kissock had been promoted from the rank of assistant professor to that of associate professor. In 1936-37 Miss Heiberg replaced Miss Warnock, who resigned to be married, and a part-time instructor was added to the staff, making the number eleven full-time members and one part-time member. In 1937-38 Misses Braun, Gardner, and Thomas replaced Misses Brogdon, Isaacs and Bittinger.

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Public Relations of the Department.- Miss Baker was elected vice-president of the Central District of the American Association for Health and Physical Education at the 1938 convention. She was secretary of the Research Section of the American Association for Health and Physical Education in 1936-37.

Miss Christensen has acted as a member of the Radio Committee of the Council of the Minnesota Physical Education Association.

Miss Kissock worked as a member of the University Committee on Recreation (Mr. Wrenn, Chairman) and represented this department in December, 1937, in the meeting on recreation that was held at the Center for Continuation Study under the auspices of the University and the Recreation Division of the Works Progress Administration.

Miss Zimmerli was Minnesota State Publicity Chairman for the American Association for Health and Physical Education; Chairman of the Committee for a Speakers Bureau of the Minnesota Physical Education Association; Secretary-Treasurer of the Minneapolis section of the Minnesota Physical Education Association (1936-38).

Miss Starr has acted as State Chairman for the Aquatic Committee of the American Association for Health and Physical Education and was a member of the Safety Committee for the Safety Institute held at the Center for Continuation Study, 1938. She was on the Program Committee for the Camp Seminar of the Twin City Camp Directors Association.

The curriculum committee of this department has cooperated closely with the Supervisor of Health and Physical Education of the State Department of Education in planning a program of study for teachers in the field who wished to fulfill the nine quarter credit requirement for part-time teachers of physical education.



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Miss Baker was appointed in the fall of 1937 by the State Supervisor of Health and Physical Education, Mr. Harold Jack, as a member of a committee to work out a correlation of the various minors being offered by the teachers colleges, other colleges and the state University, in order to bring about uniformity in minimum essentials. The committee has now made its report and recommendations.

In the winter of 1938, this department conducted a "posture week" in an attempt to arrest the attention of the students and make them more posture conscious. At the final contest the Minnesota Public Health Association which has continued ever since consistently to stress the importance of good posture, was represented by an observer. As a result and with the help of Dr. Meyerding, the subject of posture is receiving unusual attention through the state. The March issue of "Everybody's Health" contained an illustrated article on posture, "As Others See Us;" the May issue published pictures of the contest winners; and the June-July issue contained an explanation of the posture campaign which was to be conducted by the Minnesota Public Health Association as part of the Christmas Seal education program. Miss Mee spoke at two Y-H Club meetings, and she and Miss Starr assisted in recommending speakers for district programs and in preparing educational material to be sent out next fall by the Minnesota Public Health Association to all schools in the state.

A training course for women officials for basket ball was conducted by members of the state as a service for the Recreational Department of the Minneapolis Park Board, and to give our professional students an opportunity to improve their skill and to secure ratings as officials at games. The Recreation Department insists on a high standard for its officials, who must be women, for women's and girl's games.

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In 1936-37 a member of this staff was instrumental in interesting the teachers of physical education in Minneapolis and St. Paul to form the Twin City Women Officials' Rating Board, in order to improve the quality of the officials in the basketball tournaments that are conducted in both cities during the winter. Miss Augusta Heiberg of this department is Chairman of the Committee. The Committee is taking steps to secure national rating.

In April, 1938, Miss Mary Gardner took the honorary dance group, Orchesis, to Duluth at the invitation of the Duluth State Teachers College. They gave a demonstration of the modern dance before an audience consisting of teachers, college students and Duluth residents.

The Central District of the American Association for Health and Physical Education held its annual convention in the spring of 1938 in Minneapolis, and two days prior to its meeting the Central District of the National Association of Directors of Physical Education for College Women held its annual meeting on this campus. Ten members of this department were active on the committee for one or the other meeting and seven of them appeared on the program.

*During this biennium,*  
A committee was appointed ~~in 1951~~, nation-wide in scope, "whose duty it should be to formulate a set of standards to be used in the evaluation of institutions professing to prepare physical education teachers." As a result of further consideration of the problem to be accomplished, it was later decided that six national organizations be asked to sponsor the study and act as a committee, namely: The American Association for Health and Physical Education, the Society of State Directors of Health and Physical Education, the City Administrators of Health and Physical Education, the Women Directors of Physical Education in Colleges and Universities, the Men Directors of Physical Education in Colleges and

Universities, the Department of School Health and Physical Education of the National Education Association whose representative, Mr. N.P. Neilson, Chief, Division of Health and Physical Education, State Department of Education, Sacramento, California, was chairman of the new committee, as he had been of this original committee.

The study developed into a huge piece of work involving published reports of committee and sub-committees and finally resulted in a tentative set of standards for application to institutions. In order to provide a board for doing the rating necessary, a National Rating Committee was appointed which was widely representative.

In the spring of 1937 the committee for a National Study of Professional Education in Health and Physical Education and the National Rating Committee met in joint session and decided to carry on that year an experimental rating of a number of institutions, in an effort to perfect the rating procedures and the published standards relating to the preparation of health and physical education teachers for service in secondary schools. Invitations were sent to approximately seventy-five institutions to participate in the study.

This department accepted the invitation and received the rating form the following winter. The report became a department project and in March, 1937 was sent in to the chairman. It consisted of 17 pages of self-rating on specified items and 40 pages of information.

It is a slow and doubtless a somewhat discouraging task to evolve an acceptable set of standards for national rating. This department undertook to rate itself for the purpose of helping the National Committee with its important and difficult assignment, realizing the crying need of an instrument for measuring and raising the standards of teacher training

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departments and schools of physical education. The study turned out to be of importance also to the department in revealing its strength and weaknesses as compared with the recommended standards. In general, the results proved gratifying to our department since in most respects comparison with the standards set up by the Committee were favorable to our institution.

Guest Lectures and Artists.— On March 11, 1937, Miss Martha Graham and her students and Mr. Louis Horst gave a lecture-demonstration in the modern dance in Northrop Auditorium through the cooperation of Dean Willey and this department, and on February 7, 1938, through the cooperation of Dean Willey and Orchesis, Miss Hanya Holm and her students gave a lecture-recital. Both drew audiences which filled the first floor comfortably.

During the week of January 24-29 Miss Margit Davidson was a guest-instructor in the department. She taught modern Swedish gymnastics to the students majoring in physical education with the enthusiasm and attention to posture and carriage which was to be expected of a leader who had entered a Swedish gymnastics team in the last Olympic meet. She is also an accomplished teacher of skiing and under the auspices of the Women's Athletic Association made the most of an almost snowless week with an enthusiastic group of students.

During the week of May 2, 1938, Miss Barbara Ellen Joy gave courses in the gymnasium building in Camp Administration and Camp Craft under the auspices of the Extension Division. Every few years it is much worth while to have a person with Miss Joy's high standards, first-hand knowledge of camping and thoroughness in instruction give an intensive course for prospective camp counselors.

The Building.- The new facilities afforded by the annex of the building have proved a blessing. The dirt-floored sports room is in use most of the time and has proved eminently well adapted to the purposes for which it was planned. Golf, archery, basketball, and fundamentals are among the activities that are conducted there. The deep pool is used entirely for those students who already know how to take care of themselves in the water, while the shallow pool in the main building is reserved for beginning classes and for general swimming where beginners may be present. The division of one of the gymnasia in the main building by a movable partition made it possible to carry on all the orthopedic gymnastics there under agreeable conditions and to use the old orthopedic gymnastics room for a much needed classroom.

Four projects of remodeling were carried out during the summer of 1938:

1. enlargement and improvement of the general office and the director's office by removal of certain partitions and related changes;

2. construction of an equipment room in better location and of larger size than the present main equipment room, which served thereafter as headquarters for the dispensing of costumes and equipment and so saved the time of students and staff and secured economies in the services of the locker room service personnel;

3. installation of fans to improve the temperature and ventilation of the two big gymnasium rooms in hot weather;

4. installation and insulation of new hot water heaters in the sub-basement, an improvement highly appreciated by the students who had complained vigorously of unusual heat in a building dedicated to hygiene and physical education.

All of these measures were expected to increase the efficiency of administering the department and to secure comfort for the students using the building.

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Program for Academic Students.- During the biennium an experiment has been conducted in which specific direction of the student in the selection of her motor activity courses has been replaced by guidance and advice. Most students who come to the University have given no thought to an appraisal of their abilities in the field of physical education activities and are not ready to select from the department's wide range of courses the ones which will round out satisfactorily their preparation in this field.

The method of the experiment has been to encourage the student to study her needs in the light of her background and interests and to plan a program of physical education activities for herself that will satisfy immediate needs and supply her with health-giving resources for the future. The classification following her physical examination recommendations from the Health Service, her answers to student questionnaires and personal conferences have assisted the faculty in their guidance of the student.

The course offerings have continued to express the department's belief in the importance of good posture, fundamental motor skill, measurable proficiency in selected physical education activities, and the importance of understanding the effect of physical education activities on the physique and the ability to make useful choices among them.

The selection of activities by the students has been influenced strongly by social usefulness. The trend toward individual sports and away from team sports has continued in accelerated tempo; the attention to good posture has been marked. There is increased interest in courses for developing higher levels of skill on the one hand, and on the other, for courses in activities which the girl has never before had opportunity to learn, such as figure skating and badminton.

Now that this experiment has gone on for two years, during which many students have completed their two-year requirement in physical education, an evaluation is being undertaken to study the relation between the courses chosen and the student's needs as expressed by the physical examination and the physical education background in secondary school.

One evidence that the reorganized program for academic students is making an increased appeal to the students lies in the fact that the increase in registration far exceeds the increase in population of women at the University, e.g., in the biennium of 1938-40 the increase in registration in physical education classes was 17%, while the increase in population of women at the University was only 3%. The figures are as follows: The average total registration for classes for the two years 1938-40 was 3,567, <sup>fall quarter</sup> an increase of 522 over the average of 3,045 in the biennium of 1936-38.

"Posture clinics," first tried in 1938, met with such good response that they have become a recognized service.

Recreation.-- One problem has been to find a way to increase voluntary use of facilities and participation in activities in the hours after half-past four. The size of the campus makes it difficult for many students to get to the Women's Gymnasium, and the convenient proximity of commercial entertainment makes it easy to drift into that kind of recreation. During this biennium an experiment begun in the spring of 1938 has been in progress to extend the services of the department beyond the limits of the gymnasium. Game and sports equipment have been taken to certain groups of students instead of requiring them to come to the gymnasium. The centers which were chosen are Sanford Hall, Powell Hall, the Farm Campus Gymnasium, the Minneapolis General Hospital, the Co-operative cottages and Panhellenic. The students to whom this opportunity was extended gave enthusiastic response.

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The Women's Athletic Association had formed an affiliated club, the Recreational League, for carrying out this new program. Any group of girls may organize for participation. Tournament competition between the groups developed, and enrollment steadily increased. One of the staff members of the department, Beatrice Baird, was designated to foster this development. Seven activities were included in the program this year: baseball, basket ball, bowling, riding, swimming, table tennis, and volleyball. Seventy-two teams competed, 26 organized groups were involved, and 986 individuals participated.

The regular program of the W.A.A. proceeded much as in the past few years. Two new clubs were organized and functioned- the Badminton Club and the Masque and Foil Club. The organization has sponsored an evening recreation hour for women alone and a noon co-recreational hour for men and women during every quarter. Each autumn the organization conducted a high school play-day, the attendance at which in 1939 was nearly 300 girls. It carried on also highly successful balloon sales at Homecoming football games in 1938 and 1939, the profits of which went a long way toward supporting its program. Each year Aquatic League presented a swimming pageant and Orchestra gave a recital. As usual, half of the profits went into the W.A.A. treasury.

The figures for all participation in 1939-40 are:

Fall quarter	-	-	-	2,600
Winter "	-	-	-	2,945
Spring "	-	-	-	2,800
Total	--	--	--	<u>8,345</u>

Awards for participation to the extent of one or more full quarters were given to 434 women.



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Professional Curriculum.- Study and revision of the major and minor curricula for teacher training have been in progress during the past two years with the purpose of closer correlation with the needs of Minnesota schools for teaching services. Since the great majority of Minnesota schools do not employ full-time teachers of physical education it is important for our graduates to be prepared to teach in one or more minor fields. Certain members of the staff have worked with committees appointed by the state supervisor of health and physical education in setting up minimum standards for certification of teachers of physical education. The revision of our curricula profited by this committee work.

Among the curricular changes has been an increase in the flexibility of the sequences secured by reducing the number of required courses and increasing the opportunity for electives. Subject matter for secondary teaching fields is made more accessible. Five graduate courses that count toward the new Master of Education degree have been developed and taught during the two years.

The usual comprehensive plan of student teaching has been carried out on the elementary, secondary, and college levels, using the city schools, the University High School, the college classes at the University. It has included observation, demonstration, the teaching of both general and corrective physical education, and the teaching of personal health. The frequency and care with which it has been supervised form one of the strengths of our set-up at the University of Minnesota.

Public Relations.- Two of the staff and some of the students carried on an experiment during 1939-40 in the laboratory of Physiological Hygiene under the direction of Dr. Ancel Keys. The study was concerned with the rate of recovery from fatigue after exercise; it was to continue in 1940-41.

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The department cooperated with the Red Cross program for the reduction of swimming fatalities by opening the pool for testing applicants for water-safety instructorship. One of the staff has conducted a course of refresher lessons for those who are planning to take the tests. Water safety demonstrations were given in the spring each year and were attended by 150 students.

The department was now a center for a national Women Officials' Rating Board which is the outgrowth of the Twin City Board organized two years ago. The Rating Board conducted a short series of lessons each winter for women who wished to receive its endorsement. This endorsement was recognized by the recreation departments of both Minneapolis and St. Paul, who, if possible, use only women officials for tournaments in which women compete.

**The Building.**- The administrative offices have been remodeled by the removal of certain partitions, converting four small rooms into two larger ones, a general office and a director's office. Remodeling one end of the locker room created a central equipment room where the equipment which the department dispenses to students- towels, costumes, and activity equipment- could be given out over a counter. Losses of University equipment can be almost eliminated by efficient functioning at this counter, and a strategic view by the attendant over the locker room led to greater safety for students' property.

Remodeling of the instructors' dressing and rest rooms has resulted in an adequate and comfortable dressing room for a staff that has long ago outgrown the original one. The students, too, were more conveniently accommodated.

Graduate Work in the Professional Curriculum.- The authority given by the Board of Regents to the College of Education in the spring of 1938 to grant the degree of Master of Education in Physical Education to students who complete the five-year curriculum in physical education marks an important advance in the development of the department, which can now take its place with those of other universities in offering graduate work. It can respond to the needs of graduate students who wish to do advanced study in physical education at the University of Minnesota. This department anticipates close cooperation with the College of Education in the development of policies concerning the selection of students and their adjustment to the new set-up.

The five year curriculum is the result of four years of cooperative effort. It is set up on the two-three basis. Undergraduate students will be expected to make their choice at the end of the second year and if they desire to work for the master's degree, will at that time receive careful guidance in arranging their plans for the following three years. It will still be possible for other students to graduate at the end of four years with a bachelor's degree. Graduate students will be guided in the choice of their courses according to their previous training and experience. The undergraduate courses will, as at present, be separate for men and women; the graduate course of both departments will be open to both men and women. The graduate courses that will be offered in this department in 1938-39 are:

- P.E. 111Ef. An Advanced Course in Methods of Teaching in Physical Education.
- P.E. 112Es. Supervision of Physical Education.
- P.E. 113Es. Physical Education in the Elementary Schools.
- P.E. 114Ew. The Administration of the Health Education Program.
- P.E. 115Ef. Recent Literature and Research in Mechanics of Movement.

The State Department of Education has taken an advanced position requiring some professional training in teachers of physical education even though they teach it only part-time. The regulation of a minimum preparation of nine quarter credits of professional training is announced to go into effect September 1, 1938. Many states have no such published requirement.

Course Requirements for the Nine-Credit Endorsement.- This department has cooperated closely with the State Supervisor of Health and Physical Education and later with the Acting Supervisor in planning and offering courses, especially in the summer session, for the nine-credit endorsement. Courses approved by the State Supervisor have been starred in the Summer Session Bulletin for two summers, and the total registration for the courses has been 325 (115 individuals) in 1937 and 573 (175 individuals) in 1938. It is planned to offer certain of the courses on Saturday mornings next spring.

The State Department has announced that the minimum preparation for all new teachers will be raised in the near future to a minor in physical education. The minor offered by this department has been revised to cooperate with the State Department plans after careful study of the relation of the nine-credit endorsement, the minor and the major curricula.

Appointment through the cooperative action of the Department of Physical Education and Athletics and the Medical School of Dr. Ancel Keys as Professor of Physiology opens up rich opportunities for graduate study by women as well as men who are interested in the problems of physiology as affected by physical education activities. This marks an important advancement in the possibilities of research in our field. Our department has cooperated with the Physiology Department by providing part of one instructor's time to assist with undergraduate physiology in the winter quarter. The same instructor teaches general and applied anatomy in the spring quarter to the women majoring in physical education. The course in general anatomy has now been opened to men students majoring in physical education.

A map showing the distribution of the graduates of the teacher training curriculum was appended to this report. As would be expected, the majority cluster in and around Minnesota. The number in the Atlantic States and Pacific States is large enough to be interesting. It is gratifying that most of the graduates send us information regarding themselves, and apparently all of those who wish to teach are teaching.

DEPARTMENT HISTORY  
1939-40

Staff who taught graduate courses in 1939-40:

An Advanced Course in Methods of Teaching in Physical Education

Dr. Norris  
Miss Baker  
Miss Snell  
Miss Starr  
Miss Mee

Supervision of Physical Education

Miss Baker

Physical Education in the Elementary Schools

Miss Baker

The Administration of the Health Education Program

Miss Starr

Recent Literature and Research in Mechanics of Movement

Miss Braun

Seminar in Physical Education

Dr. Norris  
Miss Baker  
Miss Kissock  
Miss Snell  
Miss Starr