SURVEY AND EVALUATION OF THE HEALTH
AND PHYSICAL EDUCATION PROGRAM
AT KENTUCKY STATE COLLEGE FOR
NEGROES

A Thesis Presented for the
Degree of Master of Arts

By
Grant Sylvester Gray, B. A.

THE OHIO STATE UNIVERSITY
1947

Approved by:
DEDICATED
TO MY WIFE

LAGULIA IRENE GRAY
ACKNOWLEDGEMENTS

It is a great pleasure to acknowledge my indebtedness to all the students and faculty members of Kentucky State College, who through their cooperation helped to make my survey for factual material concerning their Health and Physical Education program a success.

Grateful acknowledgements and special thanks are extended to the following: Dr. Willard P. Ashbrook, Dr. Delbert Oberteuffer, of The Ohio State University and Robert M. White, President Rufus B. Atwood of Kentucky State College, who contributed to this thesis by sharing their experiences, thoughts, and time.

G.S.G.
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CHAPTER I
INTRODUCTION

Since this study is concerned with the one college in question, Kentucky State College, it may be of some important help to the college in its educational progress. Studies of this nature should be made of the health and physical education department and also other departments of the college so they can keep abreast with current changes and findings.

The health and physical education program in colleges is dependent upon a number of factors for its development. A few of these factors are: (1) proper administration; (2) preparation of teachers; (3) equipment and facilities; and (4) time given to health and physical education in the curriculum of the college.

Statement of Problem. To make a survey of the administration of the health and physical education at Kentucky State College for Negroes. This view will be comprehensive with reference to condition, situation and value.
Importance of the Study. Most school people recognize the fact that health and physical education is a very important course of study in a good educational program. They recognize that health and physical education is needed if pupils are to be subjected to a wide range of experiences in other steps or walks of life.

The educators at Kentucky State College are aware of the fact that their program is behind in caliber compared to that of the better prepared teachers and their philosophies.

In recent years there has been a rapidly increasing need of a study of the health and physical education program at Kentucky State College. This need was brought about by increased enrollments and interest in health and physical education.

An important phase of the study is to acquaint the administrators of the health and physical education program at Kentucky State College with what administrative standards and policies should guide them in matters of health and physical. This study can be used as a medium in showing the administrators of the health and physical education program at Kentucky State College their strong points and weaknesses. The study also shows definitely where improvements can be made.
Surveys and studies of this type and nature should be made every five years. To the knowledge of the author there has not been a survey of the health and physical education program at Kentucky State made until this study was undertaken by the author. It is therefore, deemed that a service to the college will be rendered through this study. This study aims to stimulate improvement in the health and physical education program at Kentucky State College.
To the knowledge of the author no similar study has been made of a college health and physical education program. This is the first study of this kind to be made of the health and physical education program of Kentucky State College. However, studies have been made on the different phases of health and physical education for colleges, some of them are as follows:


During the school year of 1938-39 this study was made in fifty-one Negro colleges in fifteen different states. The material is based on the analysis of the reports of the fifty-one schools. The investigation was made by personal inspections of the organization, health services, health fees, health examinations, health records, health instruction program, and sanitation plant of each of the fifty-one colleges.

The findings shows that certain health activities are lacking in the majority of these institutions and
that the reasons for these deficiencies may be summed up as follows:

1. Lack of interest on the part of college administrators.
2. Lack of sufficient budgetary allowances.
3. Lack of trained personnel.
4. Lack of effective organization.

The college administrator who fails to meet this responsibility is not fully discharging his trust to the community. The school is a community institution. Whether governmental or privately supported, funds are derived from the community.


Hughes made this study with the purpose of unifying the administration of college health, required physical education, and athletics utmost in mind. His belief is that health and physical education administrative officers in institutions of higher learning should be organized in one department or administrative division or that these activities should be coordinated to a far greater extent than has been in the case in
Suspected Missing Page 6
most institutions. Hughes approached this study from the following angles - presented an historical background of health and physical education in colleges and attacked the administration of health and physical education from six phases which are: (1) health supervision of environment, (2) health service to students, (3) health instruction, (4) required physical education, (5) intramural athletics, and (5) intercollegiate athletics.

A summary of his findings in this study is

colleges and universities are generally regarded today as socializing agencies which prepare students for the various aspects of life, therefore, health and physical education activities can play an important part in the education of the "whole student."

The physician, the hygiene teacher, the physical educator, and the athletic coach must join in a united effort to reorganize health, required physical education and athletics for more efficient and economical administration.


This study made by Morrison was based on study and research made in the field of mental hygiene. Dr.
Morrison prepared this study and read it before the Minnesota Academy of Medicine.

Findings as a result of this study are:

(1) The establishment in every college of a well equipped student's health service connected with which should be a neuropsychiatrist, preferably one who has had special training in this work.

(2) A careful and complete physical examination including that of a neuropsychiatrist, of every student at least once a year.

(3) The instruction, possibly by visiting lecturers, of professors and instructors in the elementary principles of mental hygiene, not only for their own good, but also that they may recognize and understand.

(4) The division of classes into small groups with each individual of which an instructor will be in close contact, not only in work, but socially as well.

(5) The encouraging of the individual student to take the initiative and seek advice and help from his instructors, dean, and health services.

If our universities can so equip their students that they will be able to "adjust life happily and successfully" they will be accomplishing a work of unestimable value for future generations.
Eleven years ago at Minnesota University this study was made. MacLean used as his tools in making this study the aims and objectives of physical education, classification test and eleven different activity tests. This study was made of both men and women.

A summary of the findings is that physical education has an important but not too important place in general education. It must not be led astray by will-o'the-wisp of increasing leisure time into any delusion of grandeur concerning itself. It has hard work, experimental work, ahead of it to develop instruction in appreciating of sport activities and in participation particularly in those areas of activity that may be most continuously useful to adults in American society.

Physical education must test its objectives, its processes, and their results at every step. It must work against growing competition within and without the academic wall. As in all educational fields, physical education has a tough job ahead, adjusting itself to new students, new times, new demands.
An interesting study made in 1938 of a health instruction program at Wilberforce University is related to the phase of health instruction as used in this study. Lewis in his study used the following methods for gathering factual material: (1) administration of health examination and health knowledge tests; (2) findings from health records, and (3) questionnaire findings of student interest results from a course of study.

A brief summary of the findings is that health instruction is one of the most important phases of health education and therefore must be guided by the same basic philosophy. Its aims and objectives must be in keeping with the best that education can offer. This study found (1) the area of physical deficiency in the students' health status, (2) the use of the infirmary by the students, (3) shows the area in which the students were deficient in health knowledge, and (4) shows the areas of health knowledge interests expressed by freshmen college students.
CHAPTER II

METHODS AND PROCEDURES

The purpose and objective in a study of this kind is to assemble data that are both reliable and factual. In gathering the data three points of great importance must be adhered to if these purposes are to be realized. The points of importance that must be followed are: (1) there must be sufficient data collected to make the study representative of existing conditions, (2) the compiler must be accurate and willing to check and re-check his material, and (3) no prejudice must enter into the study and its findings.

Methods and Procedures of Gathering Material

(1) To select qualifications and criteria for the administration of college health and physical education programs;

(2) to observe the administration of health and physical education at Kentucky State College, attending all health and physical education classes during the week, thus drawing my own conclusions of their program in action;
(3) to have a personal conference with the Director of Health and Physical Education of Kentucky State College;

(4) to have a special personal conference with fifteen students of health and physical education at Kentucky State College and

(5) to use a questionnaire to compile data on the health and physical education program. The questionnaire is to be made up of standards and criteria of a college health and physical education program. This questionnaire is to be given to students and faculty members of Kentucky State College.

The fifth method, use of questionnaire, was undoubtedly the most important procedure used in securing information and material for this thesis, therefore, it is believed that facts pertaining to this survey and questionnaire should be elaborated upon.

Many school systems require the student who expects to distribute questionnaire to teachers or pupils within the system to secure written approval of the superintendent of schools or of one of his assistants. Whether or not this is an absolute rule in any given system, many difficulties will be avoided and
a friendly situation created if this procedure is followed and this courtesy extended to the administrative officers of the school concerned.¹

The following two letters were received before work on the questionnaire was begun.

February 5, 1947

Mr. Grant S. Gray
1467 E. Long Street
Columbus, Ohio

Dear Grant:

The study proposed in your letter of January 31 meets with my approval. We will be happy to have you make it.

Kindest regards to yourself and Mrs. Gray.

Very sincerely yours,

R. B. Atwood
President

RBA:MPL
February 4, 1947

Mr. Grant S. Gray
1467 East Long Street
Columbus, Ohio

Dear Grant:

I have your letter of January 30. We will be very happy for you to make a survey of our health and physical education department.

Best regards to Mrs. Gray.

Very truly yours,

Robert M. White
Athletic Director
By extending courtesy to the proper administrative officers it proved worth while in all respects. The administrative officers extended their fullest cooperation in every way that was possible. The study proved that it has great value to the school and the administrative officers are interested in the results, which shall be forwarded to them. A very close relationship between the administrative officers and the author has been developed through the interest of the study.

A definition of the terms "standard" and "policy" should be made clear to the reader as they are used in connection with the questionnaire in this study. A standard is used here as a measure of quality or quantity which has been proposed by authorities, accepted by experts, or established by scientific facts or by general usage and consent. A policy is used here as a plan of action or administration adopted by a division, department or institution in the conduct of its affairs.2

This survey is not a verdict but provides an opportunity for improvement. It is not the purpose

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of this study to include the hygiene of instruction, content of formal hygiene courses, and construction or location of such permanent facilities as buildings, fields, stadiums, courts, and tracks. However it is the purpose of the survey to evaluate Kentucky State College as to how they meet the standards and policies in the administration of health and physical education in colleges and universities. Special references will be made in regard to sanitation, health service, health instruction, required physical education, intramural athletics and intercollegiate athletics. These essential standards and policies are proposed by Hughes, they will be followed in the survey.

In with the Hughes plan the following outline represents the areas of health and physical education from which the policies and standards are taken to form the essential criteria of a college health and physical education program.

SECTION 1 -- Administrative

1.1 Health and physical education
1.2 Health
SECTION 2 -- Health Supervision

2.1 General Control
2.2 Rooming Houses
   2.21 Heating
   2.22 Lighting
   2.23 Cleaning
   2.24 Bathroom
   2.25 Furnishings
2.3 Eating Places
   2.31 Inspections
   2.32 Waste disposal
2.4 Classrooms
   2.41 Cleaning
   2.42 Ventilation and heating
   2.43 Drinking fountains
   2.45 Toilets
2.5 Miscellaneous

SECTION 3 -- Health Service

3.1 Organization and staff
3.2 Health examination
3.3 Follow-up conference and findings
3.4 Medical treatment
3.5 Immunization and control of communicable diseases
3.6 Facilities and equipment
   3.61 Dispensary
   3.62 Infirmary
   3.63 Hospital
   3.64 Laboratory
3.7 Health of athletes
3.8 Finances
3.9 Health records
SECTION 4 -- Health Instruction
4.1 General
4.2 Staff
4.3 Hours and credit
4.4 Organization
4.5 Sex education
4.6 Mental hygiene

SECTION 5 -- Required Physical Education
5.1 Organization and staff
5.2 Classification of students
5.3 Requirements
5.4 Instruction
5.5 Attendance (absences and excuses)
5.6 Credit
5.7 Program of activities
5.8 Marks
5.9 Tests
5.10 Restricted and corrective physical education
5.11 Facilities and equipment
   5.111 Fields and courts
   5.112 Purchase and care of equipment
   5.113 Uniforms and towels
   5.114 Baskets, lockers, and locker rooms
   5.115 The swimming pool
5.12 Regulations for bathers
5.13 Regulations for the swimming pool operator
5.14 Sanitation of gymnasium
5.15 Finances
5.16 Relation of the Physical Education Department to the Military Department
5.17 Physical Education for faculty

SECTION 6 -- Intramural Athletics

6.1 Organization and staff
6.2 Facilities and equipment
6.3 Program of activities
6.4 Schedules
6.5 Eligibility
6.6 Awards
6.7 Finances
6.8 Publicity
6.9 Records

SECTION 7 -- Intercollegiate Athletics

7.1 Organization and staff
7.2 Student managers
7.3 Coaches
7.4 Physician
7.5 Business Management of athletics (Finances)
7.6 Purchase of equipment
7.7 Accounting
7.8 Bookkeeping
7.9 Ticket sales
7.10 Facilities and equipment
7.11 Health of athletes
7.12 Management of contests
7.13 Home contests
7.14 Trips for contest with opponents
7.15 Programs of sports
7.16 Publicity
7.17 Scholarships

The questionnaire and the results can be found in the Appendix A. The questionnaire was given to eighty-four students and sixteen teachers of Kentucky State College, therefore, results are tabulated on the bases of one hundred per standard or policy.

The results of the findings on Administration and Health Education will be presented in Chapter III, and Chapter IV, respectively.
CHAPTER III

ADMINISTRATION AND CURRICULUM

Administrative Plan. The definition of the term administration as used in this survey and evaluation is as follows: Administration has to do with the machinery necessary in conducting the affairs of the division or department so that the teaching and learning process may go on. Administration does not exist for itself. It is merely a means not an end. It ties the various units together into a functioning whole.

In evaluating administrative results from the questionnaire the writer found that Kentucky State College meets the essential standards and policies.

Through personal conferences and observation with administrators and students the writer found a very close relationship between the departments of health and physical education at Kentucky State College. The chart on page 23 will show this relationship.

3 William L. Hughes, _loc. cit._
4 See Appendix A (page 67, section 1, numbers 1 and 2)
ADMINISTRATIVE PLAN AT KENTUCKY STATE

COLLEGE

Office of the President

Special Personnel
- Doctor
- Dentist
- Nurse

Director of Health and Physical Education

Health Committee

Health Service

Program of Health and Physical Education

Health Instruction

Health Exams
- Follow-Up Exams
- Seasonal Exams
- For Athletics
- Disease Control
- Sanitation

Trained Staff of Men and Women

Hygiene
- First Aid
- Safety Ed.

Physical Education

Activities

Modified Games

Classes
- Games
- Stunts
- Sports
- Mass Act.

Elective Group
- Seasonal Act.
- Intramural
- Interscholastic
- Individual
- Sports and Games

Restricted Exercise
This chart of the health and physical education program shows the various departments and indicate the prominent relationship that may be expected from such a program when properly conducted. It is assumed that the entire department should be under the head of one individual, the director of health and physical education, who in turn is responsible to the president of the college. The special personnel in charge of the health service department and the health committee who supervises the instruction unit are both responsible to the Director of health and physical education. The chart also presents a relationship between programs of the phases of health service, health and physical education, and health instruction which are obligated to the office of the director. The programs are further divided into separate activities. The entire administrative plan operates on the bases of one department with separate units within the department of health and physical education.

The organization arrangement as shown in Chart No. 1 and explained above are compatible to good administrative policies.
Present health and physical education program at Kentucky State College at the present time.

The author will give you a picture of the present health and physical education program at Kentucky State College from three different phases, they are: (1) the objectives of the department, (2) a four year curriculum, and (3) description of courses.

(1) The Objectives of the Department:

The purpose of the Department of Health and Physical Education is that of service to the College, and that of a limited field of specialization.

THE DEPARTMENT AS A SERVICE AGENCY:

To serve the needs of the College as a whole. The purpose of this phase:

1. An attempt to discover and correct remediable defects of all students.

2. To promote in the individual and in the group physical and emotional preventive health.

3. To keep the college administration officers aware and informed of the health of the student body.

4. To provide leadership and the program for recreational opportunities for all students.

5. To provide opportunities for participation in intercollegiate sports for the new exceptionally skilled man and opportunities for participation in intramural sports for the less skilled.

6. To aid all students of the College through a program rigorously active to develop certain attitudes and habits of justice, temperance, courage and initiative.

THE DEPARTMENT IN ITS FIELD OF SPECIALIZATION:

Secondary to the above purposes is the work of developing a major in the field of physical education. The purpose of this phrase are:

1. To develop good teachers of health and physical education.

2. To provide each major student with courses which will be a foundation for further work in the field of community recreation.

3. To study the health conditions and status of physical education programs in various communities of the State with a view of making prospective teachers aware of such conditions.

For the B.S. degree, all students must present credit for 36 quarter hours, in the selection of which prerequisite requirements must be observed.

Majors in the Department are prepared for positions of leadership in the fields of physical education teaching, athletic coaching, recreation and health supervision. For such students the purchase of the gymnasium uniform prescribed by the Department for its majors is required.
(2) A Four Year Curriculum

MAJOR - PHYSICAL AND HEALTH EDUCATION

Upper Two Years

Freshman Year

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<td>Physical Ed. 111 - Introduction to Phy. Ed.</td>
<td>4</td>
<td>Physical Ed. 121 - Personal Hygiene</td>
<td>3</td>
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<tr>
<td>English 101 - English Comp. and Rhetoric</td>
<td>3</td>
<td>English 102 English Comp. and Rhetoric</td>
<td>3</td>
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<td>Biology 101 - Fundamentals of Biology</td>
<td>4</td>
<td>Biology 102 - Fundamentals of Biology</td>
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<td>History 101 - World Civilization</td>
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<td>History 102 - World Civilization</td>
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<td>Physical Ed. 102 - Recreational Activities</td>
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<td></td>
<td>Physical Ed. 132 - Modern and Social Dancing</td>
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Third Quarter

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<tr>
<td>Physical Ed. 122 - First Aid</td>
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<td>English 103 - English Comp. and Rhetoric</td>
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<td>Biology 102 -</td>
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<td>P. Ed. 103 - Rec. Act.</td>
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<td>P. Ed. 133 - Folk and Nat'l Dancing</td>
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**Sophomore Year**

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<td>P. Ed. 221 Human Anatomy</td>
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<td>P. Ed. 201a - Phy Educ Practice</td>
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<td>Eng. 201 - Speech</td>
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<td>Soc. 201 - Intro to Soc. Sci.</td>
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<td><strong>2nd Quarter</strong></td>
<td>P. Ed. 222 - Physiology</td>
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<td>P. Ed. 202a - Phy. Ed. Pract.</td>
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<td>Eng. 212 - Sur. of Eng. Lit</td>
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<td>Soc. 202 - Int. to Soc. Sci.</td>
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<td><strong>3rd Quarter</strong></td>
<td>P. Ed. 203a - P. Ed. Pract.</td>
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<td>Eng. 213 - Sur. of Eng. Lit</td>
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<td>Phy. Ed. 313 - Corrective Physical Education</td>
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<td>Phy. Ed. 333 - Archery</td>
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<td>Phy. Ed. 323 - Org. and Adm. Intramural Athletics</td>
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<td>Phy. Ed. 343 - Boxing and Wrestling</td>
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## SENIOR YEAR

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<td>12</td>
<td>Education 402 - Tests and Measurements</td>
<td>3</td>
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### Third Quarter

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(3) **Description of Courses**

**General Courses**

**Health Education**

**Phy. Educ. 121, Personal Hygiene. Freshman Year - 2nd Quarter - 2 quarter hours.** A study of the factors involved in the personal health to develop proper habits and attitudes relative to the individual.

**Phy. Educ. 122, First Aid. Freshman Year - 3rd Quarter - 2 quarter hours.** To teach by means of lectures, demonstrations and practice, methods of administrating first aid in the home, school, playground and average community.

**Phy. Educ. 302, Health and Safety Education. 2nd Quarter - 3 hours credit.** Organization and administration of a health education program in the public schools. Methods in teaching health information, lesson planning, safety in the home, community, etc. This course satisfies a part of the State Requirement.

**Physical Education**

**Phy. Educ. 111, Introduction to Physical Education. First Quarter - 4 hours credit. Freshman year (Majors only).**

**Phy. Educ. 101, 102, 103. Recreational Activities (M-W) First, Second and third quarters. Freshman year. 1 hour credit per quarter.** Fundamental motor skills and graded games in such activities as games, contest, relays, marching, calisthenics, tumbling and stunts. Prerequisite: Major will be required to pass a performance test.

**Phy. Educ. 132. Modern and Social Dancing. 2nd Quarter. Freshman year. 1 hour credit.** Fundamentals of modern and social dancing to develop grace and beauty in dancing. (Required of Majors)

**Phy. Educ. 221. Human Anatomy. 3 hours credit. Sophomore year. First quarter.** The gross anatomy of the systems of the body, with emphasis on the muscular and skeletal systems and bodily movements.
Phys. Educ. 201a, Physical Education Practice. Sophomore year First Quarter, 2 hrs. credit. (Majors only). Practice given to majors as squad leaders in 101, and the techniques and methods for touch football, soccer, speedball and hockey.

Phys. Educ. 202a, Physical Education Practice. Second Quarter, 2 hrs. credit. (Majors only). Practice given to majors as squad leaders in 102, and the techniques and methods for volleyball, stunts and tumbling and basketball.

Phys. Educ. 203a, Physical Education Practice. Third quarter, 2 hrs. credit. (Majors only). Practice given to majors as squad leaders in 103, and the techniques and methods of tennis, softball, track and field, archery.


Phys. Educ. 321, History and Principles of Physical Education. First Quarter, Junior Year. 2 hrs. credit. (Required of majors). A study of the principles basic to the field.


Phys. Educ. 331, Advanced Technique in Tennis and Badminton. First Quarter, Junior Year. 1 hr. credit. (Required of majors). A course designed to give majors in the field more practice in the techniques of badminton and tennis.


Phys. Educ. 332, Minor Sports. Second Quarter. Junior year. 1 hr. credit. (Required of majors). Development of skills in: ping-pong, shuffleboard, darts, bat tennis; Majors required to pass a performance examination.
Phy. Educ. 343, Boxing and Wrestling. Junior Year, Third Quarter, 1 hr. credit. To develop techniques in boxing and wrestling.


Prerequisites: Phy. Educ. 221 and 222.

Phy. Educ. 323, Organ and Administration of Intramural Athletics. Third Quarter, Junior year, 2 hrs. credit. A course in the organization and administration of Intramural activities on the Jr. and Sr. High School levels, with emphasis on publicity, awards, tournaments, scoring, records, constitutions and by-laws.

Phy. Educ. 333, Archery. Third Quarter, Junior Year, 1 hr. credit. (Required of majors). A course in the advanced techniques and skills of archery.

Phy. Educ. 401. Seminar in Health and Physical Education. First Quarter, Sr. Year, 3 hrs. credit. A course designed to have instruction on the overall problems in the field with practice in activities taught in previous years, research.

Phy. Educ. 402. The Organization and Administration of Physical Education. Second Quarter, Senior Year, 3 hrs. credit. A study of the certification, qualification, tenure, salaries, and duties of teachers, coaches, and supervisors. (Required of majors).

The information dealing with the present health and physical education program at Kentucky State College was taken from the Kentucky State College Bulletin.
It is the opinion of the author that the objectives are worthy and the courses are adequate to a good administered program of health and physical education.

Although special attention has been given to the curriculum of health and physical education in this chapter a more detailed analysis of the health program will be taken up in Chapter IV.
CHAPTER IV

HEALTH EDUCATION

The growing importance of health education in colleges and universities has made it one of the most controversial matters of the day. Popular public condemnation of health education and beliefs are characterized by the following: that health education is, (1) a state of well being, (2) freedom from diseases, (3) just hygiene, and (4) sanitation. Modern leaders have found that health education is more far reaching than any of these statements and will accept the all inclusive definition by Wood and Browell. Their definition is, that health education is the "sum of experiences, in school and elsewhere, which favorably influence habits, attitudes and knowledge related to individual, community, and racial health. 6

In view of the above definition and purposes of the study the phases that will be discussed are (1) Health supervision (hygiene of the environment), (2) Health Service (examinations, conferences and medical treatment), and (3) Health Instruction (hygiene teaching).

6 T. D. Wood and C. L. Brownell, Source Book in Health and Physical Education, p. 57
Health Supervision. In his study, Hughes, says that a definition for health supervision is as follows: health supervision includes sanitation of buildings, rooming houses, eating places, swimming pools, locker and shower rooms, water supply, food and food handlers; and such health matters as heating, lighting, ventilation, fire protection and toilet accommodations.

The hygiene of instruction is not included as a part of this study because the administration of this phase of the college health program is usually in charge of deans and other officers of instruction.

In making a study of the status of health supervision the criteria are in the form of statements concerning practices in supervision. Faculty and students were invited to indicate their agreement or disagreement. Thirty-one statements comprised the entire questionnaire on health supervision. However, eight criteria involving rooming houses were deleted. The writer took the liberty of omitting these criteria from the list because 98% of the student body live in dormitories and trailers and 2% live with their families. Eleven statements were answered by the faculty and

7. W. L. Hughes, loc. cit.
8. See Appendix B Page 79, Section 2, Nos. 3 to 11.
students. Twelve criteria were checked by the writer with the approval of the chairman of the physical education department.

Of the replies received on the twenty-three criteria the college failed to adequately meet four of them. The specific inadequacies are:

1. A list of the rooming and boarding houses approved by the health education department, together with rating, should be kept on file in the office of the director;

2. Sources of radiation (in college buildings) should be so adjusted as to prevent overheating of persons in seat adjacent thereto;

3. All buildings should be provided with fire escapes on the third floor and above;

4. Rules against expectorating on the walks of the campus, on the steps of the buildings, and on the floors and halls and classrooms of the buildings should be posted and enforced. Students violating the rule should be liable to disciplinary action.

In addition to information gathered by the above questionnaire on health supervision the author was able to gather some substantial facts on health supervision through personal conferences with administrative officials and through self observation. At Kentucky State College control over health supervision or the hygiene of the environment is exer-

9. See Appendix A (Page 68, Section 2, Nos. 3 through 13)
10. See Appendix B (Page 79, Section 2, Nos. 1, 2, 11 to 20)
oised by the director of health education. This Factor is performed in cooperation with the State Board of Health rather than with the local board, for there is no local board. The standard that the department of health education should cooperate with the superintendent of building and grounds and the voluntary officers in various buildings in maintaining sanitary conditions, is a situation that is at the present time being developed.

Health Service. The writer has selected Hughes' definition of health service because of its close relationship to the study.

"Health service included health examinations, follow-up health conferences, medical treatment; control of communicable diseases; health of athletes, faculty, and employees; and dispensary, infirmary, laboratory, and hospital services." 11

Criteria advocated by Hughes were used in making a study of the status of health service. These criteria are in the form of statements concerning practices in health service. The faculty and students of Kentucky State College were invited to indicate their opinions pro or con. The questionnaire on health service was comprised of sixty-two standards. Eighteen statements were answered by the faculty

11. W. L. Hughes, loc. cit.
and students. Forty-four criteria were checked by the writer with the approval of the Director of the Health and Physical Department.

From the answers of the eighteen criteria the college failed to adequately meet three of them, namely:

1. That the department of health education should be insured against malpractice by legal and financial protection.

2. Therapeutic measures should be administered only under medical supervision.

3. That the dispensary should be easily accessible to the entire student body or population.

In addition to these above finding of the questionnaire, it was found from experience and knowledge of the health service program at Kentucky State College that the dispensary is not functionally stable. A poor practice is that the dispensary is located in one of the girls' dormitories and it is hard for men to gain admittance during the night. It is believed that it is good administration to have the personnel of the health service department on

12. See Appendix A (page 69, Section 3, Nos. 14 through 32.)
13. See Appendix B (page 80, Section 3, Nos. 21 through 64)
the campus. At present the only person remaining on the campus is the school nurse. The doctor and dentist practice and live in Lexington, Kentucky, which is twenty-eight miles from the campus. The doctor is on the campus once a week, every Thursday evening, and the dentist is on the campus once a week also, every Friday afternoon.

### Health Instruction

The writer in order to direct your thinking on health instruction offers the following interpretation: that the definition of the term health instruction as used in this survey and evaluation is as follows: health instruction includes the formal teaching of hygiene. There has been an attempt to determine and evaluate standards and policies in the administration of this phase of health education programs but the course content is not a part of this study.

In making the survey of the phase health instruction the policies advocated by Hughes were used. These criteria are in form of statements concerning practices and policies in health instruction. The faculty and students were invited to indicate their negative or positive beliefs. On the

original questionnaire there are eight statements of what a college should have in regard to health instruction. All eight of these criteria were used in this study.

From the tabulated results of the questionnaire it is found that Kentucky State College needs a mental hygiene program. The program did not meet the following standards and policies:

1. Mental hygiene service to students should be clearly distinguished from college administrative and disciplinary procedures, scholastic planning and counseling service, and from services which aim primarily at vocational guidance and placement. A college mental hygiene service should not be used as a disciplinary agent.

2. Mental hygiene service for individual students should be a therapeutic service conducted under the directorship of a psychiatrist.

In view of the findings it is believed that the addition of a psychiatrist would enhance not only the area of mental hygiene but the program of health instruction as well.

15. See Appendix A (page 71, Section 4, Nos. 33 to 40)
The writer has included in this study a chart of the entrance physical examination given at Kentucky State College. This examination is administered at the beginning of every school year, and in addition has an efficient follow-up service. This chart is on pages 43, 44, and 45.

The phase of physical education will be dealt with in Chapter V.
Chart No. II

ENTRANCE PHYSICAL EXAMINATION

Kentucky State College
Department of Health

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Ht.</th>
<th>ins.</th>
<th>Wt.</th>
<th>lbs</th>
<th>Chest</th>
<th>ins.</th>
<th>Hips</th>
<th>Abd.</th>
</tr>
</thead>
</table>

Posture Rating

<table>
<thead>
<tr>
<th>Head</th>
<th>Shoulder</th>
<th>Spine</th>
<th>Hips</th>
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</thead>
</table>

Spine

<table>
<thead>
<tr>
<th>Kyphosis</th>
<th>Limited Motion</th>
<th>Tenderness</th>
<th>Other Abn.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lordosis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scoliosis</td>
<td></td>
<td></td>
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</table>

Joint

<table>
<thead>
<tr>
<th>Extremities</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Skin</th>
</tr>
</thead>
</table>

Edema Degrees Cyanosis
Varicosities Description Jaundice
Clubbed digits Pallor
Paralysis Pigmentation

Lymph Nodes

<table>
<thead>
<tr>
<th>Cervical</th>
<th>Auxiliary</th>
<th>Liptrochlear</th>
<th>Inquinal</th>
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</thead>
</table>

Dental

<table>
<thead>
<tr>
<th>No. Cavities(filled)</th>
<th>I Requiring Immediate Attention</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. Cavities(unfilled)</td>
<td>II &quot; Early Treatment</td>
</tr>
<tr>
<td>No. Absent Classification</td>
<td>III &quot; Extended</td>
</tr>
<tr>
<td>Needs Cleaning</td>
<td>IV Not &quot; Treatment</td>
</tr>
</tbody>
</table>

Gums
### CHART NO. II  
(Continued.)

<table>
<thead>
<tr>
<th>Eyes</th>
<th>Ears</th>
<th>Nose and Throat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision:</td>
<td>Hearing:</td>
<td></td>
</tr>
<tr>
<td>Right ______</td>
<td>Right ______</td>
<td>Tonsils: ______</td>
</tr>
<tr>
<td>Left ______</td>
<td>Left ______</td>
<td>In-Diseased</td>
</tr>
<tr>
<td>With Glasses</td>
<td>Discharge ______</td>
<td>Normal ______</td>
</tr>
<tr>
<td>Without &quot;</td>
<td>Other condi- ______</td>
<td>Out - Clean</td>
</tr>
<tr>
<td>Glasses Needed</td>
<td>______ ______</td>
<td>Tabs ______</td>
</tr>
<tr>
<td>Glasses not Needed</td>
<td>______________</td>
<td>Nose ______</td>
</tr>
<tr>
<td></td>
<td>Recommendations</td>
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</tr>
</tbody>
</table>

<table>
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<tr>
<th>Genito-Urinary</th>
<th>Abdomen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Operation Scar</td>
</tr>
<tr>
<td></td>
<td>Local or General Tenderness</td>
</tr>
<tr>
<td></td>
<td>Others ______</td>
</tr>
<tr>
<td>Recommendations</td>
<td>Recommendations</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Blood Pressure:</th>
<th>Systolic ______</th>
<th>Diastolic ______</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Chest and Lungs</th>
<th>Heart: Tones ______ Action ______ Size ______ Murmur S ______</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pulse: Sittine ______ D ______</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Character ______</th>
<th>Recommendations ______</th>
</tr>
</thead>
</table>
CHART NO. II
(Continued.)

Date of Successful Vaccination________ Kahn____ Mantoux____
X-ray________ Smear________

History for Women Students

<table>
<thead>
<tr>
<th>Age of first Appearance</th>
<th>Pain: Before</th>
<th>After</th>
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<tbody>
<tr>
<td>Duration</td>
<td>Leucorrhea</td>
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</tr>
<tr>
<td>Interval</td>
<td>Treatments</td>
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</tbody>
</table>

Summary Defects

<table>
<thead>
<tr>
<th>Orthopedic</th>
<th>Genito-Urinary</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skin</th>
<th>Abdomen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dental</th>
<th>Heart and Lungs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Eyes</th>
<th>Tuberculin: Result</th>
<th>X-Ray: Results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ears, Nose and Throat</th>
<th>Kahn</th>
<th>Smear</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

* Taken from Form 200A of the Department of Health of Kentucky State College.
CHAPTER V

PHYSICAL EDUCATION

Physical education has been defined as the "sum of a pupil's activities, selected according to kind and conducted according to outcome." This definition is compatible with the purpose and intent of the required program at Kentucky State College. The physical activities to be used as a medium in this study are:

1. Required physical education.
2. Intramural athletics; and
3. Intercollegiate athletics.

Required Physical Education: Voltmer and Esslinger have clarified the status of required physical education by stating that it is that part of education which proceeds by means of, or predominantly through, physical activity; it is not some separate, partially related field. The college under inspection in this study maintains a two year requirement of physical education. The fulfillment of the purposes stated herein are dependent upon the standards set up by each college. Furthermore, it is in agreement with the plan submitted by Oberteuffer, namely, that the

required program provides for the registration of all students in regular classes meeting at stipulated times and following a course of study. This administrative policy is adhered to at Kentucky State College.

Many states have passed laws requiring physical education to be taught in the various school systems. There is a general agreement that physical education should be required of all students in the public schools and a considerable body of opinion holding that the requirements should operate during the first two years of college. It is of course true that College or University conditions may warrant an elective rather than a required program but this question should be decided with relation to all the facts of the situation.

In making a study of the status of required physical education the criteria advocated by Hughes were used. These criteria are in the form of statements concerning practices in required physical education. Faculty and students were invited to indicate their agreement or disagreement. One hundred and nine standards comprised the entire questionnaire on required physical education. However,

forty criteria involving the swimming pool were deleted. The writer took the liberty to omit these criteria from the list because Kentucky State College does not have a swimming pool. Forty-two criteria were checked by the writer with the approval of the chairman of the physical education department. Twenty-seven statements were answered by the faculty and students. Two blanket questions were on the questionnaire that was used in the study, to cover the swimming pool administration. They were:

(1) Do you have a swimming pool?

(2) Do you have any standards or policies for swimming?

Tabulated results show that neither of the above standards appear in the physical education program at Kentucky State College.

19. See Appendix B (page 87, Section 5, Nos. 102 to 142)
20. See Appendix B (page 84, Section 5, Nos. 65 to 101)
21. See Appendix A (page 72, Section 5, Nos. 41 to 67)
Of the replies received on the sixty-nine criteria, the college failed to adequately meet twelve of them. They are mentioned below:

(1) That the students should be required to show, in addition to swimming, some skill in at least two organized team games, and two "carry-over" sports before credit is granted in physical. This should be determined by tests, if available, or by judgements of staff members.

(2) That the department of physical education should provide restricted physical education for those individuals who are physically handicapped, whether permanently or temporarily.

(3) That the clinical procedure for individual corrections should be administered by especially trained teachers of orthopedics who carry on individualized instruction under the close supervision of a thoroughly qualified doctor of medicine.

(4) That a golf course, public, private, or owned by the institution, should be available for student use at a minimum cost to the students.

(5) That the institution should furnish towels for physical education classes.
(6) That an attendant or custodian should be provided to distribute and collect equipment (uniforms, towels, balls, etc.) at all hours when physical education facilities are in use.

(7) If a basket system is used sufficient lockers should be provided to accommodate the greatest number of students (peak load) participating in activities at any one time.

(8) Equipment should be kept on a rack in a basket or equipment room in charge of an attendant.

(9) Where equipment baskets are provided the students should obtain the basket, dress in a clean uniform, deposit street clothes and basket in a locker while participating and finally return the basket and soiled equipment to the attendant.

(10) Clean uniforms (costumes) should be kept in the baskets and soiled equipment should be sent to the laundry immediately.

(11) In institutions where the basket system is not in use the department of physical education should provide a sufficient number of lockers to accommodate all students
who desire to participate in activities.

(12) Double type lockers should be at least 12 x 12 by 36 inches in size.

The information revealed by the questionnaire on required physical education indicates some definite short comings when compared to accepted criteria even though twelve of these deficiencies have been enumerated they may prove to be significant in reorganizing the required physical education program.

In addition to the information gathered on the required physical education program the writer states that there is no restricted physical education for those individuals who are physically handicapped, whether permanently or temporarily. As a matter of fact there appears to be no attempt to provide a individual corrective program at Kentucky State College.

Furthermore the following deficiencies were found in regard to space and facilities:

(1) Swimming pool.
(2) Golf Course.
(3) Locker system.
(4) Locker space.
(5) Uniform system.
Intramural Athletics. Forsythe states that the word "intramural" means "within the walls:" therefore, intramural athletic activities conducted within a school itself as contrasted with athletic contests played between two or more schools.

Oberteuffer gives a fuller explanation of intramural athletics when he states that the aim of intramural (within the walls) program is the same as that for the entire curriculum, namely, education in leisure, organic development, and social adjustment. The intramural program of both boys and girls brings them the wholesome benefits of vigorous competition and permits the great mass of students to enjoy the good hitherto known only to the varsity athlete.


23. Oberteuffer, *op. cit.* p. 74
Voltmer and Esslinger further clarify the enriching functional aspects of intramural athletics by stating that the physical education curriculum functions mainly in developing the fundamentals of various sports and knowledges, and of appreciations and desires in connection with them. Specialization is impossible because of the small time allotment and the large number of activities which deserve consideration. Intramural athletics offer the opportunity for specialization in preferred activities. The required program should develop the fundamental skills, techniques, and knowledge of golf, tennis, badminton, handball, swimming, volleyball, baseball and other sports. To the greatest extent possible, an appreciation for these different sports and a desire to engage in them further should be established. Each student will have individual preferences which he should express in intramural athletics.

When the standard measuring stick was used in connection with intramural athletics it was found twenty-nine standards comprised the entire questionnaire. Twenty-five criteria were checked by the author with the approval of

25. See Appendix B (Page 91 Section 6. Nos. 149 to 174)
the director of physical education. Four statements were answered by the faculty and students.

From the tabulated results of the questionnaire used in this study it was found that Kentucky State College meets all requirements of a good intramural athletic program for men. Even though an adequate program is provided for men there's a marked deficiency in the program for women.

Although the questionnaire did not request details of the men's intramural organisation the writer has taken the liberty of including the college intramural athletic plan in Appendix C.

26. See Appendix A (Page 75 Section 6, Nos. 68 to 71)
Intercollegiate Athletics. In order to direct your thinking on intercollegiate athletics the writer offers the following interpretation by Oberteuffer:

It is the competing of members of one college against the members of another college (both institutions being separate of the other) in a game or contest.

In order to clarify your thinking on intercollegiate athletics the author submits a statement that is worth consideration, he states that intercollegiate athletics are definitely a part of the physical education program and has become a very important fraction. One must be aware of the public influence on intercollegiate athletics and should be prepared to handle this situation accordingly. Oberteuffer further analyzed this statement by placing athletics in its proper place in the educational program. He goes on to say that "intercollegiate athletics are here to stay -- but not to remain unchanged in its administration and conduct."

27. Oberteuffer, op. cit., p. 90
For securing the status of intercollegiate athletics
the criteria advocated by Hughes were used. These stand-
ards are in form of statements concerning practices in
intercollegiate athletics. The faculty and students were
invited to indicate their views pro and con. Forty-four
standards comprised the entire questionnaire on intercol-
legiate athletics. Nine statements were answered by the
faculty and students. Thirty-five statements were checked
by the writer with the approval of the chairman of the
physical education department.

Of the forty-four replies received on these criteria
the college failed to adequately meet five of them. Their
short comings are:

(1) That athletes should be paid for campus employment
by the hour at current uniform price for services
actually rendered.

(2) That any athlete with a head injury shall be sent
to the infirmary at once to remain for the night.

(3) The institution should not pay sport writer for
sport stories.

(4) Scholarships should be awarded on basis of need
regardless of athletes or intellectual ability.

28. See Appendix A (Page 75 Section 7, Nos. 72 to 81)
29. See Appendix B (Page 93 Section 7, Nos. 175 to 210)
(5) Employment for athletes should be secured through the same office and on the same basis as it is secured for other students in the institution.

In addition to the questionnaire results it was found through conferences and personal observation that all student managers should be scholastically eligible or else be automatically removed from office; this is a standard at Kentucky State College, but it is not enforced. Campus jobs are awarded on athletic ability and not the basis of need. It is the writer's belief that this is a very poor policy and should be corrected. Furthermore, it is the opinion of the author that athletes should not be given any type of priority.

The summary and recommendations of this study will be found in Chapter VI.
CHAPTER VI

SUMMARY

Of the two hundred and eighty-eight (288) essential standards and policies for a program of health and physical education in colleges and universities, it was found that the program at Kentucky State College met two hundred and fifty-nine (259) of them. However, the program did not meet twenty-nine of these criteria. In terms of percentage the total tabulation came to the following:

The program met 90.07 per cent of the accepted standards, and failed to meet 9.93 per cent of the requirements of a good and well rounded program of college health and physical education.

It can be said that the administrative phase of health and physical program at Kentucky State College operates with complete cooperation between all departments. The intramural athletic program for men is very good and substantial one at the school.

The major improvements needed to meet the essential standards and policies are:
(1) Building a swimming pool.

(2) Building of an infirmary and employing the necessary professional people to run the infirmary. This infirmary shall be accessible to all at all times.

(3) Programs for the following phases of health and physical education should be set up in the department:

(3.1) for the handicapped, correctives and therapeutic treatments, and restricted physical training.

(3.2) Mental hygiene programs.

(4) Building of a golf course.

(5) Development of a locker and basket systems.

With the meeting of the above needed major improvements the health and physical education program at Kentucky State College will be taking a step forward in complying with essential standards of a college health and physical education program.
RECOMMENDATIONS

In making this study it has been the desire of the author to present a list of recommendations for the health and physical education program at Kentucky State College.

These recommendations are listed below under the different phases of health and physical education from this study was made.

1. Administrative Plan

1.1 The health and physical education program at Kentucky State College meets the essential standards and policies of section one, dealing with the administrative plan. This information is found in Appendix A, page 67.

There are no recommendations to be made on this phase of the study.

2. Health Supervision

2.1 In reference to rooming houses it is recommended that a list of approved rooming houses, (approved by the department of health education) be kept on file in the director's office.

2.2 Some type of fire escapes should be provided for buildings of three floors and above. In future planning for new buildings this factor should be kept in mind.
2.3 A modern radiation system should be put into use to provide for unsound healthful conditions of radiation system now in use. This factor can also be carried over into the planning of new buildings.

2.4 Rules regarding expectorating on walks of the campus, on the steps of the buildings and on the floors and halls of the classrooms of the buildings should be posted and enforced. Students should be liable to disciplinary action for violating these rules. This recommendation will not be any expense whatsoever to the school.

3) Health Service

3.1 The supervision of therapeutic treatments should be one of the duties of the school's doctor. The school should purchase the necessary equipment to carry on therapeutic treatments.

3.2 The dispensary should be in a building which is accessible to all students at all times. This requirement can be met with added expense to the school.

4) Health Instruction

4.1 A psychiatrist should be employed to head the mental hygiene phase of health instruction. From this department the student should benefit in the following: (1) scholastic planning; (2) counseling service; and (3) services which aim primarily at vocational guidance and
placement. Above all this mental hygiene service should not be a disciplinary agency.

5. **Required Physical Education**

5.1 A swimming pool should be provided. The administrators of physical education should take this need to the president of the college and through proper channels appeal to the State Legislature for the appropriate funds necessary to build a swimming pool. Swimming is one of the requirements that must be met in order for a college to offer a major in Physical education. Whenever the recommendation of providing for a swimming pool is met and swimming is introduced into your program, this would be the best time to establish your policies concerning operation and control of the pool.

5.2 Some type of physical education activity should be provided for all, regardless of the physical-handicapped. The instructor in charge of this phase of the program, along with the advice of a doctor, should have a well rounded background in this field of specialization.

5.3 That clinical procedure for individual corrections should be administered by special trained teachers of orthopedics. This individualized instruction should be carried on under close supervision of a thoroughly qualified doctor of medicine.
5.4 A golf course should be available for students. This recommendation can easily be met at Kentucky State College. There are 365 acres of farm land owned by the school. At least 100 acres of this land is not in use. The natural conditions of the land is very favorable for a golf course. The cost of this course can be paid for from fees for physical education and money made from the general public for the use of the golf course.

5.5 The policy of the school furnishing towels for the members of physical education classes should be adopted. This condition can easily be met at Kentucky State College, because they have their own laundry system and there would be no extra laundry expense. They should purchase a supply of towels and put the towel system into operation.

5.6 The clean uniform policy can be met in the same way as the problem of issuing towels. (as mentioned recommendation number five - preceding this one).

5.7 An attendant should be provided to issue gear and equipment. This can be met by employing a person for this special duty or employing students who are working their way through school.

5.8 Locker and basket systems can not be adequately met at Kentucky State College until more room is provided for both systems.
The supply of equipment baskets and clothes lockers for students of physical education at the college is very small and not enough to serve five per cent of the student body participating in physical education classes at any one given time. A very definite correction should be made there. Attention of this failure to meet the essential standards and policies can only be met by providing larger and better locker rooms, with a larger supply of baskets and lockers.

6. **Intramural Athletics**

6.1 It is suggested by the author that a well rounded program of intramural athletics comparable to the men's program should be provided for women at Kentucky State College.

7. **Intercollegiate Athletics**

7.1 The administrators should steer away from the policy of paying sport writers for sport stories. The factor that intercollegiate athletics are for the students should not be overlooked and misused.

7.2 The college should provide for an infirmary that is easily accessible by all and one where men can go and spend the night if necessary. It is a necessity that there should be an infirmary to take care of athletes in case of emergencies.

7.3 It should be the policy of the college to employ athletes on the same basis as employment is secured
for the other students of the institution.

7.4 The payment of athletes for campus employment should be at the current uniform price for services actually rendered.

7.5 Scholarships should be awarded on the basis of need regardless of athletic or intellectual ability. Kentucky State College can meet the above mentioned recommendations 7.3, 7.4, and 7.5. This can be done through the work and influence of the administrators of the program of health and physical education.

It is the desire of the writer that this study will create an interest in the problem, in order that further studies of this type will be made, with the welfare of the health and physical education program of Kentucky State College in view.
BIBLIOGRAPHY


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APPENDIX A
APPENDIX A

The questionnaire in this appendix was actually used in making the survey of the health and physical education program of Kentucky State College. This questionnaire was filled out by the students and faculty members of Kentucky State College.

The tabulated results of each essential standard and policy will be found in the column at the left of each page. There are seventy-eight (78) essential standards and policies of health and physical education in colleges and universities, which were taken from the original questionnaire. Three blanket questions (5, 64, 65) covering rooming houses and swimming were also used.

The original questionnaire was made up of two hundred and eighty-eight (288) essential standards and policies of health and physical education in colleges and universities. The remainder of these standards and policies will be found in Appendix B, with their proper placement as far as their application to this study of the evaluation and survey of the health and physical education program at Kentucky State College is concerned.
SURVEY OF THE HEALTH AND PHYSICAL EDUCATION PROGRAM AT KENTUCKY STATE COLLEGE

This questionnaire consists of the essential standards and policies of health and physical education in colleges and universities.

PURPOSE - The purpose of this survey is to evaluate the health and physical education program at Kentucky State College, from seven phases: (1) Administrative Plan, (2) Health Supervision, (3) Health Service, (4) Health Instruction, (5) Required Physical Education, (6) Intramural Athletics and (7) Intercollegiate Athletics.

DIRECTIONS - Mark an (X) in either column at the left of the page if the standard or policy listed is (YES) or is not (NO) a standard or a policy of the health and physical education program at Kentucky State College.

**SECTION ONE - ADMINISTRATIVE PLAN**

<table>
<thead>
<tr>
<th></th>
<th>(NO)</th>
<th>(YES)</th>
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<tbody>
<tr>
<td>100</td>
<td>1. The administration of health and physical education (including athletics) is the responsibility of the institution and should be under its complete control.</td>
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<tr>
<td>98</td>
<td>2. (a) Health Supervision or hygiene of the environment, (b) Health Service, including health examinations, follow-up conferences, medical treatment, etc. and (c) Health Instruction, or Hygiene Teaching.</td>
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### SECTION TWO - HEALTH SUPERVISION

<table>
<thead>
<tr>
<th>(NO) (YES)</th>
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<tr>
<td>1 99</td>
<td>3. Control over health supervision or the hygiene of the environment should be exercised by the director of health education in cooperation with the local board of health.</td>
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<tr>
<td>100</td>
<td>4. The department of health education should cooperate with the superintendent of buildings and grounds and the voluntary officers in various buildings in maintaining sanitary conditions. There should also be cooperation with the deans, the department of sanitary engineers, and the engineering department.</td>
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<td>10 90</td>
<td>5. Since 98 per cent of the student body lives in dormitories and the other 2 per cent with their families standards and policies concerning rooming houses don't affect Kentucky State College.</td>
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<td>1 99</td>
<td>6. All water used for cooking, washing dishes, or drinking in eating places used by students should come from sources approved by the department of health education.</td>
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<tr>
<td>100</td>
<td>7. There should be regulations by the department of health education requiring that dishes and cooking utensils in eating places used by students be kept in a clean and sanitary condition.</td>
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<td>85 15</td>
<td>8. A list of the rooming and boarding houses approved by the health education department, together with ratings, should be kept on file in the office of the director.</td>
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<td>94 6</td>
<td>9. Sources of direct radiation (in college buildings) should be so adjusted as to prevent overheating of persons in seat adjacent thereto.</td>
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<tr>
<td>100</td>
<td>10. All buildings should be provided with fire escapes on the third floor and above.</td>
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<tr>
<td>92 8</td>
<td>11. Rules against expectorating on the walks of the campus, on the steps of the buildings, and on the floors of the halls and classrooms of the buildings should be posted and enforced. Students violating the rule should be liable to disciplinary action.</td>
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<tr>
<td><strong>5</strong></td>
<td><strong>95</strong></td>
<td><strong>12.</strong> Officers and employees of the institution should be encouraged to report to the department of health education violations of the sanitary regulations.</td>
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<td><strong>100</strong></td>
<td><strong>13.</strong> Students should be encouraged to enter complaints when they believe the institution's health regulations are not being observed, and the health education department should give immediate attention to such complaints.</td>
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<td><strong>SECTION THREE - HEALTH SERVICE</strong></td>
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<td><strong>-- 100</strong></td>
<td><strong>14.</strong> Health education should include the three phases: health supervision or hygiene of the environment; health service including examinations, follow-up conferences, medical treatment, etc.; and health instruction.</td>
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<td><strong>-- 100</strong></td>
<td><strong>15.</strong> The director of health education or college physician should be paid a definite salary and should not be permitted to collect fees from the institution or the students.</td>
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<td><strong>-- 100</strong></td>
<td><strong>16.</strong> There should be close cooperation between the department of health education and the local and state health agencies. This should express itself in the joint use of laboratory facilities, joint promotion, and publicity, etc.</td>
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<td><strong>8</strong></td>
<td><strong>92</strong></td>
<td><strong>17.</strong> Students with acute gonorrhea and syphilis should be admitted only under strict supervision.</td>
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<td><strong>-- 100</strong></td>
<td><strong>18.</strong> Admission should be refused those students physically unable to carry the work required by the institution without jeopardizing their own health.</td>
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<td><strong>98</strong></td>
<td><strong>19.</strong> At least 30 to 40 minutes per student should be provided for the health examination and the necessary consultation.</td>
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<td>No</td>
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<td>1</td>
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<td>20. During the health examination the examiners should attempt to secure the student's confidence and cooperation. The educational aspects of the examination should be interpreted to the student.</td>
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<tr>
<td>2</td>
<td>100</td>
<td>21. Repeated examinations should be required of students who, at the time of the regular examination, are found to be in need of continued medical observation.</td>
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<tr>
<td>3</td>
<td>100</td>
<td>22. Hours should be scheduled daily, including Saturday, in the health education offices for regularly scheduled conferences and for men who voluntarily seek help in the solution of their health problems.</td>
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<td>23. A limited service should be provided for the medical treatment of ambulatory cases.</td>
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<td></td>
<td>100</td>
<td>24. The institution should provide diagnostic facilities either in the student health service or by contract or agreement with community physicians and with community diagnostic laboratories.</td>
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<td>25. The department of health education should be insured against malpractice by legal and financial protection.</td>
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<td></td>
<td>100</td>
<td>26. Therapeutic measures should be administered only under medical supervision.</td>
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<td></td>
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<td>28. Students excluded from classrooms and rooming houses should be reported to the local board of health immediately.</td>
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<td>69</td>
<td>31</td>
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<td></td>
<td>3</td>
<td>97</td>
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</tbody>
</table>
The isolation of suspicious cases of illness should be done by the department of health education in operation with the local board of health.

Hospitalization for sick students should be provided by the institution or arrangements should be made with local hospitals for the care of students needing hospital care.

### SECTION FOUR - HEALTH INSTRUCTION

| 100 | 31. Health instruction (hygiene teaching) should be the responsibility of the department of health and physical education. |
| 100 | 32. Health instruction (hygiene) should be given by the members of the staff in health and physical education. Such instructors may be physicians, nurses, or physical educators but they should be qualified members of the faculty. |
| 100 | 33. The instructor in hygiene should have special training in anatomy, physiology, hygiene, bacteriology, psychology, mental hygiene, sociology, methods of teaching, genetics, eugenics, and research. |
| 100 | 34. Health instruction should be given credit recognition. |
| 100 | 35. Group instruction in hygiene should be supplemented by individual instruction as occasions arise in health examinations, follow-up conferences, athletic training and competition, and physical education activities. |
| 100 | 36. An introduction to sex education should be included in the required courses in hygiene. |
39. Mental hygiene service to students should be clearly distinguished from college administrative and disciplinary procedures, scholastic planning and counseling service, and from services which aim primarily at vocational guidance and placement. A college mental hygiene service should not be used as a disciplinary agent.

40. Mental hygiene service for individual students should be a therapeutic service conducted under the directorship of a psychiatrist.

SECTION FIVE - REQUIRED PHYSICAL EDUCATION

41. Physical education instructors in the required activities should have a college degree, and an undergraduate major of at least 40 semester hours in health and physical education or the equivalent.

42. Members of the physical education staff should belong to the important state, sectional, and national organizations, such as the sectional and national organization of the American Physical Education Association, and the Society of Directors of Physical Education in Colleges.

43. Undergraduates should not be used as instructors in physical education classes except under close supervision.

44. Instruction should be offered in all voluntary activities to upper classmen and faculty if they desire instructions.

45. Attendance should be recorded by some rapid method which does not require more than one or two minutes of time which otherwise might be used for instruction or activity.

46. The physical education activity program should be supplemented by knowledge tests and motor achievements.
47. Students should be required to show, in addition to swimming, some skill in at least two organized team games, and two "carry-over" sports before credit, is granted in physical education. This skill should be determined by tests, if available, or by judgments of staff members.

48. The department of physical education should provide restricted physical education for those individuals who are physically handicapped, whether permanently or temporarily.

49. Students classified by the health examination as unable to take the regular physical education program should be required to register in restricted physical education.

50. Physical education should not be a hospital-ized procedure and only those students who cannot profit more by the regular program should be given restricted exercise and activity, which approximates as closely as possible the regular program, and which is compatible with the physical defect.

51. The clinical procedure for individual corrections should be administered by especially trained teachers of orthopedics who carry on individualized instruction under the close supervision of a thoroughly qualified doctor of medicine.

52. A golf course, public, private, or owned by the institution, should be available for student use at a minimum cost to the students.

53. The institution should furnish towels for physical education classes.

54. An attendant or custodian should be provided to distribute and collect equipment (uniforms, towels, balls, etc.) at all hours when the physical education facilities are in use.

55. The physical education department should provide the facilities and personnel for repairing equipment or should make arrangements for having the repair work done outside the department.
| --- | 100 | 56. Mats should not be dragged over the floor. |
| 89 | 11 | 57. If a basket system is used sufficient lockers should be provided to accommodate the greatest number of students (peak load) participating in activities at any one time. |
| 99 | 1 | 58. Equipment baskets should be kept on a rack in a basket or equipment room in charge of an attendant. |
| 98 | 2 | 59. Where equipment baskets are provided the students should obtain the basket, dress in a clean uniform, deposit street clothes and basket in a locker while participating and finally return the basket and soiled equipment to the attendant. |
| 100 | --- | 60. Clean uniforms (costumes) should be kept in the baskets, and soiled equipment should be sent to the laundry immediately. |
| 100 | --- | 61. In institutions where the basket system is not in use the department of physical education should provide a sufficient number of lockers to accommodate all students who desire to participate in activities. |
| 100 | --- | 62. Double type lockers should be at least 12 x 12 x 36 inches in size. |
| 14 | 86 | 63. Locker rooms should be kept at a temperature of approximately 70°F, when in use. |
| 100 | --- | 64. Do you have a swimming pool? |
| 100 | --- | 65. Do you have any standards or policies for swimming? |
| 33 | 67 | 66. Gymnasium locker, toilet, training, and shower room floors and locker room benches should be thoroughly cleaned with hot water an soap and disinfected daily. |
| --- | 100 | 67. The department of physical education should provide opportunity for the faculty to engage in recreational activities. Use of facilities should be encouraged and instruction should be offered when desired. |
SECTION SIX - INTRAMURAL ATHLETICS

<table>
<thead>
<tr>
<th>NO</th>
<th>YES</th>
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<tbody>
<tr>
<td>68</td>
<td>All students should be required to undergo the health examination and receive the physician's permit before they are permitted to participate in intramural athletics.</td>
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<td>69</td>
<td>Activities should be physically wholesome (vigorous; not too strenuous; safe for the novice).</td>
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<td>70</td>
<td>All intramural participants should be required to pass the health examination and receive a permit from the physician.</td>
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<td>71</td>
<td>Students should not be permitted to participate in intramural football, cross country, boxing, or wrestling, without first having gone through a conditioning routine.</td>
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SECTION SEVEN - INTERCOLLEGIATE ATHLETICS

<table>
<thead>
<tr>
<th>NO</th>
<th>YES</th>
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<tr>
<td>72</td>
<td>All student athletic managers should be scholastically eligible or else be automatically removed from office.</td>
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<td>73</td>
<td>Athletic policies should be shaped with the idea of the welfare of the students in mind rather than for financial profits.</td>
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<tr>
<td>74</td>
<td>Financial statements, showing the exact status of the accounts of the athletic department, should be published at least annually.</td>
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<td>75</td>
<td>Athletes should be paid for campus employment by the hour at the current uniform price for services actually rendered.</td>
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<td>76</td>
<td>The policy of the athletic department regarding the responsibility for the reasonable care of athletic injuries should be definitely made known to students.</td>
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<tr>
<td>77</td>
<td>Any athlete with a head injury should be sent to the infirmary at once to remain for the night.</td>
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APPENDIX B

The remainder of the original questionnaire of essential standards and policies will be found in this appendix. Essential standards and policies covering rooming houses (3 through 10) and those covering the swimming pool (102 through 143) were not used in this study, due to the fact that there are no rooming houses and that there is no swimming pool at Kentucky State College.

Not cited above are one hundred and sixty-two (162) standards and policies that also appear here they are definite standards and policies of the health and physical education program at Kentucky State College, therefore, they were not used in this study. Proof to substantiate this fact appears in a letter of approval from the Director of Health and Physical Education at Kentucky State College. This letter will appear on the next page.

Sections one and four are omitted because they were used in the survey in their entirety.
To All Concerned:

The Health & Physical Education Department of Kentucky State College meets the standards that are not mentioned in the questionnaire by Mr. Gray. They should be rated 100 for they are conditions that prevail at Kentucky State College.

We consider this survey of utmost importance and value to our department and Mr. Gray.

Very truly yours,

Robert M. White

ROBERT M. WHITE
Director, Health & Physical Education
SECTION TWO - HEALTH SUPERVISION

1. There should be an annual sanitary survey by the director of health education or a trained sanitarian in conjunction with other health agencies concerned.

2. The sanitary survey should include such matters as general environment; classroom environment; housing conditions; sewage and garbage disposal; food, water, and milk supplies; and eating places.

Rooming Houses

3. All householders who desire to rent to students should be registered with the institution and should be placed on the approved list.

4. Rooming houses on the institution's approved list should be required to meet heating, lighting, ventilating, screening, toilet, bath, size of room, and control of communicable disease requirements laid down by the department.

5. Study rooms should be heated by hot water, steam, or hot air systems. If a gas stove is used, the gas connections should be metal and the fumes should be carried from the room by a pipe or chimney.

6. Each study room should be provided with a shaded electric table light. If a gas light is used, there should be a mantle and a frosted globe.

7. Study rooms should be cared for daily and thoroughly cleaned at least once each week.

8. Clean bed linen, sheets and pillow cases, should be provided weekly in study rooms.

9. Plumbing fixtures should be kept in satisfactory working condition in student rooming houses.

10. All rooms and houses used by fraternities and clubs, and all student rooming and boarding houses, should be open at all times for inspection by the health education department.
11. All rooms where food is stored, prepared, or served to students should be kept thoroughly clean and screened against insects and animals.

12. No privy vault, open cesspool, or pen containing animals of any kind should be permitted within 50 feet of any room used for storing, preparing, or serving food for students.

13. All garbage around eating houses where food is served to students should be placed in covered sanitary receptacles and removed daily.

14. Classrooms should be swept or vacuum cleaned daily.

15. All lockers used for clothing should be thoroughly cleaned and disinfected at least once each year, and always upon the transfer of the locker from one student to another.

16. There should be provided (in college buildings) sufficient air change to avoid unpleasant odors.

17. Fire hose and water supply should be provided where they are easily accessible in case of emergency.

18. Fire alarms should be centrally located and in full view. Fire alarms should be in hearing distance of every floor.

19. The drinking fountains provided should be the type in which the bowl is so constructed that the lips of the user cannot come into contact with the orifice from which the water issues.

20. Toilet rooms should be provided with a maximum of sunlight and ventilation.

**SECTION THREE - HEALTH SERVICE**

21. The health of the student is the responsibility of the university or college.

22. Extra nurses should be provided for special duty on special cases.

23. Local physicians should be made to feel that the department is anxious to cooperate with them on providing the best service to students.

24. An entrance health and physical examination should be a prerequisite to matriculation.

25. The institution should refuse admission to students who would be a menace to the health of the student body.

26. The institution should not admit students with communicable diseases.
27. Students with active tuberculosis of the lungs and psychoses should not be admitted.

28. Students with acute gonorrhea and syphilis should not be permitted to attend classes until treatment has been instituted and until given a permit by the health officer of the institution.

29. If a corps of specialists is used, some one physician, preferably the director of health education, should take into account the diagnoses of the different specialists and act as health adviser and coordinator for the students.

30. All students planning on participating in athletics should be required to pass satisfactorily each season a health examination before going into active training.

31. Students who expose others to health injury because of their lack of self-care should not be permitted to remain in the institution.

32. A program of academic work for each student should be devised which is suitable to and consistent with the condition of the student as revealed by the health examination.

33. The instructors in physical education should be notified by the health education department when a student is excused from physical education entirely, assigned a limited program, or temporarily excused.

34. The health education department should not undertake extensive medical or surgical treatment for students and there should be no attempt to do the work of specialists or treat long chronic illnesses unless the institution is in a position to provide the highest quality of professional service.

35. Emergency medical treatment should be given in the offices of the health education department for the purpose of safeguarding the student until the arrival of his own physician.

36. Serious and complicated injuries to students which present difficulties in the making of films and interpreting results should be X-rayed by expert roentgenologists only.

37. The members of the staff should advise students against irregular practitioners but should shift the responsibility to the student if he goes against their advice.
38. The director of health education, or physicians who are members of the staff, should not interfere with the treatment of students by qualified physicians.

39. The institution should reserve the right to call upon any physician for consultation in the treatment of ill students.

40. The same confidential relationship should exist between a student and a member of the health education staff as between a physician and his patient except where it is conflict with the best interests of the student body as a whole.

41. Communicable disease cases should be handled in accordance with the regulations of the department of health for the state in which the institution is located.

42. Vaccination against smallpox should be a requirement for admission.

43. Certificates of previous vaccination against smallpox should not be accepted in the absence of a scar.

44. Students should be excluded from classrooms and rooming houses if they show signs of diphtheria, influenza, measles, mumps, serious communicable diseases.

45. The department of health education should encourage every effort to bring students infected with venereal disease under observation and treatment.

46. Each case of venereal disease among students should be thoroughly followed as a routine procedure to protect both the student and the public.

47. Medical information concerning a venereal disease in a faculty member or student should be considered as confidential and should under no circumstances be a cause for disciplinary action except where the patient refuses to undergo adequate treatment or to follow instructions necessary to protect others.

48. Students who have an early undiagnosed illness or who show signs of communicable disease should be removed to the infirmary and observation and nursing.

49. The institution should provide dispensary service which includes the examination of every student upon entrance and repeated examinations when necessary.

50. Students should be encouraged to seek advice and treatment at the dispensary whenever they feel indisposed.
51. Efficient dispensary service requires that sufficient staff be provided to reduce waiting to the minimum.

52. An infirmary should be provided where students may be sent from the dispensary with an early undiagnosed illness for nursing and observation.

53. The infirmary should always be open to receive bed patients.

54. The management of the infirmary should be in charge of the department of health education.

55. A reasonably complete laboratory service should be provided or arrangements should be made with other laboratories to secure prompt, efficient examination of specimens for the diagnosis of communicable disease, for the identification of carriers on the campus, and frequent and systematic examination of the milk and water supply.

56. The physiologic rest generally needed for the proper treatment and prevention of injuries to athletes should be required by the institution.

57. Money for student health work should be provided by appropriations from general funds, and from student fees. Special endowment should be provided where possible.

58. The health fee should be sufficient in amount to supply the necessary service to students without the trouble of collecting small amounts. Health service should not involve the payment of a fee for each visit by the student.

59. The salaries of the director, and other members of the staff in health education, should be comparable in amount to that of the director and staff members of other departments of the institution.

60. The institution should adopt a "unit record system" -- a record which includes all information available covering data pertaining to the individual's physical welfare.

61. A complete up-to-date health record should be kept of each student throughout his college life.

62. Student health record cards should be accurately filed and easily accessible to all properly qualified officers at the office of the director of health education.

63. The institution should not require the director of health education to report all active cases of venereal disease.
64. Health examiners should make use of previous records of students when making repeated examinations.

SECTION FIVE - REQUIRED PHYSICAL EDUCATION

65. Physical education should include all required activities, both elective and restrictive; intramural athletics; and intercollegiate athletics.

66. Physical education staff members, including athletic coaches, with the requisite academic training should be granted the same faculty rating as similar training, would command in other departments.

67. The physical education staff members including all coaches should be expected to attend faculty meetings regularly unless actually in charge of a class or team at the time of the faculty meeting.

68. Directors of physical education should hold a Bachelor's degree with a major in health and physical education and should have had graduate work in this field and preferably a Master of Arts or Doctor of Philosophy Degree.

69. Physical education instructors should be selected who are specialists in at least one phase of the program, and who, in addition, are trained in a wide variety of the activities of the department (athletics, swimming, intramural, teacher training, etc.)

70. Five hours should be the maximum load of actual teaching on any one day.

71. Instructors in physical education and coaches of athletic teams should wear a costume suitable to the activity being taught.

72. Each member of the physical education staff should be provided with a desk and a filing cabinet.

73. A secretary or office clerk should be on duty in the physical education office daily.

74. Every student entering the institution should be required to take a health examination, and should be classified according to his physical fitness for physical activities into at least two groups: those students who are without significant physical handicaps and those who should be restricted because of limitations revealed by the examination.
75. Physical education activities should be carried on out-of-doors whenever the weather permits.
76. The shower bath should be a part of the regular physical education period.
77. Physical education classes should be used primarily as instruction periods wherein students learn suitable activities and develop neuromuscular skills which can be used out of school.
78. Absences should be treated in the same manner in physical education as they are handled in other departments of the institution.
79. Students should not be excused, permanently or temporarily, from physical education except under the advice of the department of health education.
80. Students who participate regularly throughout the year in intramural athletics should not be excused permanently from the required physical education.
81. Students who are dropped from a squad of intercollegiate teams should be expected to report back immediately to a regular physical education class.
82. Members of the squad of intercollegiate teams who have not fulfilled the institution's physical education requirements should be required to report back to the regular physical education classes within one week after the intercollegiate schedule is completed.
83. The institution should grant positive credit for physical education on the basis of laboratory credit in the sciences.
84. Instructors in physical education should be encouraged to indicate desirable changes in the program and to experiment with various methods and procedures.
85. The program of physical education should contain a variety of activities of informal type, including team games, and "carry over" or individual sports.
86. Students who are permitted to elect physical education activities should be expected to remain in the same activity long enough to acquire some skill in and an appreciation of the activity.
87. Student's marks (grades) in physical education should be based largely on achievement, where possible, and on knowledge tests.
88. Results of instruction in physical education should be determined by tests, such as achievement tests, in activities where such tests are available, and on knowledge tests of the written short-answer type.

89. The department of physical education should determine the individual needs of physically handicapped students, bring about an intelligent understanding and appreciation of the defect by the student, and outlines and provide a program of activities.

90. Students in restricted physical education should be given opportunity to participate and acquire skills in team games and "carry-over" sports, as far as this is possible without harm to the individual.

91. Students with remediable defects, such as poor vision, infected tonsils, bad teeth, etc., should be expected to have the defect removed or treated at the earliest possible date.

92. Students in the restricted physical education group should be marked "pass" or "fail" on the basis of a written or an oral examination or a demonstration. They should be able to diagnose their own case and show achievement in skills or improvement in correcting the defect or both.

93. The department of physical education should provide first aid equipment and treatment.

94. The staff in physical education should under no circumstances attempt to diagnose or treat pathological conditions unless trained in medicine.

95. Students in the department of physical education who are in need of medical attention should be directed to the health service.

96. All physical education facilities should be located within convenient walking distance of the campus.

97. The temperature for the gymnasium in winter should not go below 55°F.

98. The physical education department should provide the facilities and personnel for storing and caring for equipment.

99. Exact records should be kept on file of the equipment issued to students, and students should sign for such equipment.
100. Students who loan articles of clothing or equipment to other persons should be liable to loss of physical education credit and forfeiture of gymnasium locker and basket privileges.

101. An inventory of physical education equipment should be made at least twice annually.

The Swimming Pool

102. Pool rooms should be well ventilated. Direct draft should not blow on swimmers.

103. In all indoor pools except those so located that outside temperature never falls below 60°F., the pool room and all dressing rooms, shower rooms, and toilets should be artificially heated to a temperature of between 70°F. and 75°F.

104. Thermostatic control of the temperature of the air in the pool room and of the water in the pool should be provided.

105. A test of the hydraulic properties of the recirculation system in the swimming pool should be made once each year. The test should determine the velocity in the piping system at various points, the discharge capacity of each filter and each pump, the velocity and volume of wash water in each filter, and the rate of discharge at each pool inlet under actual working conditions with the pool at normal working levels.

106. The recirculation system should provide a turnover ratio of at least two, and, where heavy bathing loads are required, a turnover ratio of three or more is necessary. (The rate of water interchange in a recirculation or flowing through pool is expressed as the ratio of the volume of clean water entering the pool in 24 hours to the total pool volume. This ratio is called the "turn-over" rate or \( T \)).

107. Pressure filters should be provided in swimming pool purification. Batteries of two or more filters arranged in parallel are preferable to a single unit.
108. The addition of chloride either as a gas or as a water solution by use of proper apparatus should be used as the most satisfactory method of pool disinfection.

109. Chlorinator and tanks should be installed in special closets with vents near the floor connecting with a chimney, or other duct leading outside the building, as a measure of safety against the accidental escape of gas.

110. Intermittent disinfection of pools with hypochlorites should be considered a makeshift and should not be used where the bathing load fluctuates widely, or is especially heavy.

111. Copper sulphate should be used in combination with either of the approved methods of disinfection at such times and in such amounts as may be necessary to control growth of algae in swimming pools. Use of copper salts alone as a disinfectant should not be considered as sufficient to produce satisfactory bacterial control.

112. At least 12 feet free and unobstructed head room should be available above diving boards if swimmers are to be permitted to dive.

113. The minimum safe depth of water for diving from various elevations is as follows:

<table>
<thead>
<tr>
<th>Elevation of Diving Platform</th>
<th>Minimum Safe Depth of Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5</td>
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<tr>
<td>3</td>
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</table>

114. Pole hoops, ropes, and other life saving equipment should be provided and should be readily accessible at all pools.

115. A first aid kit containing aromatic spirits of ammonia, tincture of iodine, sterile gauze, absorbent cotton, surgeon’s plaster, and bandages of various width should be provided for emergency use near all pools.

116. Bathing suits, when used, should be of wool or cotton of simple design and of undyed material or tested for fastness of color.
117. All suits and towels should be supplied and laundered by the department of physical education.

118. All bathing suits and towels should be washed with soap and boiling water, rinsed, and thoroughly dried each time they are used. Cold water washing and air drying should not be permitted.

119. A swimming instructor or other qualified attendant should be on duty at the pool side at all times when the pool is open. Such attendant should have authority to enforce all rules of safety and sanitation.

120. Swimming pool attendants should be capable swimmers, competent in life saving methods and in methods of artificial resuscitation.

121. No bather should be permitted to enter the pool room or pool enclosure, unless an attendant or other competent person is present. Solo bathing should be absolutely prohibited. Whenever the pool is empty, entrance of all persons except pool attendants should be prohibited.

122. All persons using the swimming pool should be required to take a cleansing shower bath in the nude, using warm water and soap, and thoroughly rinsing off all soap suds, before entering the pool room or enclosure. A bath after donning a bathing suit should not be permitted.

123. A bather who leaves the pool room or enclosure for any reason should take a foot bath before returning.

124. A bather who leaves the pool to use the toilet should be required to take a second cleansing bath before returning.

125. Any person having any skin disease, any considerable area of exposed sub-epidermal tissue, sore or inflamed eyes, cold, nasal or ear discharges, or any communicable disease should be excluded from the pool.

126. The feet, and especially the toes, of all bathers should be inspected regularly, and those persons showing infection should be excluded from the pool and dressing rooms to consult a skin specialist.

127. Spitting, spouting of water, blowing the nose, etc., in the pool should be strictly prohibited. Bathers should be instructed that the scum gutter is provided for expectoration.
All bathers should be instructed that blowing the nose to remove water is likely to force infectious matter into sinus and inner cavities and possibly cause serious consequences.

No boisterous or rough play, except supervised water sports, should be permitted in the pool, on the runways and diving boards, and in dressing or shower rooms.

Suitable placards displaying pool regulations and instructions should be conspicuously posted in the pool room and in the dressing rooms. It is recommended that the students be required to memorize the rules for safety and sanitation as a prerequisite to use of the pool.

Regulations for the Swimming Pool Operator

Whenever chlorine, calcium hypochlorite, or other chlorine compounds are used for swimming pool disinfection, the amount of available or excess chlorine in the water at all times when the pool is in use should not be less than 0.2 P.P.M. or more than 0.5 P.P.M.

The pool operator should be provided with the proper outfit for making the orthotolidine test for excess chlorine and with permanent standards showing maximum and minimum chlorine permissible.

Whenever alum or sulphate of alumina is used during purification or repurification of swimming pool water, the water at all times when the pool is in use should show an alkaline reaction.

The pool operator should be provided with a proper outfit for testing for acidity and alkalinity.

At all times when the pool is in use the water should be sufficiently clear to permit a black disk 6 inches in diameter on a white field, when placed on the bottom of the pool at the deepest point, to be clearly visible from the sidewalks of the pool at all distances up to 10 yards, measured from a line drawn across the pool through the disk.
136. The water in the pool should be artificially heated to a temperature not above 72°F.
137. The temperature of the air in the pool should not be permitted to become more than 80°F. warmer or more than 2°F. colder than the water in the pool at any time when the pool is in use. For the best results air temperature should be about 50°F. warmer than the pool temperature.
138. Visible dirt on the bottom of the swimming pool should not be permitted to remain more than 24 hours.
139. Any visible scum or floating matters on the surface of the pool should be removed within 24 hours of flushing or other effective means.
140. The swimming pool should be closed to students when it is found to be unsafe.
141. The total number of students using the swimming pool during any period of time should not exceed 20 persons for each 1,000 gallons of clean water added to the pool during that period. "Clean water" means new clean water used to refill the pool; new clean water used to replace loss by splashing, diving, or cleaning; and water taken from the pool and returned after effective filtration, or any combination of such waters.
142. The swimming pool should be operated under the close supervision of well-trained operators.
143. Care should be taken that fungae does not grow on silk and cotton goods, leather, or damp wood with which bathers might come in contact. Canvas mats or pads should be abolished.
144. The gymnasium floor should be swept daily with sweeping compound or other similar material.
145. Receptacles for running water for purposes of expectoration should be conveniently placed in the gymnasium.
146. Physical education should be operated on the budget plan and financed by general funds appropriated by the institution and raised by taxation or endowment.
147. If an appropriation for physical education is not available, a student fee should be charged for the physical education program.
148. Military science and tactics should not be considered as a part of or a substitute for physical education.
SECTION SIX - INTRAMURAL ATHLETICS

149. Intramural athletics should be considered a part of physical education and should be under the control of that department.

150. The director of intramural athletics should act as a higher court of appeals on disputed questions which the student intramural council can not decide.

151. Unit managers should be elected or appointed by their own group to act as intermediaries between the office and their respective teams.

152. The institution should provide special facilities for intramural athletics or make arrangements whereby present facilities are assigned to intramural athletics at certain hours on designated days.

153. Intramural playing equipment, such as balls, bats, fields, etc., should be provided by the department.

154. Participants should be expected to furnish personal equipment, except in such activities as football, where the department should be responsible for properly protecting the students.

155. Managers or some other designated persons should be responsible for checking out equipment and collecting it after contests are completed.

The following criteria should guide in selecting activities for the intramural program:

156. Team games should be included.
157. Individual "carry over" sports should be included.
158. Activities should be suited to the facilities available.
159. Activities should be interesting to students.
160. Complete schedules should be made up before the season begins and games or events should be played on days scheduled and at the time designated.
161. The original number of contestants in an elimination should equal a perfect power of two. If the entry number is not a perfect power of two, only enough games should be played in the first round to reduce the entries to a perfect power of two for the second round.

162. The total number of games needed in a round robin schedule in which all competitors meet each other should be determined by the following formulae: $N(N-1)$ where $N$ represents the number of entries.

163. Students should not be permitted to transfer from one intramural unit or organization to another during a sport season.

164. Clubs, churches, etc., should be represented only by active members.

165. Final entry date for all intramural activities should be made known to all students.

166. Protests should not be based on the judgment of officials but upon such facts as mistakes in the rules.

167. Forfeitures should be definitely discouraged by the department.

168. An intramural team should be required to forfeit any contest in which it uses an ineligible player.

169. The program of events at the institution should be carefully studied before the intramural schedules are made out to avoid conflicts and prevent postponements.

170. Intramural awards should be symbols of achievement rather than a prize whose merit lies in its monetary value.

171. A definite limitation should be established regarding the number and kinds of awards given, not only from the standpoint of expense, but also to prevent awards from becoming so common as to lose much of their value in the estimation of the students.

172. Intramural athletics should be run on a budget basis with funds appropriated by the institution for physical education.

173. The intramural department should keep in touch with the various teams and players by means of an intramural column in the school paper, circular notices, bulletin boards, and telephone communications, etc.

174. Detailed records of games by means of score books, or typewritten sheets filed in cabinets or bound in permanent volumes should be carefully kept by the intramural managers or by secretarial help.
SECTION SEVEN - INTERCOLLEGIATE ATHLETICS

175. Intercollegiate athletics, if properly conducted, should be recognized as possessing great educational possibilities, and therefore, should be organized as a part of a broad program of physical education.

176. All physical activities, including intercollegiate athletics, should be centered in one department under one man designated as director of physical education.

177. Final control of athletics should be vested in the president and board of trustees.

178. All student athletic managers should be scholastically eligible or else be automatically removed from office.

179. Athletic coaches who have had the requisite academic training should be granted the same faculty rating as training would command in other departments.

180. Athletic coaches should be nominated by the director of the department with the advice of the athletic committee, recommended by the president, and officially appointed by the board of trustees.

181. All athletic training should be under the direct supervision of a physician, preferably the director of health education or a physician from the health education staff.

182. All large bills incurred in athletics should be paid by the university treasurer.

183. The bases for estimating expenditures in preparing the budget should be as follows:

- Past expenditures (2 to 10 years)
- Changes in prices of materials and services
- Existing salary schedule
- Increase or decrease enrollment
- Improvements made or contemplated
- Examination of past expenditures for waste
- Needs of the program and schedule adopted.

184. Quality, price, and service should be considered in buying new equipment.
185. Equipment should conform to specifications, should be official, should be suitable for the service for which it is intended, and the price should be consistent with market conditions.

186. Before placing an order for new equipment the director should take an inventory of the stock on hand, then send a requisition blank, properly filled out, to the purchasing agent for the equipment needed.

187. "Inside discounts," "concessions," and special terms should be avoided in purchasing athletic equipment.

188. The system of athletic accounting should provide an official set of accounts showing all items of income and expense.

189. The athletic accounts should be kept in the college or university business office by the treasurer or other person (business manager of athletics) connected with the treasurer's office.

190. Collection of athletic receipts should be by central authority and complete accurate accounts of all income should be kept.

191. Record of athletic receipts should show all monies spent and for what purposes.

192. It should be possible to trace every item of athletic expenditure from its origination to the final recording of it in the proper distribution ledger or ledgers.

193. The business manager of athletics or the manager of ticket sales for athletic contests should be required to sign a receipt for all tickets purchased, giving quantity, price, and suitable description.

194. Unsold tickets for athletic contests should be returned to the treasurer's office and receipts should be issued for them and preserved for the auditors.

195. Quantity, price, and suitable description should be made of all athletic tickets returned to the treasurer.

196. A detailed report of ticket sales for athletic contests including all financial transactions involved should be made to the university business office and the director of athletics.

197. The custodian of athletic equipment should keep a record of all equipment issued.

198. Damaged or soiled equipment should be returned to the stock clerk for repair or laundry.
199. Provision should be made for repairing damaged athletic equipment.

200. An invoice of athletic equipment should be made annually.

201. All major intercollegiate contests (those games which attract wide student and public interest) should be played on week-ends.

202. A definite policy should be adopted regarding the courtesy accorded visiting athletic teams and spectators.

203. Visiting athletic teams and officials should be informed well in advance the time of contests, transportation facilities, eating and sleeping accommodations, etc.

204. Arrangements, such as transportation facilities, and eating and sleeping accommodations for trips of athletic teams should be made well in advance.

205. Expense money for trips should be carefully accounted for.

206. Actual cash for expense money on trips should not be given members of athletic squads except under exceptional circumstances.

207. It should be clearly understood that no items are to be charged by a hotel against an athletic team without the approval of the appropriate authorities.

208. Emphasis on intercollegiate games should depend upon their educational value to students and not solely upon their public appeal or tradition.

209. The institution should adopt an educational policy regarding athletic publicity.

210. The activities of all alumni and other institutional agencies, and of all individuals, toward the assistance of needy students should be officially recognized, merged, and brought under the supervision of the proper university authorities.
The Association of Intramural Managers

Article I - Name

This organization shall be known as the Intramural Managers Association of Kentucky State College.

Article II - Membership

2.1 All managers of organized intramural teams, by virtue of their duties, are members of the Association.
2.2 All senior majors in Physical Education are members of the Association.

Article III - Function

3.1 It shall be the function of this Association to encourage the entire student body to participate in wholesome recreational activities and to especially urge the men of the student body to participate in intramural athletics.
3.2 The Association shall be assistive to the Intramural Director in offering suggestions that will better Intramural policies. The intramural Director may at any time request the Association to offer advice upon matters brought to the attention of the Association.

Article IV - Officers

4.1 The officers of the Association shall be a President, Vice-President, and Secretary. Their duties shall be those regularly entrusted to individuals in similar positions.
Article V - Committees and Duties

5.1 The following committees shall be appointed by the President of the Association in consultation with the Intramural Director, Vice-President, and Secretary. The committee members shall be selected from the members of the Association.

5.11) Committee on Publicity and Promotion
5.12) Committee on Fields and Equipment
5.13) Committee on Photographs
5.14) Committee on Handbook
5.15) Committee on Awards and Finance
5.16) Committee on Officials

5.2 Duties

5.21) It shall be the duty of the Publicity Committee to give due notice of all forthcoming activities and to fully announce the results of contests to the end that all men students shall know about the program of intramural athletics.

5.22) It shall be the duty of the Committee on Fields and Equipment to note the conditions of all playing equipment and to assist in making such improvement as may be in harmony with College Procedure.

5.23) It shall be the duty of the Committee on Photographs to take and secure such pictures of Intramural teams, individuals, and "happenings" as may be possible and to make suitable display of same.

5.24) It shall be the duty of the Committee on Intramural Handbook to prepare the material that will appear in the Annual Intramural Handbook and to publish same.

5.25) X. It shall be the duty of the Committee on Awards and Finances to give due consideration to the suitability of cups, trophies, statuettes, and plaques to be awarded for Intramural championships in harmony with funds available for such awards.

5.25) X. It shall be the further duty of this committee to recommend amount of entry fees for various intramural activities.

5.26) It shall be the duty of the Committee on Officials to assist in securing able sport arbiters, to the end that all contests may be judged and conducted fairly.

5.3 Committee Proposals: All committee proposals must receive the approval of the Administrative Board before the proposals are put into effect.
Article VI - Administration Board

6.1 The Administration Board shall consist of the following members: College Director of Athletics and Physical Education, Intramural Director, President of Intramural Managers Association, and Chairman of Committees listed in Article V.

6.2 It shall be the duty of the Administrative Board to consider and handle protests, eligibility, amendments, special rulings, and committee proposals.

Article VII - Court of Final Appeal

The Court of Final Appeal shall consist of the following members: Director of Athletics and Physical Education, Director of Intramural Athletics, and Head Coaches of all Varsity Athletics. Any matter deemed sufficiently important by the Intramural Director, Association of Intramural managers or member of Association, shall be referred to the Court of Final Appeal for consideration and final action.

BY-LAWS

Division I

7.1 Eligibility

General

All individuals enrolled in the College shall be eligible for intramural competition with the following exceptions:

7.11) No individual shall compete in the sport in which he received a "K."

7.12) The above exceptions shall also apply to individuals receiving similar awards from, or who have been members of similar squads at other colleges.
7.13) Varsity squad members shall not compete in the sport concerned if he remains with the squad following a date mutually agreed upon by the coach and Intramural Director. The date shall be duly announced to all managers.

7.14) Individuals retaining athletic equipment after having been duly dropped from the varsity squad shall not compete in any intramural sport until the equipment is returned.

7.15) A varsity coach may, at any time, for justifiable reasons, request the Intramural Director to bar an individual from intramural competition.

7.16) An individual ineligible for intercollegiate competition shall not compete, in the sport or sports determining his eligibility.

7.17) Varsity coaches shall not compete in any sport.

7.18) Instructors and assistants in departments shall not compete without permission from the intramural department.

7.2 **Teams:**

7.21) An individual competing with one of the groups, permanently organized, shall not represent another similarly organized group in the sport.

7.22) An individual, having duly promised a manager to play with the manager's team, shall not compete with any other team.

7.23) (a) The names of team members shall be submitted to the intramural office before the first scheduled game is played.

(b) No additional names shall be submitted after two contests have been played.
7.3 Penalties for Division I

7.31) Participation by individuals ineligible because of ruling affecting varsity freshmen athletes:

Loss of contest

7.32) Participation by individuals not enrolled in the college and not a member of the organized group which he represents.

(a) Loss of contest
(b) Loss of ten (10) points per contest.

Note: An organization misrepresenting its membership shall not be eligible to receive the All-Intramural Championship Award.

7.33) Participation of individuals not reported to the Intramural Office.

(a) Loss of contest
(b) Loss of ten (10) points per contest.

7.34) Participation contrary to paragraph 1, 2, 3, 5 of section C.

(a) Team penalty - Loss of contest
(b) Participant penalty - Barred from further participation with any team in sport concerned.

7.35) Special rulings shall be made whenever circumstances justify same.

VIII Contest Administration

8.1 Participation as Scheduled

8.11) All contests shall be played on the date and hour as scheduled. Exceptional conditions may entitle a manager to request postponement or cancellation under requirements set forth below.
8.12) A contest may be postponed or cancelled upon due request of manager. Such request must be made with the Intramural Office on the day preceding the contest date.

8.2 Penalties

8.21) Postponements between managers shall not be recognized by the Intramural Office. The managers shall be charged with a loss of contest; the contest shall not be rescheduled.

8.22) Cancellation between managers shall not be recognized. Both managers shall be charged with a loss. The manager who proposed cancellation shall forfeit five points.

8.23) (a) A team failing to appear, or not ready to play within a period of fifteen (15) minutes after the hour set for the contest shall be charged with loss of contest. The contest shall not be re-scheduled.

(b) Ten (10) points shall be deducted from the teams award points if team fails to appear after receiving due notice about the contest from the Intramural Office and agreeing to appear for play.

8.24) Special rulings shall be made whenever circumstances justify same.

8.3 Protests

Reasonable protests concerning conduct of participants or management of contests is permissible under requirements set forth below.

8.32) Forward protest, in written form, filed with Intramural Office within twenty-four hours following contest.

8.33) Manager failing to comply with either (1) or (2) above shall forfeit protest right.*
KENTUCKY STATE COLLEGE

Department of Physical Education
for Men
Division of Intramural Athletics

SPORTS CALENDAR 1946-1947

Winter Sports

Volleyball
Basketball
Shuffleboard
Table Tennis
  Singles
  Doubles
Boxing
Aerial Dart
Basketball Foul Shooting
Badminton

Spring Sports

Diamondball
Horseshoe Pitching
Track and Field
Tennis*

* The information dealing with the intramural athletic program at Kentucky State College is taken from material published by the Association of Intramural Managers of Kentucky State College. 1946-1947.