## UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF EDUCATION BULLETIN (1927) - No. 14

## PHYSICAL EDUCATION IN AMERICAN COLLEGES AND UNIVERSITIES




## DEPARTMENT OF THE INTERIOR

 bureau of educationBULLETIN, 1927, No. 14

# PHYSICAL EDUCATION IN AMERICAN COLLEGES AND UNIVERSITIES 

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## LETTER OF TRANSMITTAL

> Department of the Interior, Bureau of Education, Washington, May 10, 1927.

Sir: Notwithstanding much agitation for the promotion of physical education in our institutions of higher education, facilities and training along this line are still too much concentrated upon the few students who offer favorable material for the production of university teams in intercollegiate athletic contests. While sports of this kind are to be encouraged, it must not be overlooked that the average student needs and should have due attention paid to his physical welfare. The present status of opportunities afforded the rank and file of students is reviewed in the accompanying bulletin, and I believe that its publication will be a stimulus to many institutions to measure up to their opportunities for the preservation and promotion of sound bodies along with sound minds.

Respectfully submitted.

Jno. J. Tigert,<br>Commissioner.

[^0]
## F0REW0RD

A study of the status of physical education, military training, and hygiene in 182 American colleges and universities is presented in this bulletin. The list of institutions chosen for this investigation was used in a series of similar studies dealing with college entrance and graduation requirements. The list is intended to be representative of the different types of colleges and universities in the United States. The information was secured from the catalogues of the institutions. The material collected was recorded on a questionnaire, which was sent to each institution to be corrected or approved. A few institutions failed to return their questionnaires, but where the information required is clearly given in their catalogues, it is included in this study; otherwise it is omitted.

## Physical Education in American Colleges and Universities

## 1. Requirements Relative to the Physical Condition of Students at Entrance

The requirements of colleges and universities relative to the physical condition of the student at entrance may be considered from the following standpoints: Number of institutions requiring a medical examination of the student at entrance; general outline of the medical examination prescribed; detailed analysis of the medical examination prescribed; value of physical efficiency tests, as a part of the examination; value of the medical examination of the student; continuous records of the student's physical condition; corrective gymnastics prescribed, and their credit value; vaccination for smallpox; vaccination for typhoid; unit entrance credit for physical education in secondary schools; and unit entrance credit for military training in the secondary schools.

Medical examination at entrance.-The physical condition of the student at entrance is now considered to be of such importance that only a few colleges will accept a health certificate signed by the student's home physician. Medical examination is required at entrance by 55 public and 74 private institutions, about 70 per cent of all those included in this study. In addition, it is required before the end of the first month by 7 public and 5 private institutions.

General outline of medical examination prescribed for students at college entrance.-The medical examination prescribed for each student at college entrance varies slightly in different institutions. In general, however, it calls for a brief account of the parental health history, along with the student's precollege health record. It always includes a careful medical examination of all the vital organs of the body. It frequently includes posture tests, the results of which are usually recorded in chart form; and it sometimes includes efficiency tests.

Health history of parents.-Information is usually recorded showing the occupation of each parent, the state of health of each, if living, along with a record showing whether either one has ever suffered from tuberculosis, cancer, mental disease, or apoplexy. Goiter is sometimes included in this list.

Health history of students.-The precollege health history of the student consists of a record of all the diseases a student has had previous to college entrance, together with a statement of any ill effects which remained with the student after recovery. The student is asked to check this information on a card containing a list of diseases, and to state the age at which he had each one. The following diseases are usually mentioned on these cards: Mumps, whooping cough, chicken pox, scarlet fever, typhoid fever, chorea, neurasthenia, appendicitis, tonsillitis, asthma, skin eruptions, pleurisy, otitis media, tuberculosis, rheumatism, diphtheria, adenoids, enlarged glands, hay fever, and influenza.

Detailed analysis of medical examinations of students.-The medical examination prescribed includes a complete examination of the student in order to find out the exact physical condition of the various vital organs of the body, including eyes, ears, nose, throat, heart, and lungs. If any condition is found needing medical attention, it is urged immediately.

Other information included in the medical examination.-Most institutions record information concerning health habits of the students, such as the frequency of baths; the use of a cold plunge or shower; the amount of sleep; diet, including the use of tea, coffee, tobacco; and the use of other stimulants or drugs.

A record is also made of the student's previous work in physical education, including athletics; and of his present methods of recreation, along with a statement of the amount of outside work he is doing, if self-supporting while in college.

Value of physical efficiency tests.-Sixty-five institutions (27 public and 38 private) include physical efficiency tests as a part of the medical examination required of all students at entrance. Most of these institutions prescribe these tests to enable the physical directors to classify first-year students into classes where they will take part in physical activities suitable to their strength. Considerable difference of opinion exists regarding the value of the tests given and the methods used. The fact that only one-third of the colleges and universities included in this study are doing work of this kind indicates that physical efficiency tests are considered as yet merely in an experimental stage of development.

Value of medical examination.-The medical examination given each student is very valuable. Besides discovering physical faults of which he may be unaware, it clears up the student's mind regarding any fears he may have concerning his own physical condition. It is helpful to the instructor, especially in the classification of all first-year students. It shows very clearly those who need corrective gymnastics, likewise those who are especially fitted, on account of
possessing good mechanical use of the body, for more difficult or strenuous exercise.

Continuous records of students' physical condition.-Seventy-nine institutions of our list, including 32 public and 47 private, after conducting thorough medical examinations at entrance, have follow-up systems and keep continuous records of the students' physical condition during their entire college course. Three public and three private institutions do likewise until the second year. Five public and five private institutions keep records of special cases or sometimes partial records of all students. One private institution does this for one year only. Altogether, 96 institutions attempt, for a time at least, to keep continuous records regarding the physical condition of students. This policy, which is now becoming generally accepted, is especially beneficial for those overstudious persons who fail to take sufficient care of their physical condition and who frequently at the end of the first or second year begin to suffer a loss of health.

Corrective gymnastics and their credit value.-Corrective gymnastics are prescribed and required of students needing same by 70 per cent of the institutions included in this study. Many institutions have this work given by specialists and allow semester hours' credit for it. A few institutions do not grant semester hours' credit ralue to this subject, but are urging that the secondary schools should attend to this work more carefully, and thereby reduce to a minimum the need for corrective gymnastics to be given by the colleges and universities.

Vaccination for smallpox. ${ }^{1}$-Vaccination for smallpox is made a definite requirement by 58 colleges and universities, including 25 public and 34 private institutions. Six other institutions urge or require it in emergencies only, and one requires that it should be done within two years of entrance. In most cases this requirement is a part of the R. O. T. C. regulations.

Vaccination for typhoid. ${ }^{1}$-Vaccination for typhoid is required by 13 institutions, including 5 public and 8 private. While 7 other institutions urge this policy, the majority feel that it is necessary only in certain localities or in case of an epidemic.

Unit entrance credit for high-school physical education.-The question of allowing any entrance credit for high-school work in physical training is a new problem. Eleren institutions indicate that they would faror giving credit in this subject. Only two of these indicate that they really allow this credit. Louisiana State University allows one unit for high-school physical education in cases where the students obtained such credit toward high-school graduation. The College

[^1]of the City of New York allows one-half unit. Baylor College and South Dakota State College favor this policy. The other institutions favoring this plan include State College of Washington, Colorado Agricultural College, Montana State College, North Dakota Agricultural College, University of North Dakota, Purdue University, and the University of Kentucky.

Unit entrance credit for military training in secondary schools.-The question of allowing unit entrance credit for military training given in secondary schools presents a new problem for consideration. Three public institutions-the University of Alabama, the University of California, and Louisiana State University-allow onehalf unit for this work. The following institutions approve of giving entrance credit for military training given by the secondary schools: Purdue University, University of Maine, University of Cincinnati, Montana State College, Mississippi Agricultural and Mechanical College.

The private institutions do not seem to favor the policy of giving entrance credit in this subject.
Table 1.-Requirements of institutions relative to the physical condition of the student
[For locations of the institutions, see p. 43]
Remarks (value


 1
$\vdots$
$\vdots$
$\vdots$
$\vdots$
$\vdots$
$\vdots$

| Institution | Medical examination at entrance | Medical examination at any other time | Continuous record kept showing physical condition of student | Physical efficiency tests given | Efficiency test determines type of work student is permitted or required to take | Corrective gymnastics given students necding same |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Public |  |  |  |  |  |  |
| Alabama Polytechnic Institute | Yes | No. | No. | No |  | Yes |
|  | No. | No_------------ | No..... | No |  | Military department. |
| University of Arizona | Yes | Yearly .------- | Yes | Yes. | Yes.- | Yes |
|  | Yes. |  |  |  |  |  |
| University of California------------------------------- | Yes. | Yes---...-.-.-- | Yes,-------- | Yes | Partly | Yes ${ }^{1}$ |
| University of Colorado | Yes | Each quarter- | Yes, 2 years. | Yes | Partly. |  |
| Colorado Agricultural College-- | No- |  |  | No. |  | Y0------------------ |
| Connecticut Agricultural Colleg | No- |  | Yes, 2 years | No | $\underset{(3)}{\mathrm{N}} \mathrm{NO}_{-}$ | Yes. |
| University of Florida-------- | Yes | When needed. | Yes. | Yes | Partly | Yes 1 |
| Florida State College for W omen | Yes | No. | Yes | No |  | Yes ${ }^{1}$ |
| University of Illinois | Yes. | Yearly |  |  |  | Yes. |
| Purdue University | Yes | No ${ }^{2}$ | Yes | Yes | Yes | Yes ${ }^{5}$ |
| Iowa State College of Agriculture and Mechanic Arts. | Yes. | Yearly .------- | Yes. | Yes...-.-. | Yes ${ }^{6}$ | Yes |
|  | Yes. |  | No. | Swimming test. |  | Yes |
| University of Kansas. | No. | First month | Partly | Yes; first | Yes. | Yes. |
| Kansas State Agricultural College. | Yes |  | Yes. | Yes | Yes. | Yes. |
| University of Kentucky. | Yes | Yearly --.-.--- | Yes | No_--.-.-. |  | Yes ${ }^{1}--------$ |
| Louisiana State University and Agricultural and Mechanical College. | Yes...-- | When necessary. | Partly .--- | Not formally-- | Partly .---- | Yes |
| University of Maine.- | Yes. | Yearly | Yes. | Yes | Yes | Yes. |
| University of Maryland_------.-- | Yes |  |  |  |  |  |
| Massachusetts Agricultural College | Yes | No---- | Yos | No. | Yes | No $\text { Yes } 10 .$ |

Footnotes at end of table.
Table 1.-Requirements of institutions relative to the physical condition of the student-Continued


Table 1.-Requircments of institutions relative to the physical condition of the student-Continued

| Institution | Medical examinathon at entrance | Medical examination at any other time | Continnous record kept slowing pliysical condition of student | Physical efficiency tests given | Efficiency test determines <br> type of work student is permitted or required to take | Corrective gymnastics giver students needling same | Corrective gymnastics directed by specialist | 1Romarks (value of) concerning b corrective gymmasties |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Private-Contimed |  |  |  |  |  |  |  |  |
| Knox College | Yes | Illness only .-. | $\begin{aligned} & \text { O. K'd by } \\ & \text { hiealith de- } \\ & \text { partment. } \end{aligned}$ | Yes. | Yes | Yes | Yes |  |
| Earlhan College | Yes. |  |  | Yes | Partlally -- | Yes. | Yes_ | Important. |
| DePauw University | Yes | Yearly | Yes. | Yes | Yes | No.- | $\begin{aligned} & \text { Yes } \\ & \text { No. } \end{aligned}$ | Important. |
| Universlty of Notre Dame | No. | No | No. | Y O - | Yes | Yes | Yos | Do. |
| Drake Unlversity -- |  |  |  | Yes. |  | Yes ${ }^{\text {- }}$ | Yes. |  |
| Grinnell College. | $\begin{aligned} & \text { Yes, wom- } \\ & \text { on; no, } \\ & \text { men. } \end{aligned}$ |  | no, men. | Yos. | no, men. |  |  |  |
| Cornell College | Yes |  |  | Yes | YeS |  | $\text { Yes }{ }^{4}$ |  |
| Baker University | Yes | As nooded | Yes | Yos | Y ${ }^{\text {S }}$ | Yes | Yes. |  |
| Washburn College | Yes | Not regularly- | No_- | $\begin{aligned} & \text { No. } \\ & \text { Yes } \end{aligned}$ | Yes | Yes | Yes. |  |
| Bowdoin Collego | Yes |  | Yes | No. | Y | Yes. | Physlcal edu- | Most effec- |
| Bates College.- | Yes. | Special cases.- | YeS.---------- |  |  |  | catlon director. | tivo. |
| Goucher College | Yes...- | Yes_ | Yes | No |  | Yes_-------- | No.- |  |
| Johns Hopkins Únlversity | Yes.----- | For athletles.- | Yes |  | Yos_--.-.-- | Yes | Yes | Important. |
| Amherst College .--------- | Yes. |  | Yes. | Sargont strength test | Sometimes.- | Yes---------- | Yes ${ }^{\text {- }}$ | Important. |
| Slmmons College | Yes | As nooded.--- | NO----------- | No.---------- |  | Yes ${ }^{10}$ | Yes |  |
| Harvard University | YeS------ |  | Y ES $-\ldots-\ldots-{ }^{\text {r }}$ | Yos |  |  |  | Do. |
| Massachusetts Institute of 'Tochnolo | Yes | Yes. | First yoar | No |  | Yes. | Yes ${ }^{\text {¢ }}$ | Do. |
| Radcliffe Collego_----------- | Yos |  | No | No. |  |  | No.- |  |
| Boston Colloge | No. | If nooded------- | Yes |  |  | Yes---------- |  | Necessary in |
| Smith Collego | Yes. | If nobded.----- | Yes |  | does. | Yes---------- |  | prescribling physlcal work. |
| Mount Molyoke College | Yes.--- | Yes. | Yes. |  |  | Yes ${ }^{1}$ | Yes |  |
| Tufts Colloge --..------ | Yos |  | 2 years | Yes | Yes | Yes |  |  |
| Wellesley Colloge | Yes | No. | No- | Yes |  |  |  |  |
| Williams College | Yes | If needed | Yes | Yes | Yes | Yes |  |  |

Table 1.-Requirements of institutions relalive to the physical condition of the student-Continued

| Institution | Medical examination at entrance | Medical examination at any other time | Continuous record kept showing physical condition of student | Physical efficieney tests given | Efficieney test determines type of work student is permitted or required to take | Corrective gymnastics given students needing same | Corrective gymnastics directed by specialists | Remarks (value of) concerning corrective gymnasties |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Private-Continucd |  |  |  |  |  |  |  |  |
| Swarthmore College | Yes | Yearly | Yes. | Yes | Yes. | Yes_-.---.-- | Yes.--------- |  |
| Washington and Jefferson College | Yes. | Fnd of year .-. | Yes. | Yes. |  |  | Yes.- |  |
| Brown University Conversc College.-- | Yes.-.-- | Yes, 1 - 1 , and | Yes. | Yo. |  | Yes, women ${ }^{14}$ | Yes.-- |  |
| University of Chattanooga. | No. | No <br> 4th year. | No | No. |  |  |  |  |
| Vanderbilt University-.-- | Yes..... | Yes. | Yes | Yes. | Yes. | Yes | Yes. | Special cases. |
| University of the South | Yes. | Yes. - | Yes | No | No. | Yes. | Yes |  |
| Rice Institute. Baylor Institute | Yes.....- | No. |  |  |  |  |  |  |
| Washington and Lee University | Yes |  |  | Yes | Yes. | Yes. | Yes. | Important. |
| Randolph-Macon Woman's College | Yes....- |  |  |  | "No; work given as a result of ex- amination." | Yes. | Y'es.-. |  |
| University of Richmond..-. Sweet Briar College....... | No_-.---- | No_--.-.-.----- | $\begin{aligned} & \text { No-.. } \\ & \text { Yes. } \end{aligned}$ | No. |  | Yes ${ }^{1}$ | Graduates of |  |
| Sweet Briar College-.--- |  |  |  |  |  |  | n 0 rm a schools of physical education. |  |
| Whitman College Beloit Collcge | $\begin{aligned} & \text { Yes_--- } \\ & \text { Yes_-- } \end{aligned}$ |  |  |  |  | Yes | Yes. |  |

[^2]
## 2. Required Work in Physical Education

A large number of institutions require a certain amount of physical education as a part of every undergraduate course leading to a bachelor's degree. There is a general tendency toward requiring this work for two years and allowing four semester hours credit for it. However, there is a difference of opinion regarding this matter and the policies of institutions vary, not only in the number of years physical education is required by the various departments or colleges, in colleges and universities, but also in the number of years prescribed for men and women and the amount of semester hours credit allowed for this work.

Table 2 shows the number of years during which physical education is required of men and women, and the semester hours credit allowed for the work.

Table 2.-Requirements regarding physical education and semester hours credit allowed for this work ${ }^{1}$

| Institution | $\begin{aligned} & \text { Number of } \\ & \text { years required } \\ & \text { of- } \end{aligned}$ |  | Semester hours credit allowed |  | Total semester hours required for a degree |  | Per cent of total in physical education |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Men | Women | Men | Women | Men | Women | Men | Women |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Public |  |  |  |  |  |  |  |  |
| Alabama Polytechnic Institute | 1 |  | 0 |  | 144 |  | 0 |  |
| University of Arizona. |  | 2 |  | 4 |  | 125 |  | 3.2 |
| University of Arkansas |  | 2 |  | 6 |  | 134 |  | 2. 9 |
| University of California | 2 | 2 | 2. | 2 | 124 | 124 | 1. 6 | 1.6 |
| University of Colorado-- | 2 |  | 4 |  | 124 | 160 | 4. 2 | 3. 7 |
| Connecticut Agricultural College ${ }^{1}$ | 2 | 2 | 3 | 3 | 140 | 140 | 2.1 | 2.1 |
| Unirersity of Florida- | , |  | 2 | 0 | 136 |  | 1.4 | 0 |
| Florida State College for Women |  | 3 |  | 2 |  | 124 |  |  |
| University of Idaho. | 2 | 2 | 8 | 4 | 128 |  | 6.2 | 3.1 |
| University of Illinois | 4 | 4 | 4 | 4 | 120 | 120 | 0 | 0 |
| University of Indiana |  | 1 |  | 0 | 124 |  | 0 | 0 |
| Iowa State University | 2 | 2 | 0 | 0 | 124 | 124 | 0 | 0 |
| Iowa State College of Agriculture and Mechanic arts 1 | 2 | 2 | 0 | 2 | 140 | 140 | 0 | 0.9 |
| University of Kansas. | 2 | 2 | 0 | 0 | 120 | 120 | 0 | 0 |
| Kansas State Agricultural College | 2 | 2 |  |  |  |  |  |  |
| University of Kentucky.---....- | 2 | 2 | 2.8 | 2.8 | 127 | 127 | 2.2 | 2.2 |
| Louisiana State University and Agricultural and Mechanical College | 0 | 2 | 0 | 4 |  | 144 |  | 2.7 |
| University of Maine. | 4 | 4 | 3 | 3 | 125 | 125 | 2.4 | 2.4 |
| University of Maryland | 0 | 2 | 0 | 8 |  | 129 |  | 6.2 |
| Massachusetts Agricultural College | 2 | 2 | 9 | 9 | 158 | 158 | 3. 7 | 3. 7 |
| University of Michigan | 1 | 2 | 0 | 0 | 120 | 120 | 0 | 0 |
| Michigan Agricultural College | 2 |  | 0 | 0 | 120 | 120 | 0 |  |
| Mississippi Agricultural and Mechanical |  |  |  |  |  |  |  |  |
|  | 1 | 0 | 2 | 0 | 160 |  | 0 |  |
| ${ }^{1}$ In general, the requirements of institutions regarding physical education presented in this table refer |  |  |  |  |  |  |  |  |
| to the departments or colleges of liberal arts. Inasmuch as several agricultural and mechanical colleges and scientific institutions included in this study do not have departments of liberal arts, the requirements |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| mentioned herein for these institutions refer to departments of agriculture or engineering, and this fact is |  |  |  |  |  |  |  |  |

Table 2.-Requirements regarding physical education and semester hours credit allowed for this work-Continued

| Institution | Number of years required of - |  | Semester hours credit allowed |  | Total semester hours required for a degree |  | Per cent of total in physi cal education |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Men | Women | Men | Women | Men | Women | Men | Women |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Public-Continued |  |  |  |  |  |  |  |  |
| Mississippi State College for Women |  | 4 |  | 8 |  | 140 |  | 8.5 |
| University of Missouri |  | 2 |  | 4 |  | 124 |  | 3.2 |
| Montana State Universit | 2 | 2 | 0 | 0 | 120 | 120 | 0 |  |
| Montana State College ${ }^{1}$ | 2 | 2 | 4 | 4 | 128 | 128 | 2.7 | 2.7 |
| University of Nebraska |  | $\stackrel{2}{2}$ |  | 4 |  | 125 |  | 3. 2 |
| University of Nevada <br> New Ha mpshire College of Agriculture and Mechanic Arts. | 2 | 2 | 3 | 3 | 124 | 124 | 2.4 | 2.4 |
|  | 2 | 3 | 3 | 6 | 144 | 144 | 1.3 | 2.7 |
|  | 2 | 2 | 0 | 0 |  |  |  |  |
| New Mexico College of Agriculture and Mechanics Arts $\qquad$ |  | 2 |  | 4 |  | 144 |  | 1.3 |
| College of the City of New York | 2 |  |  |  | 134 |  |  |  |
| Hunter College of the City of New York |  | 2 |  | 3 |  | 125 |  |  |
| University of North Carolina | 1 | 1 | 0 | 0 | 120 | 120 | 0 |  |
| North Carolina College for Women |  | 3 |  | 3 |  | 126 |  |  |
| North Carolina State College of Agriculture and Engineering | 2 |  | 6 |  |  |  | 0 |  |
| North Dakota Agricultural College--------- |  | 2 |  | 8 |  | 150 |  | 5.8 |
| University of North Dakota | 2 | 2 | 3 | 3 | 125 | 125 | 2.4 | 2.4 |
| University of Akron |  | 1 |  | 2 |  | 128 |  |  |
| Ohio University | 1 | 1 |  | 2 |  |  |  |  |
| University of Cinci | 2 | 2 | 4 | 4 | 120 | 120 | 1.5 | 3.2 |
| Miami University | 1 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
| Oklahoma College for Wom |  | 2 |  | 4 |  | 124 |  | 3.2 |
| University of Oklahoma <br> Oklahoma Agricultural and Mechanical College. | 2 | 2 | 4 | 4 | 124 | 124 |  |  |
|  | 1 | 2 | 3 | 6 | 1291/3 | 1291/3 | 1.4 | 2.9 |
| Oregon State Agricultural College ${ }^{1}$ | 2 | 4 | 3 | 9 | 139 | 139 | 1.4 | 4.2 |
| University of Oregon. | 2 | 2 | 6 | 6 | 124 | 124 | 3.2 | 3. 2 |
|  | 2 | 2 | 4 | 8 | 128 | 128 | 3.1 | 3.1 |
|  | 4 | 4 | 8 | 8 | 160 | 160 | 5.5 | 5.5 |
|  | 4 | 4 | 6 | 6 | 138 | 138 | 4.3 | 4.3 |
| South Dakota State College of Agriculture and Mechanic Arts ${ }^{1}$ |  | 2 |  | 4 |  | 136 |  | 2.9 |
| University of South Dal |  | 2 |  | 0 |  | 128 |  |  |
|  |  | 2 | 4 | 6 | 132 | 132 |  | 4.5 |
| University of Texas.--- | , | 3 | 0 | 0 4 |  |  | 0 | ${ }_{2}{ }_{2}$. |
|  |  | 2 |  | 4 |  | 124 |  | 2.2 |
| Agricultural and Mechanical College of <br> Texas.............------- |  |  |  |  | 144 |  | 0 |  |
|  | $31 / 2$ | $31 / 2$ | 62/3 | 62/3 | 120 | 120 |  |  |
|  | 1 | 1 | 3 | 3 | 122 | 122 | 1.6 | 1.6 |
| University of Vermont and State Agricultural College | 2 | 2 | 8 | 8 | 132 | 132 | 6 | 6 |
| Virginia Agricultural and Mechanical College and Polytechnic Institute. |  |  | 119 | 0 | 144 |  | . 7 |  |
|  | 2 | 2 | 0 | 0 | 120 | 120 | 0 |  |
| College of William and Mary -------------- | 1 | 1 | 2 |  | 126 | 126 | 1.5 | 1.5 |
| State College of Washington----------------------------- | 4 | 4 | 4 | 4 | 128 |  | 3.1 | 3.1 |
|  |  | 2 |  | 4 |  | 1271/3 |  | 3 |
| University of Wisconsin University of Wyoming |  | 2 | 8 | 8 | 120 | 120 |  |  |
|  |  | 2 | 3 | 3 | 126 | 126 | 1.1 | 1.1 |
| Private |  |  |  |  |  |  |  |  |
| Birmingham-Southern College.------------ | 1 |  | 4 |  | 124 |  |  |  |
| University of Southern California.-.-.-.-.--- |  | , | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
|  | 2 | 2 | 4 | 4 | 120 | 120 |  |  |
| Leland Stanford Junior University Colorado College | 3 | 3 | 6 | 6 | 126 | 126 | 4.7 | 4.7 |
|  | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
|  | 3 |  | 0 |  | 128 |  |  |  |
|  | 3 |  | 3 |  | 126 |  | 4.7 |  |
|  | 1 | 4 | 0 | 8 |  | 130 |  | 6.1 |
|  | 2 |  | 0 |  | 152 |  |  |  |
|  | 4 | 4 | 10 | 10 | 120 | 120 | 162/3 | 162/3 |
| Howard University- |  | 2 |  | 0 |  |  |  |  |
| Agnes Scott College.-..--- |  | 3 |  | 4 |  | 124 |  |  |
|  | 2 | 2 | 6 | 6 |  |  |  |  |
|  | 1 | 2 | 0 | 0 |  |  | 0 | 0 |

[^3]Table 2.-Requirements regarding physical education and semester hours credit allowed for this work-Continued

| Institution | $\begin{gathered} \text { Number of } \\ \text { years required } \\ \text { of }- \end{gathered}$ |  | Semester hours credit allowed |  | Total semester hours required for a degree |  | Per cent of total in physical education |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Men | Women | Men | Women | Men | Women | Men | Women |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Private-Continued |  |  |  |  |  |  |  |  |
| Knox College | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
| DePauw University | ${ }_{2}$ | 2 | 0 | 4 | 124 | 124 | 3.2 | 3.2 |
| University of Notre Dame | 4 |  | 0 |  |  |  |  |  |
| Drake University | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
| Grinnell College. | 2 | 3 | 2 | 2 | 120 | 120 |  |  |
| Cornell College | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3. 2 |
| Baker University | 3 | 3 | 0 | 0 | 120 | 120 | 0 |  |
| Washburn College | 1 | 1 | 2 | 2 | 124 | 124 | 1.5 | 1.5 |
| Tulane University | 1 | 1 | 0 | 0 |  |  |  | 0 |
| Bowdoin College | 4 |  | 12 |  | 101 | 101 | 11.8 | 11.8 |
| Bates College.Colby College | $\begin{array}{r}3 \\ 2 \\ \hline\end{array}$ | 4 | 9 0 | 0 | 131 |  | ---- |  |
| Goucher College |  | 3 |  | 0 |  |  |  | 0 |
| Johns Hopkins University | 2 |  | 0 |  | 125 |  | 8 |  |
| Amherst College - | 3 |  | 0 |  |  |  |  |  |
| Boston University | 2 | 2 | 2 | 2 |  |  |  |  |
| Simmons College |  | 1 |  | 0 |  |  |  |  |
|  | 1 | 0 |  |  |  | 120 | 0 |  |
| Mount Hol yoke College |  | 2 |  | 4 |  |  |  | 0 |
| Tufts College | 2 |  | 3 |  | 123 |  | 2.4 |  |
| Wellesley College |  | 2 |  | 2 |  | 120 |  | 1.66 |
| Williams College. | 2 |  | 0 |  |  |  | 0 |  |
| Clark University | 4 | 4 | 0 | 0 | 120 | 120 | 0 |  |
| Worcester Polytechnic Institut Carlton College |  |  | 0 |  | 124+ |  | 0 |  |
| Washington University (St. Loui | 2 | 2 | 0 | 0 | 120 | 120 | 0 | 0 |
| Dartmouth College. | 2 |  | 0 |  | 122 |  | 0 |  |
| Rutgers College | 2 |  | 0 |  |  |  |  |  |
| Princeton Univers | 1 |  | 6 |  | 110 |  | 5.4 |  |
| Wells College |  | 2 |  | 4 |  | 124 | 3.2 |  |
| University of Buffa |  | 1 |  | 2 |  | 128 | 1.5 |  |
| Hamilton College | 4 |  | 24 |  | 140 |  | $10+$ |  |
| Colgate University | 2 |  | 2 |  |  |  | 1.5 |  |
| Cornell University |  |  |  | 0 |  | 120 |  |  |
| Columbia University | 2 | $\stackrel{4}{2}$ | 4 | 4 | 124 | 124 | 3.2 | 3.7 |
| New York University |  | 1 |  | 0 |  |  |  | 0 |
| Vassar College |  | 3 |  | 6 |  |  |  |  |
| University of Rochest | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
| Syracuse University- | 2 | 2 | 4 | 4 | 124 | 124 | 3.2 | 3.2 |
| Rensselaer Polytechnic Institute | , | 0 |  |  |  |  |  |  |
| Duke University---- | 3 | 3 | 6 | 6 | 126 | 126 | 4.5 | 4.5 |
| Wake Forest College | 3 |  | 18 |  | 128 |  | 0 |  |
| Case School of Applied Science ${ }^{3}$ | 4 |  | 7 |  |  |  | 6 |  |
| Western Reserve University | 4 | 2 | 0 | 0 |  |  | 0 |  |
| Oberlin College | 2 | 2 | 2 | 2 | 124 | 124 | 1 | 1 |
| Antioch College | 4 |  | 0 |  |  |  | 0 |  |
| Reed College | 4 | 4 | 0 | 0 |  |  | 0 | 0 |
| Willamette University | 2 |  | 4 |  | 120 |  | 0 |  |
| Lehigh University | 4 |  | 53/4 |  | 140 |  |  |  |
| Bryn Mawr College |  | 4 |  | 0 |  |  |  | 0 |
| Lafayete College.. | 2 |  | 4 |  | 160 |  | 2.5 |  |
| Haverford College | 2 |  | 0 |  |  |  |  |  |
| Temple University | 2 | 2 | 4 | 4 | 128 | 128 | 3.1 | 3.1 |
| University of Pennsylvan | 4 | 4 |  | 4 | 134 | 134 | 3.2 | 3.2 |
| University of Pittsburgh | 2 | 2 | 4 | 0 |  |  | 0 | 0 |
| Swarthmore College | 2 | 4 | 0 | 0 | 124 | 124 | 0 | 0 |
| Washington and Jefferson | 3 |  | 0 |  |  |  | 0 | 0 |
| Brown University. | 2 |  | 0 | 0 | 120 | 120 | 0 |  |
| Converse College |  | 3 |  | 3 |  | 124 |  | 3. 2 |
| University of Chattanooga |  | $\stackrel{2}{2}$ | 8 | 8 | 126 | 126 | 6.3 | 6. 3 |
| Vanderbilt University | 3 | 0 | 3 | 0 | 128 | 128 | 0 | 0 |
| University of the South | 1 |  | 3 |  | 136 |  | 3.2 |  |
| Rice Institute | 1 | 0 |  |  |  |  |  |  |
| Baylor University- |  | 1 |  | 0 |  |  |  | 0 |
| Washington and Lee University | 2 |  | 4 |  | 124 |  | 3.2 |  |
| Randolph-Macon Woman's Colle |  | 3 |  | 0 |  |  |  | 0 |
| University of Richmond. |  | 4 |  | 0 |  |  |  |  |
| Sweet Briar College- |  | 2 |  | 4 |  | 124 |  | 3.2 |
| Whitman College. |  |  |  |  |  |  |  |  |
| Beloit College | 2 | 2 | 0 | 0 |  |  | 0 | 0 |

[^4]Scope of required work.-The required courses in physical education usually include special corrective gymnastics (for those students needing this kind of work), light apparatus, calisthenic exercises, folk and gymnastic dances, indoor and outdoor games and sports, track activities, relays, and swimming.

Swimming.-One of the most interesting developments in colleges at present is the requirement of ability to pass certain tests in swimming. Nineteen public and twenty-nine private colleges and universities now require swimming for graduation. In the majority of these institutions the student must pass certain tests. Several institutions, however, do not withhold the degree if the student has taken the required instruction and practiced faithfully, but has not passed the tests. Dartmouth College requires all first-year students to pass the swimming test before they can engage in any other activity.

The following public institutions prescribe ability to swim as a requirement for graduation:

University of California, Berkeley; Connecticut Agricultural College, Storrs; Florida State College for Women, Tallahassee; Iowa State College of Agricultural and Mechanical Arts, Ames; University of Kansas, Lawrence; Kansas State Agricultural College, Manhattan; Michigan Agricultural College, East Lansing; University of Minnesota, Minneapolis; Montana State University, Missoula; College of the City of New York, New York; North Carolina State College of Agriculture and Engineering, Raleigh; University of Akron, Akron, Ohio; University of Cincinnati, Ohio; Ohio State University, Columbus; Oklahoma Agricultural and Mechanical College, Stillwater; Oregon State Agricultural College, Corvallis; University of Oregon, Eugene; Agricultural College of Utah, Logan; and University of Wisconsin, Madison.

The following private institutions prescribe ability to swim as a requirement for graduation:

Leland Stanford Junior University, Stanford University, Calif.; Wesleyan University, Middletown, Conn.; Yale University, New Haven, Conn.; Notre Dame University, Notre Dame, Ind.; Cornell College, Mount Vernon, Iowa; Amherst College, Amherst, Mass.; Harvard University, Cambridge, Mass.; Massachusetts Institute of Technology, Cambridge; Radcliffe College, Cambridge, Mass.; Williams College, Williamstown, Mass.; Carleton College, Northfield, Minn.; Washington University, St. Louis, Mo.; Dartmouth College, Hanover, N. H.; Rutgers College, New Brunswick, N. J.; Princeton University, Princeton, N. J.; Wells College, Aurora, N. Y.; Cornell University, Ithaca, N. Y.; Barnard College, New York, N. Y.; University of Rochester, Rochester, N. Y.; Syracuse University, Syracuse, N. Y.; Rensselaer Polytechnic Institute, Troy, N. Y.; Case School of Applied Science, Cleveland, Ohio; Lehigh University, Bethlehem, Pa.; Bryn Mawr College, Bryn Nawr, Pa.; University of Pennsylvania, Philadelphia, Pa.; University of Pittsburgh, Pittsburgh, Pa.; Swarthmore College, Swarthmore, Pa.; Brown University, Providence, R. I.; and Converse College, Spartanburg, S. C.

## 3. Military Training

Previous to 1916 few colleges or universities besides the land-grant colleges provided military training as a part of their educational curricula. These latter institutions, though frequently inadequately equipped, had provided a certain amount of military training for their students since the first Morrill law of July 2, 1862, which was supplemented by the act of 1883, the Morrill Act of 1890, and the Nelson amendment of 1907. General Order No. 70, 1913, of the War Department "prescribed the regulations governing the application of those laws for the last three years preceding the establishment of the Reserve Officers' Training Corps and is still applicable to schools that have not entered the Reserve Officers' Training Corps." ${ }^{1}$

Throughout the period from 1862 to 1916, previous to the World War, even the land-grant institutions varied greatly in regard to their policies of providing instruction in military training. Some institutions attempted to fulfill the requirements of the law in detail, while others merely tolerated the work. Although the War Department had been authorized and directed by Congress to provide instructors and some equipment, few institutions were sufficiently equipped to put this work on a basis with other subjects in the curricula.

Establishment of the Reserve Officers' Training Corps.-In September, 1916, Congress passed the national defense act which reorganized the Army and among other things created a definite system of civilian military training in preparatory schools and colleges. This act and the amendment of 1920 in establishing the Reserve Officers' Training Corps provided an organization consisting of two main subdivisions, viz, "a senior division to be composed of units of the several arms corps or services established primarily in collegiate institutions and a junior division to be established in other public and private educational institutions." ${ }^{2}$

Previous to the establishing of the Reserve Officers' Training Corps the military training given in colleges lacked variety. Usually this work included merely a part of the work of the Infantry. The Reserve Officers' Training Corps, however, provides "for establishing units corresponding to all the arms, corps, or services of the Army." ${ }^{3}$ Its primary object is to provide systematic military training at civil educational institutions for the purpose of qualifying selected stu-

[^5]dents of such institutions for appointment as reserve officers in the military forces of the United States. This division is an important agency in a plan for national defense.

The four-year Reserve Officers' Training Corps course of the senior division is divided into the basic course and the adranced course. The basic course covers a period of two years, after which the student may elect the adranced two-year course if recommended by the officer in charge of military instruction and the president of the institution.

Completion of either course shall, when entered upon by a student, be a prerequisite for graduation as regards such student unless in exceptional case he shall be discharged from the Reserve Officers' Training Corps by the professor of military science and tactics for sufficient reason with the approval of the head of the institution. ${ }^{4}$

Institutions that provide military training.-Of the 182 institutions included in this study 83 provide instruction in military training as a part of their curricula. Of this number 62 are public and 21 are private colleges and universities. Sixty-six institutions, including 58 public and 8 private, require as a minimum a two-year basic course in military training. Seventeen other institutions, including 4 public and 13 private, provide similar courses, either as elective work or as alternate or optional courses instead of the required physical education work.

Of the 83 institutions which provide courses in military training, 49 are land-grant colleges. All of these institutions provide this work on account of the Morrill law of 1862. All except the University of Wisconsin require it for two years of all male physically fit students. Military training was made an elective course in the University of Wisconsin in 1923 on account of the fact that a State law was passed at this time prohibiting compulsory military training in educational institutions in that State.

Special regulations of the War Department.-A few general regulations of the War Department are observed by all institutions in which units of the Reserve Officers' Training Corps are established. For example, the senior commissioned officer of the Regular Army on duty at an educational institution is designated as the professor of military science and tactics. He is accorded the same academic rank which the institution accords to the heads of the other departments.

A minimum of three hours a week of instruction and training is required to be given in the basic course and five hours a week is required for the advanced course, except in medical, dental, and veterinary units, in which only three hours are required.

Time required for military training.-A large number of the institutions included in this study require one hour of theory and two

[^6]hours of practice each week in the basic course, making a total of three hours each week. A few institutions, however, require a total of four or five hours each week even in the basic course. (See Table 3 , page 18 , for requirements of each institution.)

Under special ruling of the War Department, a student engaged in athletics may be excused from the physical training held under the department of military science and tactics during the season in which he is actually engaged in such athletics.

Academic credit allowed for military training.-Institutions differ in their policies in regard to the number of semester hours credit allowed for required and elective courses in military training. (See Table 3, p. 18.)

The number of semester hours credit allowed for the required work in military training varies from 2 to 12.

A few institutions allow military training to be taken as a major, minor, group, free, or alternate elective by students in their junior and senior courses.

Eleven institutions, including eight public and three private, allow military training to be taken as a major elective subject in a fouryear course leading to a bachelor's degree. Semester hours credit varying from 12 to 32 are allowed for the work.

Ten institutions, including nine public and one private, allow military training to count as a minor elective subject in a four-year course leading to a bachelor's degree. Semester hours credit allowed for this work by these institutions varies from 8 to $162 / 3$.

Nine public and two private institutions allow military training to be taken as a group elective. The semester hours credit allowed for this work varies from 10 to 18 credits.

Sixteen public and six private institutions allow military training to be taken as a free elective. Semester hours credit allowed varies from 4 to 16.

Five public institutions and two private institutions allow military training to be taken as an alternate elective. Semester hours credit is allowed varying from 4 to 12 .
Table 3.-Required and elective work in military training in certain colleges or departments of public and private institutions
[ $L=$ Land-grant institution, indicated by an $L$ in column 2]





Table 3.-Required and elective worl in military training in certain colleges or departments of public and private institutions-Continued [ $\mathrm{L}=\mathrm{L}$ and-grant institutions, indicated by an L in column 2]

 ${ }_{2}$ Statistics given refer to the department of general science.

Department of education allows 15 hours of elcctive work in military training.
Military training is not required by the department of liberal arts but is required by the department of engincering of this institution
${ }^{11}$ An optional medical unit of the Reserve Officers' Training Corps is maintained.
12 For complete four-year course in military training, $61 / 2$ majors are allowed for the basic and 9 majors for the advanced.
13 The total 20 elective semester hours credit includes 4 for the basic course and 16 for the advanced course.

1. The total 20 elective semester hours credit includes 4 for the basic course and 16 for the advanced course.
is Information is incomplete regarding the number of semester hours credit allowed for the inajor, minor, group, or free elective.

## 4. Hygiene

Scope of hygiene as a college subject.-Eighty-three institutions, including 36 public and 47 private, require personal hygiene. Thirtysix of these, including 23 public and 13 private, allow semester-hours credit for same varying from one-fourth to two semester-hours credit. (See Table 4).

The methods of instructing students in personal hygiene vary in different colleges and universities. In some institutions this instruction consists of a series of special lectures which all students attend. In other institutions this work is presented in connection with required physiology or biology.

In addition to the foregoing courses in personal hygiene, many institutions provide special lectures on venereal diseases. These lectures are sometimes presented by the students' health service and sometimes by the department of military training.

One hundred and one institutions, including 45 public and 56 private, give courses or special lectures on venereal diseases. Seventyseven of these, including 35 public and 42 private, make this work compulsory.

These facts show an awakened interest in personal hygiene in American colleges. The ideal of attainment has been clearly stated by Dr. Thomas A. Storey, of the College of the City of New York, as follows:

We hope and plan each year to send out a group of healthier, stronger, more rugged, and more efficient young men who, because of our influence, will be of greater academic, social, moral, economic, and political value as American citizens. We hope and plan to join the other departments of this great college in the development of character and the making of men. ${ }^{5}$

[^7]Table 4.-Institutions requiring personal hygiene of all students

| Institution | Semesterhours credit allowed | Institution | Semester hours credit allowed |
| :---: | :---: | :---: | :---: |
| Public |  | Private |  |
| Alabama Polytechnic Institute |  | University of Southern California | 2 |
| University of Alabama |  | Connecticut College for Women. | 1 |
| University of Arizona |  | Howard University-.------ |  |
| University of California | 22 | Agnes Scott College Knox College |  |
| University of Colorado. |  |  |  |
| University of Florida |  | Drake University |  |
| University of Illinois. | 1/2 | Grinnell College. |  |
| Indiana Ư niversity.. |  | Cornell College. |  |
| Purdue University---------------- | 2/3 | Baker University |  |
| Iowa State College of Agriculture and Mechanic Arts |  | Washburn College |  |
|  |  | Bowdoin College. |  |
| University of Kansas |  | Amherst College. |  |
| University of Kentucky------------------- | ${ }_{1}^{2.6}$ | Harvard University |  |
| University of Maine <br> University of Michigan | 1 | Radcliffe College.-- |  |
| University of Minnesota |  | Smith College |  |
|  |  | Mount Holyoke College |  |
| Mississippi Agricultural and Mechanical |  | Tufts College |  |
| College. |  | Wellesley College | 2 |
| Montana State University |  | Williams College |  |
| University of Nevada ------------.-.-- |  |  |  |
| New Hampshire College of Agriculture and Mechanic Arts | 1 | Worcester Polytechnic Institut Dartmouth College | 1 |
| College of the City of New York | 2 | Rutgers University |  |
| Hunter College of the City of New York - | 2 | Wells College. . |  |
| North Carolina College for Women----- | 2 |  |  |
| North Dakota Agricultural College.---- | ${ }^{2} 1.3$ | University of Buffalo | 1 |
| Ohio State University | 1 | Colgate University | 1 |
| Oklahoma College for Women----------- | 2 | Cornell Universit |  |
| University of Oklahoma |  | Columbia University | 2 |
| University of Oregon. | 2 |  |  |
| Pennsylvania State College | 1 | Vassar College | 1 |
| Rhode Island State College | ${ }^{2} 1$ | University of Rochester |  |
| Agricultural College of Utah | 3 | Rensselaer Polytechnic Institut |  |
| University of Utah |  | Antioch College <br> Reed College... |  |
| Virginia Agricultural and Mechanical College and Polytechnic Institute | 4/0 | Lehigh University |  |
| Tniversity of Virginia |  | Bryn Mawr College |  |
| College of William and Mary |  | Temple University. | 1 |
| University of Washington. | ${ }^{2}$ | University of Pennsylvania |  |
| University of Wyoming--------------------1- | $111 / 2$ | University of Pittsburgh |  |
|  |  | Swarthmore College |  |
|  |  | Converse College. |  |
|  |  | Vanderbilt University |  |
|  |  | Washington and Lee Universit |  |
|  |  | University of Richmon |  |
|  |  | Sweet Briar College. Beloit College. | 2 |

## 5. Athletics

This section presents a discussion of the problem of control of intercollegiate athletics for men; the development of intercollegiate athletics for women; and the organization of intramural athletics for men and women.

Methods of control.-The methods of handling intercollegiate athletics are as follows: Control by the department of physical education; control by the department of physical education and a faculty advisory committee; control by a director of athletics; control by the president of the institution, the faculty, students, and alumni; control by the faculty; and control by the students.

Until recently the management of intercollegiate activities has been largely controlled by the students, alumni, and the athletic coach who was rarely considered a member of the faculty of the institution. However, with the recent growth of substantial departments of physical education by a large number of institutions, the management of intercollegiate activities has, in a few instances, been transferred to these departments. Oberlin College did this in 1916. Since then 11 other institutions have adopted this method of control. Thirty-three public and 37 private institutions favor the foregoing management of athletics, although they have not been able to establish it in their respective institutions. ${ }^{6}$ Forty-six institutions did not report their opinion regarding this method of control and only 10 public and 13 private institutions stated that they opposed it.

Six public and five private institutions favor control of intercollegiate athletics by the department of physical education and a faculty advisory committee. These institutions are: Mississippi Agricultural College; University of Mississippi; College of the City of New York; Hunter College of the City of New York; North Carolina State College of Agriculture; University of Texas; Leland Stanford Junior University; Cornell College, Mount Vernon, Iowa; Hamilton College, Clinton, N. Y.; Western Reserve University, Cleveland, Ohio; and Temple University, Philadelphia, Pa.

Four public institutions favor intercollegiate athletics under control of a director of athletics: University of Florida, University of Michigan, Oregon State Agricultural College, and the College of William and Mary.

[^8]Two public institutions, the State University of New Mexico, and Rhode Island State College, favor control of intercollegiate athletics by the president and the faculty.

The State College of Washington, Pullman, favors control of intercollegiate athletics by the president, faculty, students, and alumni.

Baker University, Baldwin City, Kans.; and Baylor University, Waco, Tex., favor control of intercollegiate athletics by the faculty.

Amherst College at the present time is trying out modified student control. Pennsylvania State College favors a cooperative plan between the department of physical education and a department of athletics.

These facts indicate that regardless of what is actually done by American colleges and universities, there is a strong ideal among these institutions that intercollegiate athletics should be under the control of the department of physical education.

Intercollegiate athletics for women.-At Mount Holyoke College, between 1837 and 1862, domestic work supplemented by light calisthenic exercises, including quadrilles, furnished healthful exercise for the students. In 1862, this work was supplemented by the Dio Lewis system of gymnastics. Although as early as 1875 girls in this institution played tennis and enjoyed boating, such activities were carried on merely for pleasure, and competitive intercollegiate games were not even thought of.

With the recent emphasis on physical education activities in all educational institutions there arose a tendency for college girls to conduct intercollegiate games. Many heated discussions have taken place regarding this problem. Only 14 public and 17 private institutions permit intercollegiate contests for women. Baker University, Baldwin City, Kans., and Knox College, Galesburg, Ill., however, limit this activity to tennis. For a list of institutions in which intercollegiate sports for women are carried on see Table 5.

A large number of institutions, including many women's colleges, oppose intercollegiate activities for women on the ground that they are unnecessary, are too severe, are usually poorly managed, and require an amount of time far in excess of any real value. Considering the short time in which girls have had opportunities for taking part in any kind of athletic activities, the majority of directors of this work feel that the present need is for more suitable games for girls, for readjustments of boys' rules to suit the girls, and not for keener competition.

Intramural athletics for men and women.-Intramural athletics consist of organized competitive games which are carried on entirely within the student body of a single institution. The work is so organized that all students are encouraged to participate and are given opportunity to take part in the sports of their choice. The
relative importance of this system is evident from the fact that 68 institutions, including 33 public and 35 private, provide this system, and 93 institutions, including 44 public and 49 private, provide it for men. (See Table 5.)

In general the value of a system of intramural athletics lies in the fact that it affords opportunity for every student to enjoy the health and recreational and educational benefits to be derived from athletic games. Each student is encouraged to participate in activities suitable for his constitution as well as his disposition. The emphasis of the system is rightly put upon playing, and not upon winning the game.

Table 5 shows the per cent of students in various institutions who take part in intramural athletics.

Table 5.-Intercollegiate and intramural athletics for men and women


* Indicates information incomplete.
${ }^{1}$ Depends on enrolliment.
2 The institution now uses this method of control.

Table 5.-Intercollegiate and intramural athletics for men and women-Contipued

| Institution | Do you favor <br> of inter- <br> collegiate <br> for men by <br> a depart- <br> physical education? | $\begin{aligned} & \text { Does } \\ & \text { institu- } \\ & \text { tion have } \\ & \text { inter- } \\ & \text { collegiate } \\ & \text { athletics } \\ & \text { for } \\ & \text { women? } \end{aligned}$ | Per cent of students reported taking part in intramuralathletics |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | Men | Women |
| 1 | 2 | 3 | 4 | 5 |
| Public-Continued. |  |  |  |  |
| University of Nebraska |  |  |  |  |
| University of Nevada--. | Yes ${ }^{\text {Y }}$ |  | 55 | 63 |
| University of New Mexico |  | Yes. |  |  |
| ${ }^{\text {New }}$ New Mexico College of Agricultione and Mechanic | No. | Yes |  |  |
| Hunter College of the City of New York |  | Y̌es |  |  |
| University of North Carolina |  |  | 62 |  |
| * North Carolina College for W omen-1ina State College of Agriculture and Engineering.- |  |  |  | 28 |
| * North Carolina State College of Agriculture and Engineering- | No | Y̌es | 26 | 54 |
|  |  |  |  |  |
|  | No-- |  | 8 | 30 |
| University of Cincinnati |  | Yes. |  |  |
| Ohio State University .-. | Yes |  | 77 |  |
| Miami University-- | Yes.. | ${ }^{\text {No }}$ |  | ${ }_{34}^{90}$ |
|  | No-- |  |  | --- |
|  |  | Yos- | 66 | 55 |
| University of Oregon |  |  |  | 78 |
|  |  |  | 100 | 100 |
| Rhode Island State College. <br> 相 <br> *Clemson Agricultural College |  |  | 100 |  |
|  |  | No |  |  |
| University of South Carolina <br> South Dakota State College of Agriculture and Mechanic Arts. | No. |  |  |  |
|  |  | No. | 36 |  |
|  |  | Yes. | 666 | ${ }^{26}$ |
|  |  |  | 70 |  |
|  |  |  |  | 61 |
| Coile | Yes.- | No.. | 13 |  |
|  |  |  | 75 |  |
| Virginia Agricultural and Mechanical College and Polytechnic Institute. | Yes |  | 66 |  |
|  |  |  |  |  |
| University of Virginia |  | Yes | 59 | 50 |
| State College of Washingt |  |  |  |  |
| Uuiversity of Washington | Yes |  |  |  |
| University of Wisconsin |  |  |  |  |
|  |  |  |  | 49 |
| University of W yoming. |  |  | 40 |  |
| Private |  |  |  |  |
| Birmingham-Southern College |  |  |  |  |
| University of Southern California...- |  |  | 44 | 33 |
|  |  |  |  |  |
|  | No. | No.- |  |  |
| Trinity College (Hartford, Conn.)------------------ |  |  |  |  |
|  | Yes ${ }^{2}$ |  | ${ }_{74} 98$ |  |
| Y ale University---- |  |  |  |  |
| George Washington Univers | Yes. |  |  | 21 |
|  |  |  | 56 |  |
| Agnes Scott College |  |  |  |  |
|  | Yes. |  |  |  |
|  |  | Ye | ${ }_{71}$ | ${ }_{61}^{45}$ |
| * Warash College- |  |  |  |  |
|  | Yes.... | No-. |  | 64 |
| DePauw University. <br> University of Notre Dame |  |  |  |  |
|  | Y | No |  |  |
|  |  |  |  | $90+$ |

* Indicates information incomplete. The institution now uses this method of control.

Table 5.-Intercollegiate and intramural athletics for men and women-Continued

| Institution | Do you favor control of intercollegiate athletics for men by a department of physical education? | Does institution have intercollegiate athletics for women? | Per cent of students reported taking part in intramural athletics |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | Men | Women |
| 1 | 2 | 3 | 4 | 5 |
| Private-Contin |  |  |  |  |
| Cornell College |  | Y | 20 | 24 |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |
| Colby College. |  |  | 61 |  |
|  |  |  |  |  |
| Johns Hopkins University.-........... |  |  | 50 |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |
| Massachusetts Institute of Technolog | Yes |  |  |  |
|  |  |  |  |  |
| Boston College-- Mount Holyoke |  |  | 40 |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
| Williams College |  |  | 93.8 |  |
|  |  |  |  |  |
| Carleton College |  |  |  |  |
|  |  |  |  |  |  |  |
| Dartmouth College |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| University of Buffalo | Yes---7---- |  |  | 59 |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
| Fordham University- | No-.....-- |  | 50 |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
| University of Roche | Yes |  | 50 | 18 |
|  |  |  |  |  |
|  |  |  |  |  |
| Duke University-.------- |  |  |  |  |
|  |  |  |  |  |
| Case School of Applied Science | Yes |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
| Antioch College | Yes. |  | 87 | 70 |
| Reed College. |  |  | 100 | 100 |
|  |  |  |  |  |
|  |  |  |  |  |  |  |
| Lafayette College |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| University of Pennsylvania | Yes.---- |  | 23 | 14 |
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* Indicates information incomplete.


## 6. The Students Health Service

The students health service is an organization which has grown up very recently for zafeguarding the health of students. The majority of American colleges and universities provide such service. Some institutions require all students to visit this department at stated intervals; others, for example, the State University of Ohio, maintain it for advice only. Stanford University furnishes an excellent example of cooperation between the departments of physical education, health, and athletics. The medical adviser and the director of physical education have their offices in the gymnasium. All new students are given a thorough medical examination at entrance. All students taking part in athletics are given special examination of heart and lungs. All excuses from the regular class work in physical education must be handled through this department. ${ }^{7}$

At the present time 130 institutions, including 63 public and 67 private, provide at least one physician for examinations and consultation. One public institution arranges for the city board of health to do this; 121 institutions, including 65 public and 56 private, provide nurses to assist in this work; 115 institutions, including 60 public and 56 private, provide hospitals or infirmaries; 31 institutions, including 23 public and 18 private, provide this service free for the student; while 62 institutions, including 36 public and 26 private, charge a small fee, or let the student pay a small per cent of the costs, especially for hospital care. The fee charged for this service varies from $\$ 1$ each semester to $\$ 10$ a year.

In some institutions the students health service and the department of physical education are organized separately. In such cases correlation of work is advantageous. A very good explanation of the development of the students health service in colleges and universities has been given by Dr. John Sundwall. Doctor Sundwall feels that the growth of this department has come about as a result of the recent discoveries in nutrition work, preventive medicine, and the realization of the fact that physical education, often placed at a disadvantage on account of the unwieldy situation of intercollegiate athletics, could not possibly control the health situation alone. Doctor Sundwall states that neither the health staff nor the physical education staff could attend to this matter alone, but that they should both agree on the point of promoting the students' health. "On account of the great amount of work to be done in large institutions this work can go on functioning each in its special lines without much duplication, and with little, if any, friction, although this independent arrangement is by no means ideal." ${ }^{8}$

[^9]A report of the president of the University of Illinois for 1924 mentions the splendid growth of the "health service" department. This growth is attributed mainly to an increased interest in hygiene.

The following data, taken from this report, are given as examples of what was accomplished during 1923-24 at this institution: 27,300 visits were made by the students to the health service station; 3,143 physical examinations were made; 1,179 students were given a second examination; 1,985 recommendations were given for temporary excuses from classes; 3,760 calls for first aid and infection were given; 3,814 consultations for advice were given; 2,096 conferences on personal hygiene were held; 3,537 directions in regard to self-care were given; 276 petitions for excuse from military and physical training were considered; 345 vaccinations against smallpox were given; 400 typhoid vaccinations were made; 531 students were referred to specialists; 601 students were admitted to the hospital; 568 students were given attention on account of exposure to disease; and 4,843 follow-up visits were made to students who were ill.

Table 6 contains detailed information regarding the student health service in each institution.

Table 6.-Institutions providing health service

| Institution | Physician | Nurse | Hospital or infirmary | Free service | Remarks |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | \% | 6 |
| Public |  |  |  |  |  |
| Alabama Polytechnic Institute | Yes | Yes. | No. | Yes. |  |
| Alabama Technical Institute..- | Yes. | Yes. | Yes. | Yes. |  |
| University of Alabama.- | Yes. | Yes. | Yes. | Yes. |  |
| University of Arizona.- | Yes | Yes | Yes | No- | \$5 per semester. |
| University of Arkansas. | Yes | Yes |  |  |  |
| University of Colorado... | Yes | Yes. | Yes | No.. | Rates reduced 25 per |
| Colorado Agricultural College.- | No.-......... | $\begin{aligned} & \text { No- } \\ & \text { Yes } \end{aligned}$ | $\begin{aligned} & \text { No.....- } \\ & \text { Yes.-.-. } \end{aligned}$ |  |  |
| Connecticut Agricultural Col- lege. |  | Yes. |  | Partly | Student pays physician. |
| University of Delaware. | Yes.......... | Yes........ | Yes..... | Yes.....- |  |
| University of Florida -...-.-..- | Yes......... | Yes |  |  | $\$ 5$ yearly. Entrance infirmary fee. |
| Florida State College for Women. | Yes......-- | Yes |  |  | Entranceinfirmary fee. |
| University of Georgia.-.-. | Yes......... | $\begin{aligned} & \text { Yes........... } \\ & \text { No.-........ } \end{aligned}$ | Yes....- | $\begin{aligned} & \text { No-..... } \\ & \text { No-. } \end{aligned}$ | \$5 yearly. |
| Georgia School of Technology | No |  |  |  |  |
| University of Illinois. | No | Yes | Yes.....- | Yo...... | $\$ 2.50$ each semester. Hospital care free four |
| Indiana University. | Yes......... | Yes....... | Yes....- | Yes..... | Fee is a small percentage of the cost. |
| Purdue University.. | Yes........-- | Yes....-. | Yes....- | No.-.-.- | Fee \$4 yearly; maximum hospital benefit, \$20 per year. \$2 quarterly. |
|  |  |  |  |  |  |
| Lowa State College of A. and M. Arts. | Yes | Yes | Yes |  |  |
| State University of Iowa-. | Yes........... | Yes.......... | Yes....- | Yes.....- |  |
| University of Kansas...-.-.-- |  |  |  |  | \$6 fee at registration. \$3 per semester. |
| lege. |  |  |  |  |  |

Table 6.-Institutions providing health service-Continued

| Institution | Physician | Nurse | Hospital or infirmary | Free service | Remarks |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Public-Continued <br> University of Kentucky. | Yes | Yes. | Yes |  | Hospital fee of $\left.\begin{array}{l}\text { \$1 each } \\ \text { semester; } \\ \text { dental }\end{array}\right]$ |
| Louisiana State University and A. and M. College. | Yes | Yes | Yes. | No. | $\$ 5$ for session of 36 weeks, plus cost of prescriptions. |
| University of Maine... | Yes | Yes | Yes |  |  |
| University of Maryland.-...- | $\begin{aligned} & \text { Yes } \\ & \text { No. } \end{aligned}$ |  |  |  | Not adequate to pro- |
| College. |  |  |  |  | tide for all. |
| University of Michigan......... |  |  | Yes. | Yes. | A per cent of the students' fees supports |
| Michigan Agricultural College - | Yes | Yes | Yes | Yes | Dispensary in the gym- |
| University of Minnesota. | Yes | Y | Yes | Yes. | $\$ 2$ nasium. quarter; dental |
| Mississippi A. and M. College. | Yes. | Yes | Y | No | cost. <br> \$8 a session for all stu- |
| University of Mississipp | Yes | Yes |  |  | Fee, $\$ 6.50$. |
| University of Missouri .-...---- | Yes | Yes |  | Yes |  |
| Montana State College of A. and M. Arts. |  |  |  |  | \$6 rearly. |
| Montana State Unirersity -.... | No | Yes |  | No | \$2.50 quarterl5. |
| University of Nebraska... |  |  |  |  | Hospital for athletic |
| University of Nepad | Yes | Yes | Yes | No. | \$3 each sem |
| New Hampshire College of A. and M. Arts. | Yes | Yes | Yes. | No. | $\$ 4.50$ per year health fee and \$1 per day at infirmary. |
| State University of New Mexico. | Yes |  |  | Ye |  |
| New Mexico College of A. and | No | Yes | Yes | No. | This institution does |
| II. Arts. |  |  |  |  | fees but pays $\$ 2.50$ per dar for nurse. |
| College of the City of New York. | Yes, 7 | No | No. | Yes | Only emergencr treatment given; two den- |
| Hunter College of the City of | Yes |  |  | Yes |  |
| University of North Carolina.- | Yes | Y | Yes | Yes. | Charge made for seri- |
| North Carolina College for Women. | Yes. | Y | Yes | Yes |  |
| North Carolina State College of A and Engineering | Yes. | Yes | Y |  | Fee, \$2. |
| North Dakota Agricultural | Yes. | Yes | Yes | Yes | Special ward in hos- |
| University of North Dakota | Yes | Yes | Yes | Yes.- |  |
| University of Akron---......--- |  |  |  |  | City board of health |
| Ohio University |  | Yes | Yes | Partly |  |
| University of Cincinnati | Yes |  | Ye | Partly - | \$3.50 per |
| Ohio State Universit | Yes | Yes |  | Yes |  |
| Miami University | Yes |  |  |  | Fee, $\mathrm{s}^{5}$. |
| Toledo Unirersity -...-.......-- | No |  |  | No. |  |
| Oklahoma College for Women- | Ye |  |  | Yes |  |
| University of Oklahoma..---- | N |  | Yo | - | \$2.50 per semester. |
| Oklahoma A. and M. Arts College. |  |  |  |  |  |
| ```Oregon State Agricultural Col- lege.``` | Yes. | Yes | Yes | No | Included in student fee, $\$ 18.50$; free hospital service 10 dsys |
| University of Oregon. | Yes | Yes |  | Yes | a term. |
| Pennsylvania State College.. | Yes | Yes. | Yes. | No- | each seniester. |
| Rhode Island State College...- | Yes |  | No- | Yes..... |  |
| University of South Carolina-- | Yimited | Yes..- | Yes. | Yes. |  |
| South Dakota State College of A. and M. Arts. | Limited | For wome | No. |  |  |
| Unirersity of South Dakota |  | For girls | For girls | Yes. |  |
| University of Tenne |  |  |  |  | \$5 |
| Agricultural and Mechanical | Ye | Ye | Ye | No. | \$10 per session. |
| College of Texas. <br> Agricultural College of Utah... | Yes | Yes | No. | Yes | \$6 annually. |
| University of Utah............ | Yes | Yes | No. | Ies |  |

Table 6.-Institutions providing health service-Continued

| Institution | Physician | Nurse | Hospital or infirmary | $\begin{gathered} \text { Free } \\ \text { service } \end{gathered}$ | Remarks |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Public-Continued |  |  |  |  |  |
| State Agricultural College. | For women. |  |  |  | Use hospitals affiliated with medical college. |
| Virginia A. and M. College | Yes | Yes | Yes | No. | \$4 each quarter. |
| University of Virginia | Yes |  | Yes | Yes | ts boarding at |
| State College of Washington..- | No. | Yes | Yes |  | attention. <br> \$1 fee; student pays |
| versity of Washington. | Yes | Yes | Yes. | No. | \$1 all students. \$1.50 |
| West Virginia University...-.- | Yes | Ye3 | Yes |  | \$2.50 each semester; |
| University of Wisconsin | Yes. | Yes. | Yes | Yes | from medical school. $\$ 3.50$ each semester. |
| Private |  |  |  |  |  |
| Birmingham-Southern College_ | Yes. | Yes | Yes. | Yes. |  |
| University of Southern California. | No.. | No. | No.. |  |  |
| Leland Stanford Junior Uni- | Yes. | No. | No. | Yes. |  |
| versity. | No | No | No |  |  |
| University of Denver |  | No | No |  |  |
| Trinity College (Hartford, | Yes |  |  |  |  |
| Wesleyan College...-.-.-.-..... | Yes. | Yes. | Yes. | No. | Hospital at rate of |
|  |  |  |  |  | $\$ 2$ per day, other service free. |
| Yale University | Yes. | Yes. | Yes | Partly -- | \$5 per day. Service |
|  |  |  |  |  | free for self-supporting students only. |
| Connecticut College for Women | Yes | Yes | Yes. |  | Fee of $\$ 10$ charged all students, excent day |
|  |  |  |  |  | students. |
| George Washington University. | Yes. | Yes. | Yes.. | No...... | \$4 per year. |
| Howard University-............ | Yes. | Yes | Yes. | Yes. |  |
| Trinity College (Washington, D. C.). |  |  | Yes |  |  |
| Agnes Scott College. | Yes. | Yes | Yes. | Yes. |  |
| Emory University--- | Yes |  | Yes | No. | Nominal expense. |
| University of Chicago-- |  | Yes | No-- | Yes |  |
| Northwestern University. |  |  |  |  |  |
| Knox College.------ |  |  |  |  | Physician only for diagnosis by health department. |
| Wabash College....------...-- | Yes |  |  |  | Physician gives diagnosis only |
| Earlham College... | Yes | Yes | Yes | Usually. | Free service except for |
| De Pauw University. | Ye | Yes | Yes. | N | pay for physician serr- |
| University of Notre Dame | No. |  |  |  |  |
| Drake University... | No | No | No. | No. |  |
| Cornell College. |  | Ye | Yes | 3 days..- | Moderate charge after |
| Baker University | No. | No. | No. |  |  |
| Washburn College | No. | No | No. |  |  |
| Tulane University of Louisiana | Yes. | Yes |  | No | \$5 a term. |
| Cotes College--- | Yes | Yes | Y | No | \$5 a year. |
| Goucher College | Yes | Yes | Yes | Partly-- | tudent pays for spe- |
| Johns Hopkins University. |  |  | Yes | Partly |  |
| Amherst College....-.......-...- | Yes. | Yes | Yes | Yes. | Free physician for 1 visit; hospital charge for bed and board. |
| Boston University.- | No. | No. | No. |  |  |
| Simmons College | Nos. |  | No.... |  | All students pay \$7 |
| Massachusetts Institute of Technology. | Yes. | Yes. |  |  | annually. |

Table 6.-Institutions providing health service-Continued


## 7. Equipment for Physical Activities

Gymnasiums.-The total number of gymnasiums provided by 167 institutions is 222 . Of these, 108 are provided by 74 public and 114 by 93 private institutions. Comparing these figures with those given by Dr. Willard S. Small, in an article in the American Physical Education Review, May, 1919, it is evident that there has been a steady increase in the number of college gymnasiums. Doctor Small sent questionnaires to 250 institutions; 143 replied and of this number only 110 had gymnasiums. ${ }^{9}$

Open-air gymnasiums.-Among the gymnasiums used at present several deserve a passing remark. The University of Missouri has a plat, approximately 200 by 150 feet, which is used for general recreation and gymnasium work. No apparatus is used on this plat, but it is reserved for general class work and competitive games. The University of Oregon built an outdoor gymnasium in 1920, but on account of so much bad weather and storms decided to board up the structure this year in order that it might be used during the long season of bad weather. The North Carolina College for Women has an outdoor gymnasium which has proved more satisfactory than was expected. In this climate the temperature is seldom too cold for outdoor sports, and in the rainy season when the ground is not fit for sports this structure furnishes ample facilities for physical education activities.

Athletic fields.-The total number of athletic fields provided by 161 institutions is 232 . Of this number, 105 are provided by 70 public institutions and 127 are provided by 91 private institutions. One other institution uses municipal fields for this work. This plan might be used by other institutions where these facilities are available.

Tennis courts.-Approximately 972 tennis courts are provided by 148 institutions. Of this number, 293 are provided by 64 public institutions, and 679 by 84 private institutions. Many institutions failed to specify in their reports the number of tennis courts available and many reported that they were planning additional equipment as soon as possible.

Track.-The total number of tracks provided by 146 institutions is 175 . Of this number, 77 are provided by 66 public institutions, and 98 are provided by 80 private institutions. A large number of these are outdoor tracks.

Swimming pools.-The total number of swimming pools provided by 106 institutions is 114 . Of this number, 50 are provided by 47

[^10]public institutions, and 64 are provided by 59 private institutions. Two other private institutions rent outside pools for their students.

Open-air swimming pools.-Several institutions, including the University of New Hampshire, Earlham College, and Stanford University, have outdoor swimming pools.

Stadia.-The tendency to build immense stadia is recent in American institutions. Previous to the war only a few of the larger institutions had this equipment. During the past five years many institutions have spent large sums of money for building stadia which are used for promoting intramural as well as intercollegiate athletics.

Forty-six public institutions have stadia or grand stands which have seating capacities ranging from 2,000 to 80,000 . Three other public institutions are constructing stadia. Forty private institutions have stadia or grand stands, the seating capacity of which ranges from 600 to 60,000 . One private institution is building a stadium and another is considering doing this.

Golf.-Eighteen public and 18 private institutions provide either whole or partial golf links as a part of their equipment. Three other public and 13 other private institutions arrange for the use of available public or private golf courses by their students.

Boating.-Forty-seven institutions, including 17 public and 30 private, have facilities for canoeing or rowing. Of this group, 2 public and 7 private institutions are women's colleges.

Bowling alleys.-A total number of 33 bowling alleys are provided by 18 institutions. Of this number, 10 are provided by 4 public and 23 by 14 private institutions.
Table 7.-Equipment in public and private institutions

| Institution | Number of gymnasiums | Size of gymnasiums, in feet | Number of swimming pools | Number of athletic fields | Number of tracks | Golf course | Tennis courts available | $\begin{aligned} & \text { Capacity } \\ & \text { of } \\ & \text { stadium } \end{aligned}$ | Facilities for canooing and rowing |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Public |  |  |  |  |  |  |  |  |  |
| Alabama Polytechnic Institute | 1 | 20 by 60.- | 1 | 4 | 1 |  |  |  |  |
| Alabama Technical Institute.--------------------------- | 1 |  | 1 | , |  |  | 6 |  |  |
| University of Alabama. University of Arizona | 1 | 24,500 square feet. | 1 | 1 <br> 3 | 1 | "Available" | 2 | 5,000 |  |
|  | 1 |  |  | 1 | 1 |  | Yes. |  |  |
| University of California. | 2 | $\left\{\begin{array}{l} 200 \text { by } 90 \\ 100 \text { by } 30 \end{array}\right.$ | 2 | 1 | 1 |  | 9 | 80, 000 |  |
| University of Colorado ${ }^{1}$ | 4 | $\left\{\begin{array}{l} 80 \text { by } 17- \\ 48 \text { by } 80 \\ 36 \text { by } 50 \end{array}\right.$ | 1 | 1 | 1 |  | Yes. | 26,000 |  |
| Colorado Agricultural Collcge | 1 |  | 1 |  |  |  |  | 5, 000 |  |
| Connecticut Agricultural College | 1 |  |  | 3 | 1 |  | 3 |  | Yes. |
|  | 1 |  | 1 |  | 1 |  |  |  |  |
| Florida State College for Women | 1 | 30 by 60 | 1 | 1 | 1 |  | 6 |  | Yes. |
| University of Georgia-.-.-.-- | 3 |  |  | 1 | 1 |  | Yes. |  |  |
| Georgia,School of 'Technology | 1 |  |  | 1 | 1 |  | Yes. | 3,600 |  |
| University of Idaho-- | 1 | 129 by 64 | ----1 | 1 | 1 |  | ${ }^{6}$ | $\stackrel{2}{2,300}$ |  |
| Indiana State University | 1 |  | 1 | , | 1 |  | Yes. | ${ }^{(3)}$ |  |
| Purdue University .-.- | 2 | $\left\{\begin{array}{l}160 \text { by } 80 \\ 241 \\ \text { by } \\ 162\end{array}\right.$ | 1 | 1 | 1 |  | 6 | 20,000 | Yes. |
| Iowa State College of Agriculture and Mechanic Arts. | 2 | 80 by 300 | 1 | 1 | 1 |  | Yes. | 12,000 |  |
| State University of Iowa.- | 1 | 160 by 180 | 1 | 1 | 1 | Yes | 15 | 25, 000 | Yes |
| University of Kansas-...---...-- |  |  | 1 |  | 1 |  |  |  |  |
|  | 1 | 297 by 83 | 1 | 1 | 1 |  | Yes. | 10,000 |  |
| University of Kentucky $\qquad$ Louisiana State University and A. and M. Collego | , | 100 by 183 |  | 1 | 1 |  | Yes. | 12,000 |  |
| Louisiana State University and A. and M. Collego University of Maine | 1 | 80 by 120 90 | 1 | 2 1 | 1 | " 1 vailable" | Yes. | -10,000 | Yes. |
|  | 1 |  |  | 1 | 1 |  | Yes. | (3) 100 |  |
| Massachusetts Agricultural College. |  |  |  | 1 | 1 |  | Yes. |  |  |
| University of Michigan --..... | 1 | 246 by 90 | 1 |  | 1 |  | 18 | 45,000 | Yes. |
|  | 1 | 70 by 132 | 1 | 4 | 5 |  | Yes. | 40, 000 | Yes. |

See footnotes at end of table.
Table 7.-Equipment in public and private institutions-Continued


Table 7.-Equipment in public and private institutions-Continued


Table 7.-Equipment in public and private institutions-Continued

| Institntion | Number of gyinnasiums | Size of gymnasimms, in feet | Number of swim$\underset{\text { pools }}{\text { ming }}$ | Number of athletic nelds | Number of tracks | Golf course | Tennis courts avallable | $\begin{aligned} & \text { Capacity } \\ & \text { of } \\ & \text { stadiun } \end{aligned}$ | Facilities for canoclng and rowing |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Private-Continued |  |  |  |  |  |  |  |  |  |
| Washington and Jefferson College . | 1 | 60 by 100 | 1 | 1 | 1 | "A vailable" | Yes. | 1, 1600 | Yes. |
| Brown University | 1 | 100 by 35 | 1 | 1 |  |  | ${ }_{3}^{5}$ |  |  |
| University of Clattanooga. | 1 |  | 1 | 1 | 1 |  |  |  |  |
| Maryville College-...- | 1 |  |  | 1 |  |  |  |  | No. |
| Fisk University --.... | 1 | 97 by 51 |  | 1 | 2 |  | ${ }_{6}^{6}$ | 22,000 |  |
| University of the South. | 1 | 100 by 60 | 1 | 1 | 1 | Yes |  |  |  |
| Rice Institute----------- |  |  |  |  |  |  |  |  |  |
| Baylor University --.-.------ |  |  |  |  |  |  |  |  |  |
| Randolpli-Macon College------- Washington and Lee University | 1 | 65 ly 130 | 1 | 1 | 1 | Yes. | 7 | 3, 000 | Yes. |
| Randolph-Macon Woman's College | 1 | 100 by 50 | 1 | 1 | 1 |  | Yes. |  | Yes. |
| University of Richmond- | 1 |  |  | 1 |  | Course availabl | 3 |  | Yes, lake. |
| Wweet Briar College - .-. | 1 | 114 by 62 | 1 | 1 | 1 |  |  |  |  |
| Beloit College-.------- | 1 | 105 by 51 |  | 1 | 1 |  | Yes. |  |  |

[^11]
## 8. Summary

Section 1 brings out the fact that a large number of colleges and universities require a medical examination of all students at entrance. This examination is valuable not only in promoting student health, but it is a means of eliminating from entrance to college students who are physically unfit, as well as enabling the director of physical education to classify all first-year students into suitable physical education classes.

While a large number of high schools allow a certain amount of physical education to help fulfill the graduation requirements, only two institutions of higher education allow these credits to be included among the entrance requirements.
Section 2 emphasizes the fact that physical education is now included as a part of the required work of practically every undergraduate course leading to a bachelor's degree. This indicates that physical education is no longer considered something apart from general education, but is directly connected with it as a basic part.

Section 3 contains a brief account of the organization of the senior division of the Reserve Officers' Training Corps in colleges and universities. The detailed study of military training given in the 62 public and 21 private institutions included in this study may be considered representative of the situation as a whole in the United States. Inasmuch as a splendid feeling of cooperation exists between the educational institutions providing military training and the War Department, this policy is probably the best possible means of continually supplying an increasing number of trained men who would be available in case of war.

Section 4 points out the fact that hygiene is now considered an important college course by a large number of institutions. However, institutions have not as yet adopted any standard policy for giving this work. Sometimes it is given by the department of military training, sometimes by the department of physical education, and sometimes in connection with the required biology, physiology, or science courses where it is considered as a part of these courses.

Section 5 points out the recent growth of intramural athletics. It shows that there is a strong tendency among institutions to abolish the old method of joint control by faculty, president, and alumni, and to have intercollegiate athletics managed by the department of physical education. It emphasizes the importance of having all athletic games under careful supervision.

Section 6 presents an account of the students health service. The large number of these organizations proves that good health is considered by the colleges and universities an asset which every student should hare, not only for his college life but especially at graduation. The growth of this organization came about as the result of a realization that physical education alone could never entirely safeguard the students' health. There was a need for continuous medical supervision working on a cooperative plan with the physical education department. The students' health service was organized to do this.

Section 7 contains a summary of the equipment for physical activities provided by colleges and universities. It brings out the fact that equipment for swimming is considered rery important, and that equipment for tennis can hardly be provided to fill the present demand. It shows a growing tendency to provide either complete or partial golf courses.

In general, it may be stated that the majority of colleges and universities in the United States are providing well-organized, healthful, educational, and recreational physical activities for their students. The programs of activities vary somewhat in different localities on account of the different climatic conditions. Institutions in the Northern States take advantage of opportunities for outdoor winter sports, and those in the Southern States are inclined to carry on outdoor programs during the entire season. The large amount of outdoor equipment provided by all the institutions indicates that the tendency of all institutions is to stress outdoor activities as far as possible.

## Institutions Included in This Investigation

Public

| Alabama Polytechnic Institute, Auburn, Ala. |
| :---: |
| Alabama Technical Institute, Montevallo, Ala. |
| University of Alabama, University, Ala. |
| University of Arizona, Tucson, Ariz. |
| University of Arkansas, Fayetteville, Ark. |
| University of California, Berkeley, Calif. |
| University of Colorado, Boulder, Colo. |
| Colorado Agricultural College, Fort Collins, Colo. |
| Connecticut Agricultural College, Storrs, Conn. |
| University of Delaware, Newark, Del. |
| University of Florida, Gainesville, Fla. |
| Florida State College for Women, Tallahassee, Fla. |
| University of Georgia, Athens, Ga. |
| Georgia School of Technology, Atlanta, Ga. |
| University of Idaho, Moscow, Idaho. |
| University of Illinois, Urbana, Ill. |
| Indiana University, Bloomington, Ind. |
| Purdue University, Lafayette, Ind. |
| Iowa State College of Agriculture and Mechanic Arts, Ames, Iowa. |
| State University of Iowa, Iowa City, Iowa. |
| University of Kansas, Lawrence, Kans. |
| Kansas State Agricultural College, Manhattan, Kans. |
| University of Kentucky, Lexington, Ky. |
| Louisiana State University and Agricultural and Mechanical College, Baton Rouge, La. |
| University of Maine, Orono, Me. |
| University of Maryland, College Park, Md. |
| Massachusetts Agricultural College, Amherst, Mass. |
| University of Michigan, Ann Arbor, Mich. |
| Michigan Agricultural College, East Lansing, Mich. |
| University of Minnesota, Minneapolis, Minn. |
| Mississippi Agricultural and Mechanical College, Agricultural College, Miss. |
| Mississippi State Coliege for Women, Columbus, Miss. |
| University of Mississippi, University, Miss. |
| University of Missouri, Columbia, Mo. |
| Montana State College of Agriculture and Mechanic Arts, Bozeman, Mont. |
| Montana State University, Missoula, Mont. |
| University of Nebraska, Lincoln, Nebr. |
| University of Nevada, Reno, Nev. |
| New Hampshire College of Agriculture and Mechanic Arts, Durham, N. H. |
| University of New Mexico, Albuquerque, N. Mex. |
| New Mexico College of Agriculture and Mechanic Arts, State College, N. |
| College of the City of New York, New York, N. Y. |
| Hunter College of the City of New York, New York, N. Y. |
| University of North Carolina, Chapel Hill, N. C. |
| North Carolina College for Women, Greensboro, N |
|  |

North Dakota Agricultural College, Agricultural College, N. Dak.
University of North Dakota, University, N. Dak.
University of Akron, Akron, Ohio.
Ohio University, Athens, Ohio.
University of Cincinnati, Cincinnati, Ohio.
Ohio State University, Columbus, Ohio.
Miami University, Oxford, Ohio.
Toledo University, Toledo, Ohio.
Oklahoma College for Women, Chickasha, Okla.
University of Oklahoma, Norman, Okla.
Oklahoma Agricultural and Mechanical College, Stillwater, Okla.
Oregon State Agricultural College, Corvallis, Oreg.
University of Oregon, Eugene, Oreg.
Pennsylvania State College, State College, Pa.
Rhode Island State College, Kingston, R. I.
Clemson Agricultural College, Clemson College, S. C.
University of South Carolina, Columbia, S. C.
South Dakota State College of Agriculture and Mechanic Arts, Brookings, S. Dak.
University of South Dakota, Vermilion, S. Dak.
University of Tennessee, Knoxville, Tenn.
University of Texas, Austin, Tex.
Agricultural and Mechanical College of Texas, College Station, Tex.
College of Industrial Arts, Denton, Tex.
Agricultural College of Utah, Logan, Utah.
University of Utah, Salt Lake City, Utah.
University of Vermont, Burlington, Vt.
Virginia Agricultural and Mechanical College and Polytechnic Institute, Blacksburg, Va.
University of Virginia, Charlottesville, Va.
College of William and Mary, Williamsburg, Va.
State College of Washington, Pullman, Wash.
University of Washington, Seattle, Wash.
West Virginia University, Morgantown, W. Va.
University of Wisconsin, Madison, Wis.
University of Wyoming, Laramie, Wyo.

## Private

Birmingham-Southern College, Birmingham, Ala.
University of Southern California, Los Angeles, Calif.
Leland Stanford Junior University, Stanford University,_Calif.
Colorado College, Colorado Springs, Colo.
University of Denver, Denver, Colo.
Trinity College, Hartford, Conn.
Wesleyan University, Middletown, Conn.
Yale University, New Haven, Conn.
Connecticut College for Women, New London, Conn.
Catholic University of America, Washington, D. C.
Georgetown University, Washington, D. C.
George Washington University, Washington, D. C.
Howard University, Washington, D. C.
Trinity College, Washington, D. C.
Agnes Scott College, Decatur, Ga.
Emory University, Emory University, Ga.
University of Chicago, Chicago, Ill.

Northwestern University, Evanston, Ill.
Knox College, Galesburg, Ill.
Wabash College, Crawfordsville, Ind.
Earlham College, Earlham, Ind.
De Pauw University, Greencastle, Ind.
University of Notre Dame, Notre Dame, Ind.
Drake University, Des Moines, Iowa.
Grinnell College, Grinnell, Iowa.
Cornell College, Mount Vernon, Iowa.
Baker University, Baldwin City, Kans.
Washburn College, Topeka, Kans.
Tulane University of Louisiana, New Orleans, La.
Bowdoin College, Brunswick, Me.
Bates College, Lewiston, Me.
Colby College, Waterville, Me.
Goucher College, Baltimore, Md.
Johns Hopkins University, Baltimore, Md.
Amherst College, Amherst, Mass.
Boston University, Boston, Mass.
Simmons College, Boston, Mass.
Harvard University, Cambridge, Mass.
Massachusetts Institute of Technology, Cambridge, Mass.
Radcliffe College, Cambridge, Mass.
Boston College, Chestnut Hill, Mass.
Smith College, Northampton, Mass.
Mount Holyoke College, South Hadley, Mass.
Tufts College, Tufts College, Mass.
Wellesley College, Wellesley, Mass.
Williams College, Williamstown, Mass.
Clark University, Worcester, Mass.
Worcester Polytechnic Institute, Worcester, Mass.
Carleton College, Northfield, Minn.
Washington University, St. Louis, Mo.
Dartmouth College, Hanover, N. H.
Rutgers College, New Brunswick, N. J.
Princeton University, Princeton, N. J.
Wells College, Aurora, N. Y.
University of Buffalo, Buffalo, N. Y.
Hamilton College, Clinton, N. Y.
Colgate University, Hamilton, N. Y.
Cornell University, Ithaca, N. Y.
Barnard College, New York, N. Y.
Columbia University, New York, N. Y.
Fordham University, New York, N. Y.
New York University, New York, N. Y.
Vassar College, Poughkeepsie, N. Y.
University of Rochester, Rochester, N. Y.
Union University, Schenectady, N. Y.
Syracuse University, Syracuse, N. Y.
Rensselaer Polytechnic Institute, Troy, N. Y.
Duke University (formerly Trinity College), Durham, N. C.
Wake Forest College, Wake Forest, N. C.
Case School of Applied Science, Cleveland, Ohio.
Western Reserve University, Cleveland, Ohio.

Ohio Wesleyan University, Delaware, Ohio.
Oberlin College, Oberlin, Ohio.
Antioch College, Yellow Springs, Ohio.
Reed College, Portland, Oreg.
Willamette University, Salem, Oreg.
Lehigh University, Bethlehem, Pa.
Bryn Mawr College, Bryn Mawr, Pa.
Lafayette College, Easton, Pa.
Haverford College, Haverford, Pa.
Temple University, Philadelphia, Pa.
University of Pennsylvania, Philadelphia, Pa.
Carnegie Institute of Technology, Pittsburgh, Pa.
University of Pittsburgh, Pittsburgh, Pa.
Swarthmore College, Swarthmore, Pa.
Washington and Jefferson College, Washington, Pa.
Brown University, Providence, R. I.
Converse College, Spartanburg, S. C.
University of Chattanooga, Chattanooga, Tenn.
Maryville College, Maryville, Tenn.
Fisk University, Nashville, Tenn.
Vanderbilt University, Nashville, Tenn.
University of the South, Sewanee, Tenn.
Rice Institute, Houston, Tex.
Baylor University, Waco, Tex.
Randolph-Macon College, Ashland, Va.
Washington and Lee University, Lexington, Va.
Randolph-Macon Woman's College, Lynchburg, Va.
University of Richmond, Richmond, Va.
Sweet Briar College, Sweet Briar, Va.
Whitman College, Walla Walla, Wash.
Beloit College, Beloit, Wis.

## Appendix

The following additional information regarding the status of military training and physical education is herewith presented, in order that the study may be more complete: (1) Institutions requiring and urging vaccination for smallpox and typhoid for college entrance; (2) selected bibliography.

## (1) Institutions Requiring or Urging Vaccination for Smallpox and Typhoid for College Entrance

## Institutions Requiring Vaccination for Smallpox ${ }^{10}$

Public.-Alabama Polytechnic Institute, University of Alabama, University of Arkansas, University of California, University of Florida, University of Illinois, University of Kansas, University of Michigan, University of North Carolina, North Carolina College for Women, North Carolina State College of Agriculture and Engineering, University of Cincinnati, Ohio State University, Miami University (Ohio), Oklahoma College for Women, University of Oklahoma, ${ }^{10}$ Oregon State Agricultural College, Pennsylvania State College, University of South Carolina, South Dakota College of Agriculture and Mechanic Arts, ${ }^{10}$ University of Tennessee, University of Texas, Agricultural and Mechanical College of Texas, Virginia Agricultural and Mechanical College and Polytechnic Institute, The College of William and Mary.

Private.-Leland Stanford Jr. University, Wesleyan University (Conn.), Yale University, Connecticut College for Women, Agnes Scott College, Emory University, University of Chicago, Northwestern University, Knox College, De Pauw University, ${ }^{10}$ University of Notre Dame, Bates College, Goucher College, Harvard University, Mount Holyoke College, Tufts College, Wellesley College, Washington University (St. Louis, Mo.), Rutgers College, Princeton University, Columbia University, Fordham University, University of Rochester.

Antioch College, Temple University, University of Pennsylvania, University of Pittsburgh, Swarthmore College, Washington and Jefferson College, Brown University, Converse College, Vanderbilt University, Baylor Institute, Sweet Briar College.

## Institutions Requiring Vaccination for Smallpox in Emergencies Only

Public.-Louisiana State University, Agricultural and Mechanical College, Mississippi Agricultural and Mechanical College.

Private.-Reed College.

## Institutions Urging Vaccination for Smallpox

Public.-University of Minnesota, State University of New Mexico.
Private.-Cornell College.

## Institutions Requiring Vaccination for Typhoid ${ }^{11}$

Public.-University of Kansas, University of Michigan, University of Oklahoma, University of South Carolina, Virginia Agricultural and Mechanical College and Polytechnic Institute.

[^12]Private.-Wesleyan University (Conn.), Agnes Scott College, Emory University, Northwestern University, De Pauw University, Massachusetts Institute of Technology, Fordham University, Antioch College.

Institutions Requiring Vaccination for Typhoid in Emergencies Only
Public.-Louisiana State University and Agricultural and Mechanical College, Mississippi Agricultural and Mechanic Arts College, Oregon State Agricultural College.

Private.-Reed College, University of Chattanooga.

## Institutions Urging Vaccination for Typhoid

Public.-Alabama Polytechnic Institute, State University of New Mexico, University of Tennessee.

Private.-Wellesley College, Princeton University, Duke University (North Carolina), Converse College (South Carolina).

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[^0]:    The Secretary of the Interior.

[^1]:    ${ }^{1}$ See appendix for list of institutions requiring raccination for smallpox and typhoid for college entrance. 47662-27-2

[^2]:    7.Semester hour credit is allowed in elective or teacher training courses in corrective
    gymnasties.
    9 Most important of all branches of physical education, but undeveloped
    10 Important part of all work in physical education
    11 Yearly in medical college. Two years only in liberal arts college
    ${ }^{13}$ A person physically sound may select his own exereise.
    ${ }_{14}$ Corrective gymnastics are required but not a part of the curriculum

    1 Semester hour eredit is allowed for correetive gymnastics when prescribed instead
    of the regular required class work.
    2 A thletic teans have special medical examinations.
    ${ }^{3}$ Medical exanination is the basis for classifyling students in physical education classes. - Corrective gymnastics are required of all men excused from military training on -Standard high school enables a student to enter advanced classes in physical edueation.

[^3]:    ${ }^{1}$ See footnote 1 on page 11.

[^4]:    ${ }^{3}$ Requirements refer to the department of engineering.
    ${ }^{4}$ These requirements refer to Washington Square College.

[^5]:    1 "Military training in land-grant colleges," by C. R. Mann and Col. F. J. Morrow. In Land-Grant College Education, 1910-1920, Pt. II, edited by Walton C. John. Department of Interior, Bureau of Education, Bulletin, 1924, No. 37, Chap.IX, p. 58.
    ${ }^{2}$ Ibid., p. 59.
    ${ }^{3}$ Ibid., p. 60.

[^6]:    ${ }^{\text {'Sec. 7, par. 46. Reserve Officers' Training Corps, Army Regulations No. 145-10, War Department. }}$ Dec. 15, 1924.

[^7]:    ${ }^{6}$ Department of hygiene of the College of the City of New York, by Dr. T. A. Storey, p. 51. (Copyrighted by the Narragansett Machine Co.)

[^8]:    - See Table 5 for list of institutions favoring and opposing this method of control for intercollegiate sthleties.

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    47662-27-5
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[^9]:    ${ }^{7}$ Barrow, W. H. General participation in athletics in the student health program. Nation's Health, 6: 528-29.
    ${ }^{8}$ Interrelationship between physical education and students health service. By John Sundwall, M. D., health officer, University of Michigan. American Physical Education Review, April, 1921, page 6.

[^10]:    ${ }^{9}$ Small, W. S. Physical education in the preparation of teachers. Amer. Phys. Ed. Rev., 24:435-37, Nov., 1919.

[^11]:    11 A horseboat for camping parties of women also provided.
    12 Buiding one.
    13 Floor space of men's gymnasium, 55,070 square feet; of the 4 women's gymnasimms, 14,688
    square feet.
    14 The institution rents a swimming pool for women.
    "1 A horseboat for camping parties of women also provided.
    ${ }^{12}$ Building one.
    14 The institution reneld.
    16 Use city athletic fiel.
    16 Portable seats.
    17 Portable seats.
    18 Use highiselool swimming pool.
    19 One and one-half aeres.

    A recreation camp is maintained by university near Boulder.
    A natiral amphitlieater furnishes a stadium
    A stadium now being eonstructed.
    Stadium will hold 20,000 when completed
    ${ }^{6}$ Grandstand is provided.
    College maintains a recreation camp.
    Two of these are outdoor gymasiuins.
    8 The playgrounds cover 100 acres.
    Use Y. M. C. A. building for athletics.
    10 Three inits of a stadium lave been erected.

[^12]:    ${ }^{10}$ Vaccination for smallpox is required by the Reserve Officers' Training Corps.
    ${ }^{11}$ Vaccination for typhoid is one of the Reserve Officers' Training Corps requirements.

