Bulletin
of the
Normal College
of the
American Gymnastic Union

Indiana University
Bloomington, Indiana
Calendar, 1959-60

FIRST SEMESTER

September 28, Monday .................................. Registration of students and entrance examinations
September 28, Monday .................................. Instruction begins
November 26, Thursday .................................. Thanksgiving, a holiday
December 18, Friday, 3 p.m. .......................... Christmas recess begins
January 4, Monday .................................. Instruction resumed
January 29, Friday .................................. First semester ends

SECOND SEMESTER

February 1, Monday .................................. Second semester begins
March 25, Friday, 3 p.m. .......................... Spring vacation begins
April 4, Monday .................................. Instruction resumed
May 25, Wednesday .................................. Second semester ends

CAMP TERM

May 27, Friday .................................. Camp course begins
June 23, Thursday .................................. Camp course ends

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Staff, 1958-59

Officers at Bloomington

HERMAN B WELLS, A.M., LL.D., President of the University.

HERMAN THOMPSON BRISCOE, Ph.D., Vice-President, and Dean of the Faculties.

JOSEPH AMOS FRANKLIN, B.S., Vice-President, and Treasurer.

JOHN WILLIAM ASHTON, Ph.D., LL.D., Vice-President, and Dean of the Graduate School.

WENDELL WILLIAM WRIGHT, Ph.D., Vice-President, and Director of the Division of Administrative Studies and Institutional Relations.

CHARLES EDWIN HARRELL, A.B., LL.B., Registrar, and Director of the Office of Records and Admissions.

ARTHUR S. DANIELS, Ed.D., Dean of the School of Health, Physical Education, and Recreation.

WILLARD WALTER PATTY, Ph.D., Dean Emeritus of the School of Health, Physical Education, and Recreation.

Staff of the Normal College, Indianapolis

(Mrs.) CLARA LEDIG HESTER, Director of the Normal College of the American Gymnastic Union of Indiana University, Dean of Women, and Assistant Professor of Physical Education.

B.P.E., Normal College of the American Gymnastic Union, 1930; M.S. in Ed., Indiana University, 1937; M.P.E. (Hon.), Normal College of the American Gymnastic Union, 1939; B.S., Indiana University, 1941.

EMIL RINSCH, Librarian, and Instructor in Education and Social Sciences.

A.B., Indiana University, 1923; A.M., 1927.

FREDERICK OSCAR MARTIN, Dean of Men, and Instructor in Physical Education.

B.S., Butler University, 1942; M.S. in P.Ed., Indiana University, 1950.

(Mrs.) LOLA LENNOX LOHSE, Instructor in Health and Physical Education.

B.S., Indiana University, 1939; M.S. in Health and Safety, 1955.

(Mrs.) GERTRUDE KAISER HEBERLEIN, Assistant Director of the Indianapolis Center, and Assistant Professor of English, Division of University Extension.

A.B., Indiana University, 1931; A.M., 1942.

MARGARET DUNHAM, Part-time Lecturer in Nutrition.

B.S., University of Alberta, 1938; M.S., Western Reserve University, 1949.

Advisory Committee

CARL H. BURKHARDT, M.P.E., former Director of Physical Education in the Elementary Schools, Buffalo, N.Y.

AUGUST H. PRITZLAPP, B.S., Ph.B., M.P.E., Director of Physical Education in the Public Schools, Chicago, Ill.

LEO M. RAPPAPORT, Attorney, Indianapolis.

WILLIAM K. STREET, B.S., A.M., M.P.E., Director of Health and Hygiene in the Public Schools, Cincinnati, Ohio.

General Statement

HISTORY

In 1941, the Normal College of the American Gymnastic Union became a department of what is now the School of Health, Physical Education, and Recreation of Indiana University. This merger brought into Indiana University the oldest American institution for the training of teachers of physical and health education and recreation.

An affiliation between the two institutions had existed since September, 1932. Between 1932 and 1941, the fourth year of the work was given by Indiana University at Bloomington. Now, students enrolling in the Normal College Department spend the freshman and sophomore years in Indianapolis. The junior and first half of the senior years are done on the Bloomington campus. The second semester of the senior year is completed in Indianapolis, where facilities for student teaching are more readily available.

Previous to 1941, the Normal College was operated by the American Turners, a national organization, founded in 1850. As early as 1860, the Turners decided to start a school for training teachers of gymnastics, but the Civil War prevented its opening, because nearly all the younger members enlisted in the Union Army. As soon as the war was over, the societies reorganized and the school was opened in 1866 in New York. From 1875 on, it was conducted in Milwaukee, and, in 1907, moved to Indianapolis.

While the men, trained in that institution, worked primarily in Turner societies, many strove to introduce physical training into the public schools. In this way, physical education became part of the curriculum in some of the largest cities, such as St. Louis, Chicago, Cincinnati, Milwaukee, Pittsburgh, and others. The Turners may, therefore, claim considerable credit for the present status of physical education.

The Normal College is located at 415 East Michigan Street in the east wing of the Athenaeum Building.

ADMISSION

All graduates of Indiana commissioned high schools will be admitted on certification by their high school principals. Graduates of commissioned or accredited high schools in other states will be admitted on certification by their high school principals, provided that the record of work done in high school indicates ability to do satisfactory work in the College.

Transcripts of high school records should be sent to the College Director at least one month before the opening date of the session. Transcripts that have been submitted and evaluated will become the property of the College and will not be returned.
Persons desiring to attend the College for special work may be admitted as special students. If students are twenty years of age or older, and if they give satisfactory evidence that they are qualified to pursue with profit the courses they wish to take, they may be admitted without a high school diploma.

FEES, EXPENSES, SCHOLARSHIPS, AND LOANS

Fees. All students, residents or nonresidents of Indiana, in the Normal College are charged a fee of $85 a semester payable to the College Director at the beginning of the semester. The fee for part-time work is $12 a credit hour.

Students who are legal residents of the state of Indiana are charged a basic fee of $7 a credit hour for work taken in Bloomington; nonresident students are charged a basic fee of $18 a credit hour. Students are also charged a small fee for laboratory breakage. There is an additional fee of $7 a credit hour for courses in student teaching.

Fees are due and payable on the day of registration.

Expenses. Books for all courses offered in the first two years are sold at the College bookstore; the cost amounts to about $60 a year. Other expenses besides books, which must be met by the student, are: medical service, $5 a semester; insurance, $5 a year; social fund, $5 a year.

The College does not have its own dormitories. Accommodations for both men and women are available at the Indiana University Medical Center. All rooms are for double occupancy. Rates for 1958-59 are $27.50, $35, and $40 a month depending upon accommodations. These prices are subject to change. Applications for housing should be made with Phil McQuillen, Director of Housing, Indiana University Medical Center, 440 North Winona Street, Indianapolis, Indiana. Reservations should be made early, if at all possible, since accommodations are limited. A $25 loss and breakage deposit must accompany applications. Students living in the Medical Center may obtain good meals at nominal cost in the cafeteria in the Student Union and Food Service Building.

Rooms with or without board in private homes may be obtained through the College Office. These vary in cost according to the accommodations furnished. Students desiring rooms of this type should write to the College Office by the first week in September.

Uniforms are usually purchased in Indianapolis. Women need a one-piece blue romper type of costume, which costs about $3.50. Women will also need a black leotard and a short circular skirt which will be purchased through the School Office for about $5. Men need white tee shirts, black shorts, and long blue woolen special gymnasium trousers. Both men and women need white tennis shoes and soft black ballet slippers.

The College does not operate an employment office, but has frequent opportunities for work for students. Girls can easily find jobs in homes where they can earn board, room, and carfare in exchange for household duties and baby sitting. Men can work for their meals in nearby restaurants.

Scholarships and Loans. The American Turners each year offer to members of the organization seven scholarships consisting of $250 each, for men. Furthermore, this organization annually provides ten partial scholarships of $100 each, for women.

Each year the College offers six scholarships, consisting of one half of the regular fee, to high ranking high school graduates. Applications for these scholarships should be made through the Normal College Director.

The Women's Auxiliary of the American Turners has established a loan fund for the purpose of aiding members of the American Turners who wish to prepare for teaching in branch societies. Such loans are to be repaid when a teaching position is secured.

Normal College students are also eligible for general University scholarships and loans. Applications for scholarships or other financial assistance should be addressed to the Director of Scholarships and Financial Aids, Maxwell Hall, Indiana University, Bloomington, Indiana. Most competitive scholarships for freshmen require participation in the State Scholarship Testing Program.

In addition, Normal College alumni and friends have established the Dr. Carl B. Sputh Memorial Scholarship to be awarded annually to an outstanding upperclassman.

STUDENT HEALTH SERVICE AT INDIANA UNIVERSITY MEDICAL CENTER

The Indiana University Medical Center offers a student health service for students of the Schools of Medicine and Dentistry, for students in the laboratory technology course, for students in the Normal College of the American Gymnastic Union of Indiana University, and for students in the Division of Social Service. The service is designed to promote the general health of students by offering complete clinical and laboratory examinations, dispensary or infirmary care for minor illnesses, and limited hospital care for major illnesses or surgical operations.

STUDENT UNION AND FOOD SERVICE BUILDING

The Student Union and Food Service Building on the Medical Center campus is open to all Indiana University students registered in the Indianapolis centers. This building, erected at a cost of $4,150,000, is modern in every respect and has been enlarged to meet the growing needs of the Indianapolis divisions. Its facilities, open to Normal College students, include apartments for married students, cafeteria, snack bar, book and gift shop, lounges, and swimming pool, built in accordance with the latest and most modern plans. Normal College students are included in all social activities sponsored by the centers.
CAMP FACILITIES AND REQUIREMENTS

A thorough and practical course in the organization and administration of camps and in camping is made possible through the use of a fully equipped camp at Elkhart Lake, Wisconsin—Camp Brosius. Students are required to attend the camp session for four weeks in June during the freshman and sophomore years. A fee of $75 is charged for room and board and other camp expenses. Cots and mattresses are furnished. Students are required to bring their own sheets, pillows and pillowcases, blankets and towels, tennis shoes, a bathrobe and raincoat, and a flashlight, in addition to the usual necessities.

INTERCOLLEGIATE ATHLETICS

Indiana University is a member of the National Collegiate Athletic Association, the conference popularly known as the Big Ten Conference, and the Indiana Intercollegiate Conference. Men students who matriculate in the Normal College of the American Gymnastic Union of Indiana University will have opportunities as candidates for intercollegiate athletic teams similar to those open to the men on the Bloomington campus. Indiana University maintains competitive teams in baseball, basketball, cross-country, fencing, football, golf, gymnastics, swimming, tennis, and track and field (both indoor and outdoor). Gymnastic teams have been authorized by the Athletics Committee of Indiana University since the merger of the Normal College of the American Gymnastic Union with the University.

DEGREE BACHELOR OF SCIENCE

Completion of the four-year course outlined on pages 11, 12 leads to the degree Bachelor of Science in Physical Education. Upon the approval of the Dean, a student may change (at the beginning of the Junior year) from the sixty-hour option (pages 11, 12) to one of the other options offered by the School of Health, Physical Education, and Recreation. A candidate for graduation must file a formal application for the degree in the Office of the Dean of the School of Health, Physical Education, and Recreation at least two months before graduation. If a senior fails to make this application, the School of Health, Physical Education, and Recreation will not be responsible for his graduation.

The quality of a student's work is indicated by the following grades: A, B, C, D, and F (failed). The term Incomplete is used to signify satisfactory work which is incomplete (see page 9). The grade F indicates that the student must repeat the course with a passing grade if he is to receive credit for it.

Each student must secure 122 semester hours of credit with grades to yield at least 122 credit points. The basis of computation of credit points is as follows: A, 3; B, 2; C, 1; D, 0; F, minus 1.

Distinctly high scholarship in work toward the B.S. degree is recognized by awarding the honor of graduation with distinction or high distinction.

For information concerning advanced degrees, write to Indiana University, Bloomington, Indiana, for a copy of the Bulletin of the School of Health, Physical Education, and Recreation.

WITHDRAWALS AND INCOMPLETES

Withdrawals. Withdrawals, approved by the dean of the student's school, during the first four weeks of a full-length semester and during the first two weeks of a summer session, are arbitrarily marked W. After this time, such withdrawals are marked W or WF according to whether the student is passing or failing in the work of the course at the time of withdrawal, and the student shall be required to show adequate reasons for withdrawal to the dean of his school. In those cases where students discontinue attendance without officially withdrawing, the instructor shall report the grade of WF. Where non-attendance occurs late in the semester, however, a grade of Incomplete may be used if the instructor has reason to believe the cause of absence was beyond the control of the student.

Incomplete Grades.* The grade of Incomplete may be given only where the completed portion of a student's work in the course is of passing quality. A student must remove an Incomplete within two semesters, or one summer session and one semester, of subsequent residence in the University. If the student fails to remove the Incomplete grade during the time allowed, the Incomplete will be changed to F.

A student may not register in a course in which he has a grade of Incomplete.

The student may be denied the right to make up an Incomplete if it seems to the dean and the instructor that it is impractical for the student to complete the course. In this event, the student should be given the opportunity to withdraw from the course.

Where the grade of Incomplete is given because the student missed the final examination, he shall be allowed to remove the Incomplete by taking the examination only if he has followed the regular procedure to have his absence excused and the Committee on Absence has notified the instructor that the student may be permitted to take the examination. If the Committee on Absence, under the Dean of Students, determines that the reason for the student's absence is not satisfactory, they should inform the instructor that the grade of Incomplete should be changed to a grade of F.

If the student has not removed the Incomplete within two semesters of residence, the dean of the school in which he is currently registered shall authorize the Office of Records and Admissions to

* None of these regulations apply to those graduate courses in which completion of the work of the course is not usually required at the end of the semester. Once a student has graduated, nothing in these regulations shall prohibit the Incomplete from remaining on the record.
change the Incomplete to F. Both the student and the instructor in whose course the student received the Incomplete shall be notified of this change in grade.

A grade of Incomplete may be removed in one of the following ways: (1) By the student completing the course within the time limit and the instructor sending the appropriate Removal of Incomplete Card to the Office of Records and Admissions. (2) By the dean of the student's school authorizing the change of Incomplete to W. Note: Where the Incomplete was received because of absence from the final examination, students may prefer to receive a grade of W instead of taking the examination. In such cases, the dean will not approve the grade of W unless the Committee on Absence has approved the reason for absence.

TEACHER'S CERTIFICATION AND PLACEMENT SERVICE

Certification. A four-year course leads to the provisional secondary teacher's certificate and the degree B.S. in Physical Education. This certificate is good for teaching and supervising the branch for which the certificate is issued in any secondary school (junior or senior) and in any elementary school.

Nearly all other state boards of education will accept credits from Indiana University and issue similar certificates.

Placement. The Bureau of Educational Placement, a part of the School of Education, is organized (1) to assist students and alumni in finding teaching positions for which they are qualified, (2) to serve the needs of the school officials in the state, (3) to keep in touch with teachers in the field who are Indiana University alumni, in order to assist them in securing better positions, and (4) to discover means of improving the teacher training program of the University. The Bureau charges no fee for its service, and alumni who are interested are encouraged to write for further information.

These services are available to graduates of the School of Health, Physical Education, and Recreation, as to graduates of other schools of the University who are preparing to teach.
Description of Courses, 1959-60

Courses in the School of Health, Physical Education, and Recreation (HPER) with numbers preceded by A and M, are for men; those preceded by W, for women; those preceded by H, P, and R, for both men and women. The number of hours of credit given for a course is indicated by the abbreviation "cr." in parentheses. Descriptions of courses for the third and fourth years, given at Bloomington, are not included in this bulletin.

HPER A384. Technique of Swimming. (1 cr.) Mr. Martin.

The course covers techniques and teaching methods of swimming strokes, springboard diving, and water safety. Organization and administration of swimming meets. Advanced swimmers have the opportunity to qualify for the Red Cross life saving certificate.

HPER A485. Advanced Undergraduate Techniques. (2 cr.) Mr. Martin.

Fencing, apparatus, free exercises.

HPER H160. First Aid. (2 cr.) Mrs. Loise.

A lecture and demonstration course on first-aid measures for wounds, hemorrhage, burns, freezing, sprains, dislocations, fractures, unconscious conditions, suffocation, and poisons, with skill training in all procedures.

HPER M150. Physical Education Service Courses for Men. (1 cr. each semester.) Mr. Martin.

Free exercises and tactics, apparatus, and fencing (foil, saber, and épée).

HPER M131-M132. Natural Gymnastics and Apparatus Technique I-II. (1-1 cr.) Mr. Martin.

The work will be largely practical; the following games will be played: speedball, touch football, soccer, volleyball, softball, archery, and other vigorous games. Officiating.

HPER M231-M232. Techniques of Minor Athletic Games I-II. (1-1 cr.) Mr. Martin.

The work will be largely practical; the following games will be played: speedball, touch football, soccer, volleyball, softball, archery, and other vigorous games. Officiating.

HPER M234. Technique of Athletic and Clog Dancing. (1 cr.) Mrs. Hester.

HPER M249. Rhythmic Techniques. (1 cr. each semester.) Mrs. Hester.

HPER M335. Elective Physical Education Activities for Men. (1 to 2 cr.) Mr. Martin.
HPER P195. History and Principles of Physical Education. (3 cr.)

Mrs. Lohse.

This course is concerned with the historical development of physical education from primitive to modern times. The aims and objectives of modern physical education are emphasized with their application to present-day educational programs.

HPER R170. Nature and Practice of Play. (2 cr.) Mr. Martin.

Required for the four-year elementary teacher training course, and of students taking a major or minor in physical education. Games, theories of play and recreation, methods of organization, technique of game conduct, proper placement of games as to age, equipment, variations of games, and incentives.

HPER R274. Introduction to Community Recreation. (2 cr.) Mrs. Hester.

Study of child nature, organization and administration, historical and philosophical background of play movements, program planning, equipment, special activities, organization of leagues, and general management.

HPER R275. Camp Counselors' Training Course. (2 cr.) Mrs. Hester, Mr. Martin.

Camp organization and administration. Designed to give the student training in camp leadership and includes a study of camp sanitation, necessary equipment, educational implications, program planning, duties of leaders, and general management. Practical experience is given each student in camping skills.

HPER W100. Physical Education Service Courses for Women.

Hockey. (1 cr. each semester.) Mrs. Lohse.
Gymnastics. (1 cr.) Mr. Martin.
Advanced Technique in Gymnastics. (1 cr.) Mr. Martin.

HPER W103. Modern Dance. (1 cr.) Mrs. Hester.

HPER W104. Volleyball. (½ cr.) Mrs. Lohse.

HPER W105. Social Dancing. (½ cr.) Mrs. Hester.

HPER W106. Folk Dancing. (½ cr.) Mrs. Hester.

HPER W107. Speedball. (½ cr.) Mrs. Lohse.

HPER W113. Tennis. (½ cr.) Mr. Martin.

HPER W115. Basketball. (½ cr.) Mrs. Lohse.

HPER W118. Softball. (½ cr.) Mrs. Lohse.

HPER W119. Archery. (½ cr.) Mrs. Hester.

HPER W124. Introductory Rhythmic Training. (1 cr.) Mrs. Hester.

NORMAL COLLEGE OF THE AMERICAN GYMNASTIC UNION

HPER W220. Techniques of Stunts, Tumbling, and Gymnastics. (1 cr. each semester.) Mr. Martin.

HPER W223. Technique of Rhythms for the Elementary School. (½ cr.) Mrs. Hester.

HPER W224. Technique of Folk Dancing. (1 cr.) Mrs. Hester.

HPER W225. Technique of Games for Elementary Schools. (½ cr.) Mrs. Hester.


Dr. Kime and Assistants.

No prerequisite. A general introduction to the basic structure of the human body which the student will be able to adapt and apply to the specific problems in his field of interest. Laboratory study of demonstration dissections and other illustrative material is integrated by discussion and lectures.

Ed. F100. Introduction to Teaching. (2 cr.) Mr. Rinsch.

A combined lecture-laboratory course giving a brief introduction to the function of public education in society and of teaching as a profession. Major emphasis is placed upon assisting each student in studying the desired competencies in teaching, evaluating his own capacities, interests, and abilities, and planning his professional career.

Ed. M438. Student Teaching in Physical Education in the Elementary Schools. (4 cr.)

Ed. M486. Student Teaching in Physical Education in the Secondary Schools. (4 cr.)

Observation of physical education in the Indianapolis schools and student teaching; preparation of lesson plans covering various phases of physical education; discussion and criticism of the lesson by the critic teacher before teaching; presentation under supervision of critic teacher, followed by conference. Additional fee: $7 for each credit hour.


Introduces the student to approved contemporary practice in teaching. Includes units in general and special methods of teaching in the secondary schools. The teaching process, the use of auxiliary means and devices, and the various forms of procedure and conducting activities as determined by the learning process of children, youths, and adults; the teaching process used with each class of activity; the grading of pupils; organization of pupils for leadership.

Ed. P100. Introduction to Educational Psychology. (3 cr.) Mr. Rinsch.

An introduction to general psychology, designed to give the student an understanding of himself and other people through the study of sensation, emotion, intelligence, personality, motivation, learning, thinking, and the nervous system. Lectures and class discussion will be supplemented by group and individual experiments and demonstrations.
Ed. P240. Educational Psychology for Secondary Teachers. (3 cr.)  
Mr. RINSCH.

Prerequisites: Psychology P101 or Education P100 or the equivalent of either of them, and sophomore standing. Emphasizes the development of the adolescent learner; factors, conditions, and principles of learning; individual differences affecting learning and behavior. Includes observation of children and adults and the performance of certain experimental exercises.

Ed. S485. Secondary Education and Guidance. (3 cr.)  
Mr. RINSCH.

A study of our secondary schools, their background, place in the educational ladder, objectives, contributions made by the curriculum and extracurricular to these objectives, and contributions of the teacher to the guidance program.

Eng. W101-W102. Elementary Composition I-II. (2-2 cr.)  
Mrs. HEBERLEIN.

A progressive course in written English beginning with the establishment of acceptable standards and the attainment of fundamental skills in writing, and proceeding to intensive treatment of particular problems of exposition.

Hist. H105-H106. American History: General Course I-II. (3-3 cr.)  
Mr. RINSCH.

I. A survey of the Colonial period, the Revolution, the Confederation and the Constitution, and the National period to 1865. II. Begins with 1865 and continues to the present. Political history forms the framework, but economic, social, cultural, and intellectual history are interwoven. An introduction to historical literature, source material, and criticism is included.

H.Econ. H206. Nutrition. (2 cr.)  
Miss DUNHAM.

The food needs of normal individuals of different ages; the selection of food for health; a study of the nutritional status of the people in the United States.

Physiol. P304. General and Individual Hygiene. (3 cr.)  
Mrs. LOHSE.

Personal hygiene of respiratory, digestive, nervous, endocrine, muscular, excretory, and circulatory systems; also a study of infections and resistance, immunity and allergy, and specific inoculations against certain diseases.

Physiol. P306. Group and Intergroup Hygiene. (3 cr.)  
Mrs. LOHSE.

Prerequisite, Physiology P304. Community hygiene; protection against human, animal, and insect carriers; water and sewage systems; housing, food, and occupational hazards; protection against specific diseases; maternity, infancy, and childhood problems; voluntary and official public health agencies.

Soc. S161. Principles of Sociology. (3 cr.)  
Mr. RINSCH.

This course describes and interprets the nature of interpersonal relationships, societies, groups, and communities, and such institutional areas as the family, industry, and religion; the social process operating within these areas; their significance for problems of personality, human nature, social disorganization, and social change.

Soc. S163. Social Problems. (3 cr.)  
Mr. RINSCH.

Prerequisite, Sociology S161. The study of selected areas that involve major social problems, such as the family, religion, the economic order, crime, mental disorders, civil rights, and racial, ethnic, and international tensions. The areas are considered in terms of the nature of the problem and its relation to the structure and values of the larger society.