

A SURVEY OF OFF-SEASON FOOTBALL CONDITIONING
PROGRAMS OF FIFTY SELECTED COLLEGES AND UNIVERSITIES

by

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INTRODUCTION

Off-season physical football conditioning is not a new trend in football. Coaches have been requiring their athletes to workout in the off-season for many years. In nineteen fifty three James M. Tatum, Director of Athletics and Head Football Coach at North Carolina, said, "conditioning is divided into three parts; namely, pre-season, early season, and in-season activity."¹ Present-day football coaches have added another part to the conditioning program. This part is called the post season or off-season condition program. This portion of the condition program is covered by this report.

For top performance, medical authorities agree that body conditioning is absolutely necessary. A conditioned athlete is less susceptible to injuries. Ken Rawlinson, Head Trainer at the University of Oklahoma, says, "condition affects the ability to play, mental attitude, determination, team work, and spirit of the athlete."² These are fine qualities which are formed in superior athletes. If the off-season conditioning program can help build these traits in the athlete, then the importance of a well-conducted off-season football conditioning program can be realized.

¹James Tatum and Warren K. Giese, Coaching Football and the Split T Formation, William C. Brown, Co., 1953.

²Ken Rawlinson, Modern Athletic Training, Prentice-Hall, Inc., 1961.

PURPOSE

The purpose of this report is to determine the approximate percentage of off-season football conditioning programs being conducted by the colleges and universities throughout the United States.

METHODS OF STUDY

A Questionnaire was designed attempting to gain the information needed to indicate the off-season football conditioning programs of the schools included in the study. Only short answers were requested. Fifty colleges and universities were selected by random sampling from The Blue Book of College Athletics, 1966-67. State supported and privately endowed institutions were included. Copies of the questionnaire along with stamped return envelopes were mailed to the head football coach of each school included in the survey. Recording of the replies to each question was done as the questionnaires were returned.

A copy of the questionnaire and an individual and comparative analysis of the various replies appear in the Appendix.

RESULT OF THE STUDY

Forty schools returned copies of the questionnaire. Four of the institutions which replied do not conduct an off-season football conditioning program of any type.

In computing the percentage of returned questionnaires, it was found that the percentage of schools replying was eighty percent of the schools receiving the questionnaires.

In order that a clear picture may be given of the results, each question will be discussed separately in the following manner: Each

question will be stated, the answer given, the number of schools answering, and the approximate percentage of the total number of schools answering the question. A discussion of the results will follow each question.

Question One: "Do you conduct an off-season football conditioning program?"

TABLE I
OFF-SEASON CONDITIONING PROGRAM

Answers	Number of Schools	Percentage
Yes	36	90
No	4	10

Thirty-six of the forty schools replying did conduct an off-season football conditioning program of some type. Four schools did not conduct an off-season football conditioning program of any type.

Question Two: "If the answer to question one was yes, is the program supervised?"

TABLE II
PROGRAM SUPERVISION

Answers	Number of Schools	Percentage
Yes	34	85
No	2	5
No Answer	4	10

All of the colleges and universities which conducted an off-season football conditioning program with the exception of two did supervise their off-season programs. Four schools did not answer the question.

Question Three: "Is the program open to all students or a select group?"

TABLE III
OPEN OR SELECT PROGRAM

Answers	Number of Schools	Percentage
All students	30	75
Select group	6	15
No answer	4	10

Seventy-five percent of the colleges and universities replying allowed any student in the college or university to enroll in the program. Fifteen percent of the schools replying allowed only squad members to participate in the off-season football conditioning program. The four schools which failed to answer the question were the schools which did not conduct an off-season program.

Question Four: "Are all squad members required to participate in the program?"

TABLE IV
SQUAD MEMBER PARTICIPATION

Answers	Number of Schools	Percentage
Yes	11	27.5
No	24	60.0
No answer	5	12.5

Approximately twenty-five percent of the schools replying stated that all squad members were required to participate in the off-season conditioning program. It was not determined if this was full partici-

pation or partial participation. Sixty percent of the schools replying did not require all squad members to participate. Five schools failed to answer the question.

Question Five: "Are athletes participating in seasonal sports required to participate in football off-season conditioning also?"

TABLE V
SEASONAL SPORTS VS. OFF-SEASON CONDITIONING

Answers	Number of Schools	Percentage
Yes	4	10
No	30	75
No answer	6	15

Of the forty colleges and universities replying, seventy-five percent of the schools did not require athletes who were participating in other seasonal sports to also participate in off-season football conditioning. Ten percent required their athletes to participate in off-season football conditioning while training for another sport which was in season. Six schools failed to answer the question.

Question Six: "What is the size of the football coaching staff?"

TABLE VI
NUMBER ON FOOTBALL STAFF

Answers	Number of Schools	Percentage
5	1	2.5
6	7	17.5
7	5	12.5
8	15	37.5

TABLE VI--Continued

Answers	Number of Schools	Percentage
9	8	20.0
10	1	2.5
11	1	2.5
12	1	2.5
No answer	1	2.5

The size of the football coaching staff of the colleges and universities replying varied from five coaches to twelve coaches. One school had five coaches on its staff. The most common number of staff members was eight. Thirty of the schools replying had football coaching staffs with more than eight members. One school failed to answer the question.

Question Seven: "Is there a special coach assigned to off-season training?"

TABLE VII

OFF-SEASON TRAINING COACH

Answers	Number of Schools	Percentage
Yes	21	52.5
No	17	42.5
No answer	2	5.0

Fifty-two and one-half percent of the colleges and universities replying assigned a special coach to an off-season conditioning program. Forty-two and one-half percent had no one special person assigned to off-season conditioning. Two schools did not answer the question.

Question Eight: "If so, does the coach have other duties?"
 "Describe other duties."

TABLE VIII
 OTHER DUTIES

Answers	Number of Schools	Percentage
Yes	21	52.5
No	0	0.0
No answer	19	47.5

All the coaches who are assigned to off-season conditioning also have other duties. The duties are described as follows.

TABLE IX
 DESCRIPTION OF DUTIES

Answers	Number of Schools	Percentage
Recruiting only	8	20.0
Office work only	1	2.5
Recruiting and office work	1	2.5
Coaching	6	15.0
Physical education teacher	2	5.0
Film breakdown	1	2.5
No duties given	2	5.0
No answer	19	47.5

The list of duties varies between schools. Twenty percent stated that recruiting of future players was also a duty of the special assigned coach. Fifteen percent had coaching duties. In two

universities the person in charge of the off-season conditioning program was also an instructor in the physical education department. Other duties mentioned were office work and analyzing film. Two schools failed to give the duties of the special assigned coach.

Question Nine: "How many staff members are involved in the program?"

TABLE X
STAFF MEMBER INVOLVEMENT

Answers	Number of Schools	Percentage
0	4	10.0
1	4	10.0
2	2	5.0
3	3	7.5
4	2	5.0
6	6	15.0
7	1	2.5
8	11	27.5
No answer	7	17.5

Over twenty-five percent of the colleges and universities replying used eight staff members in conducting their off-season football conditioning program. The number of staff members involved in the off-season program varied from one to eight. The second most common number was six.

Question Ten: "Are graduate assistant students used in the program?"

TABLE XI
GRADUATE ASSISTANTS

Answers	Number of Schools	Percentage
Yes	17	42.5
No	19	47.5
No answer	4	10.0

The colleges and universities replying were fairly evenly divided between those who used and those who did not use graduate assistant students in the off-season program. Forty-seven and one-half percent did not use graduate assistants and forty-two and one-half percent used them in the off-season program.

Question Eleven: "Where is the program conducted?"

TABLE XII
PLACE WHERE PROGRAM IS CONDUCTED

Answers	Number of Schools	Percentage
Indoors	17	42.5
Outdoors	1	2.5
Both indoor and outdoors	18	45.0
No answer	4	10.0

These results indicated that almost fifty percent of the colleges and universities replying conducted their off-season conditioning programs both indoors and outdoors. Over forty percent of the schools reported using indoor facilities only. Only one school conducted its entire off-season conditioning outdoors. This school was located where

the climate changed little year round. Four schools did not answer the question.

Question Twelve: "What is the size of the area used?"

TABLE XIII

SIZE OF AREA

Answers	Number of Schools	Percentage
Indoors:		
Under 50' x 50'	7	17.5
Over 50' x 50'	19	47.5
No answer	14	35.0
Outdoors:		
Under 100 yds x 50 yds	1	2.5
Over 100 yds x 50 yds	13	32.5
No answer	26	65.0

Forty-seven and one-half percent of the colleges and universities replying had indoor space larger than twenty five hundred square feet. An area of this size is large enough to provide space for a complete off-season program. Seventeen and one-half percent of the schools replying reported their indoor area was smaller than twenty five hundred square feet. Thirty-five percent of the schools answering the questionnaire did not give the size of their indoor area.

Only one university, two and one-half percent, had an outdoor area smaller than five thousand square yards. Sixty-five percent of the colleges and universities replying did not state the size of their outdoor area.

Question Thirteen: "Is there a weight room used?"

TABLE XIV
WEIGHT ROOM

Answers	Number of Schools	Percentage
Yes	35	87.5
No	1	2.5
No answer	4	10.0

Eighty-seven and one-half percent of the colleges and universities replying used a weight room in their off-season football conditioning program. Only one university did not use a weight room in its off-season conditioning program. Four schools did not answer the question.

Question Fourteen: "How many can the weight room accommodate at one time?"

TABLE XV
CAPACITY OF WEIGHT ROOM

Answers	Number of Schools	Percentage
1 to 10	1	2.5
11 to 20	5	12.5
21 to 30	12	30.0
31 to 40	7	17.5
41 to 50	4	10.0
51 to 60	1	2.5
81 to 90	2	5.0
91 to 100	3	7.5
over 100	1	2.5
No answer	4	10.0

The size of the weight rooms of the various colleges and universities varied considerably. A weight room that accommodated twenty-one to thirty athletes at one time was the most common size. Thirty percent of the colleges and universities replying used a weight room of this size. The second most common size was a weight room that accommodated thirty-one to forty athletes. Seventeen and one-half percent used this size.

Question Fifteen: "Do you have access to an indoor track?"

TABLE XVI
ACCESSIBILITY OF INDOOR TRACK

Answers	Number of Schools	Percentage
Yes	14	35
No	22	55
No answer	4	10

Only one-third of the colleges and universities answering the questionnaire had access to an indoor track. Fifty-five percent did not have access to an indoor track and ten percent failed to answer the question.

Question Sixteen: "Do you have access to a gym floor?"

TABLE XVII
ACCESSIBILITY OF GYM FLOOR

Answers	Number of Schools	Percentage
Yes	24	60
No	12	30
No answer	4	10

These results indicated that approximately sixty percent of the colleges and universities had access to a gym floor for use in their off-season football conditioning program. Thirty percent did not have access to a gym floor. Four schools failed to answer the question.

Question Seventeen: "Do you have access to wrestling mats?"

TABLE XVIII

ACCESSIBILITY OF WRESTLING MATS

Answers	Number of Schools	Percentage
Yes	28	70
No	8	20
No answer	4	10

These results indicated a large majority of the colleges and universities used wrestling mats in their off-season program. Later in this report the number of schools using wrestling in their off-season program will be determined.

Seventy percent of the colleges and universities replying had access to the use of some wrestling mats. Only twenty percent of the schools replying did not have access to wrestling mats. Four schools left the answer to this question blank.

Question Eighteen: "How long is the off-season program?"

TABLE XIX

LENGTH OF OFF-SEASON PROGRAM

Answers	Number of Schools	Percentage
One month	7	17.5
Two months	14	35.0
Three months	10	25.0

TABLE XIX--Continued

Answers	Number of Schools	Percentage
Four months	1	2.5
Five months	2	5.0
Six months	1	2.5
No answer	5	12.5

The length of the off-season was three months or less in over seventy-five percent of the colleges and universities replying. One school conducted a program that lasted the entire off-season.

Question Nineteen: "What days of the week do you work out?"

TABLE XX

DAYS OF WORK OUT

Answers	Number of Schools	Percentage
MWT	2	5.0
MWF	7	17.5
MTWT	11	27.5
M-F	13	32.5
M-S	1	2.5
TWT	1	2.5
No answer	5	2.5

The days scheduled for workouts varied from college to college. Approximately thirty-three and one-third percent of the colleges and universities replying held workouts Monday through Friday. Over twenty-five percent of the schools replying held workouts Monday through Thursday leaving Friday for a make-up day.

Question Twenty: "Are squad members required to workout on off days?"

TABLE XXI
OFF DAY WORK OUT

Answers	Number of Schools	Percentage
Yes	4	10
No	30	75
No answer	6	15

These results indicated that squad members were not required to work out on off days. Seventy-five percent of the colleges and universities replying did not require their squad members to work out on the off days. Ten percent of the schools required non-scheduled workouts of some kind. Six schools did not answer the question.

Question Twenty-One: "What is the length of the daily workout?"

TABLE XXII
LENGTH OF DAILY WORK OUT

Answers	Number of Schools	Percentage
1/2 hour	7	17.5
3/4 hour	7	17.5
one hour	18	45.0
1 1/2 hour	2	5.0
No answer	6	15.0

The length of the daily workouts varied from one-half an hour to one and one-half hours. The largest number, forty-five percent, of the colleges and universities replying held one hour workouts. Only two

schools held workouts which exceeded one hour in length. Fifteen percent of the schools answering the questionnaire did not answer this question.

Question Twenty Two: "Is the squad divided into groups?"

TABLE XXIII
SQUAD GROUPS

Answers	Number of Schools	Percentage
Yes	32	80
No	4	10
No answer	4	10

Eighty percent of the colleges and universities replying divided the squad into groups. Only ten percent of the schools replying did not divide the squad into groups. Four schools did not answer the question.

Question Twenty Three: "Do participants go through some workout each day?"

TABLE XXIV
DAILY WORKOUT

Answers	Number of Schools	Percentage
Yes	16	40.0
No	19	47.5
No answer	5	12.5

Forty percent of the colleges and universities replying stated that their athletes did participate in some type of workout each day. Forty-seven and one-half percent stated they did not. Five schools did not answer the question.

Question Twenty Four: "Is wrestling used in the program?"

TABLE XXV

WRESTLING IN PROGRAM

Answers	Number of Schools	Percentage
Yes	14	35
No	22	55
No answer	4	10

Only thirty-five percent of the colleges and universities replying included wrestling in their off-season football conditioning program. Fifty-five percent of the colleges and universities replying did not include wrestling in their program. Ten percent of the schools answering the questionnaire gave no answer to this question.

Question Twenty Five: "What type of running is used?"

TABLE XXVI

TYPE OF RUNNING

Answers	Number of Schools	Percentage
Sprints only	13	32.5
Distance only	1	2.5
Combination of sprints and distance	20	50.0
No answer	6	15.0

One half of the colleges and universities replying used a combination of sprints and distance in their running program. Thirty-two and one-half percent of the schools replying used only sprinting in their running program. Only one school used distance alone. Six schools did not answer the question.

Question Twenty Six: "Are agility drills used in the program?"

TABLE XXVII
AGILITY DRILLS

Answers	Number of Schools	Percentage
Yes	31	77.5
No	5	12.5
No answer	4	10.0

Seventy-five and one-half percent of the schools replying included agility drills in their program. Only twelve and one-half percent did not include agility drills in their program. Four schools did not answer the question.

Question Twenty Seven: "Are the agility drills different for the backs than they are for the lineman?"

TABLE XXVIII
AGILITY DRILLS - BACKS AND LINEMEN

Answers	Number of Schools	Percentage
Yes	12	30.0
No	19	47.5
No answer	9	22.5

Thirty percent of the colleges and universities replying had different agility drills for backs than for linemen. Forty seven and one-half percent did not have different agility drills. Nine schools did not answer this question.

SUMMARY

The foregoing results have been based upon a random sampling of colleges and universities in the United States. In relation to the schools which were covered by the survey, the following summary of findings has been made:

1. Ninety percent of the colleges and universities answering the questionnaire conducted some type of an off-season football conditioning program.

2. Out of the thirty-six schools that conducted an off-season program, thirty-four schools supervised the program to some degree.

3. In seventy-five percent of the colleges and universities the program was open to any student who attended the college or university.

4. Sixty percent of the colleges and universities did not require all their squad members to participate in the off-season program.

5. Seventy-five percent of the colleges and universities excused athletes that were participating in other seasonal sports from the off-season football conditioning program.

6. The size of the football coaching staffs varied among the colleges and universities from five to twelve. The most common size of football coaching staff was eight or thirty-seven and one-half percent of colleges and universities included in this study.

7. Fifty-two and one-half percent of the colleges and universities assigned a special coach to be in charge of off-season football conditioning.

8. All of the colleges and universities that assigned a special coach to take charge of the program attached other duties to the position. The most common of these duties was recruiting.

9. Twenty-seven and one-half percent of the colleges and universities used eight staff members in the conduction of the off-season program.

10. Graduate assistant coaches were used in approximately one-half of the colleges and universities.

11. Forty-five percent of the colleges and universities conducted the program both indoors and outdoors. Forty-two and one-half percent of the schools used indoor facilities only.

12. A majority of the colleges and universities had indoor space available that exceeded two thousand five hundred square feet and outdoor space that exceeded five thousand square yards.

13. Eighty-seven and one-half percent of the colleges and universities used a weight room in their off-season football conditioning program.

14. The most common size of weight room among the colleges and universities was a room that accommodated twenty one to thirty athletes.

15. Fifty-five percent of the colleges and universities did not have access to an indoor track.

16. Sixty percent of the colleges and universities had access to a gym floor.

17. Seventy percent of the colleges and universities had access to wrestling mats. It was not determined if these mats were used for wrestling or other activities in the program.

18. The off-season football conditioning program ranged in

length of one month to six months. Thirty-five percent of the colleges and universities conducted the program for two months.

19. The most common days of the week which workouts were held were Monday through Friday. Thirty-two and one-half percent of colleges and universities held workouts five days a week.

20. Three fourths of the schools replying did not require their athletes to workout on off days.

21. Forty-five percent of the colleges and universities held workouts that lasted one hour. All but two of the schools answering the questionnaire held workouts of one hour or less.

22. Eighty percent of the schools divided the squad into groups.

23. Approximately one-half of the colleges and universities answering the questionnaire did not require their athletes to workout on off days.

24. Wrestling was found not to be an important activity in the off-season football conditioning programs in most of the colleges and universities. Fifty-five percent did not include it as part of their program.

25. Fifty percent of the colleges and universities used a combination of sprinting and distance running in their programs. Thirty-two and one-half percent used only sprinting in the program.

26. Seventy-seven and one-half percent of the schools answering the questionnaire used agility drills in their program.

27. Forty-seven and one-half percent of the schools replying to the questionnaire did not have different agility drills for backs than for linemen.

APPENDIX

OFF-SEASON FOOTBALL CONDITIONING PROGRAM

SCHOOL NAME _____

ADDRESS _____

CONFERENCE _____ INDEPENDENT _____

GENERAL INFORMATION:

1. Do you conduct an off-season football conditioning program?
Yes _____ No _____
2. Is it supervised? Yes _____ No _____
3. Is the program open to all students or a select group?
All students _____ Select group _____
4. Are all squad members required to participate in the program?
Yes _____ No _____
5. Are athletes participating in seasonal sports required to participate in football off-season conditioning also? Yes _____ No _____

FOOTBALL STAFF INFORMATION

6. What is the size of the football coaching staff? _____
7. Is there a special coach assigned to off-season conditioning?
Yes _____ No _____
8. If so, does the coach have other duties? Yes _____ No _____
Describe other duties _____
9. How many staff members are involved in the program? _____
10. Are graduate assistant students used in the program? Yes _____ No _____

FACILITIES:

11. Where is the program conducted? Indoors Outdoors Both
12. What is the size of the area used? Indoors _____
Outdoors _____
13. Is there a weight room used? Yes No
14. How many can be accommodated at one time? _____
15. Do you have access to an indoor track? Yes No
16. Do you have access to a gym floor? Yes No
17. Do you have access to wrestling mats? Yes No

DESCRIPTION OF PROGRAM:

18. How long is the off-season program? One month Two months
Three months Four months Five months Six months
19. What days of the week do you work out? Monday Tuesday
Wednesday Thursday Friday Saturday Sunday
20. Are squad members required to workout on off days? Yes No
21. What is the length of the daily workouts? _____
22. Is the squad divided into groups? Yes No
23. Do participants go through some workout each day? Yes No
24. Is wrestling used in the program? Yes No
25. What type of running is used? Sprints Distance Combination
26. Are agility drills used in the program? Yes No
27. Are the agility drills different for the backs than they are for the
linemen? Yes No

Explanation of Table 29

The following table is an individual and comparative analysis of the replies of the various colleges and universities covered in this study. This table contains the name of each institution and the reply each institution made to each question. The questions are only numbered in the table but the numbers compare to the chronological order of the questions as they appear in the questionnaire. Whenever a question was unanswered by the person replying it is indicated in the table by a blank space.

Table 29 An individual and comparative analysis of the replies of the various colleges and universities.

Institution replying	Question						
	1	2	3	4	5	6	7
Ala., Univ. of	yes	yes	all	no	no	12	no
Ark., Univ. of	yes	yes	all		no	9	no
Cal., Univ. of	yes	yes	select	yes	no	8	yes
Colo. State Univ.	no	yes	all	no		6	no
Fla., Univ. of	yes	yes	all	no	no	9	no
Ga. School of Tech.	no	no				9	
Ill., Univ. of	yes	yes	select	yes	yes	8	yes
Indiana Univ.	yes	yes	all	yes	no	8	no
Iowa State Univ.	yes	yes	all	no	no	7	no
Kan., Univ. of	yes	yes	all	yes	no	8	yes
Kan. State Univ.	yes	yes	all	yes	yes	8	no
La. State Univ.	yes	yes	all	no	no	10	yes
Md., Univ. of	yes	yes	all	no	no	7	yes
Miami, Univ. of	yes	yes	all	no	no	11	no
Mich., Univ. of	yes	yes	all	yes	no	8	no
Mich. State Univ.	yes	no	select	no	no	8	no
Minn., Univ. of	yes	yes	all	no	no	8	no
Mo., Univ. of	no						
N. Texas State Univ.	yes	yes	all	no	no	5	no
Oklah., Univ. of	yes	yes	all	no	no	9	yes
Okla. State Univ.	yes	yes	all	no	no	9	yes
Penn. State Univ.	yes	yes	all		no	9	yes
Pitt., Univ. of	yes	yes	all	no	no	9	yes

Table 29--Continued

Institution replying	Question						
	1	2	3	4	5	6	7
Purdue Univ.	yes	yes	all	no	no	9	yes
S. Cal. Univ. of	yes	yes	all	yes	yes	8	no
Sou. Ill. Univ.	yes	yes	all	yes	no	6	yes
Syracuse Univ.	yes	no		yes		8	no
Texas, Univ. of	yes	yes	select	no	no	8	no
Texas Christian U.	yes	yes	all	no	yes	8	no
U. S. Air Force Acad.	yes	yes	select	no	no	7	yes
U. S. Military Acad.	yes	yes	all	no	no	6	yes
U. S. Naval Acad.	no	no					no
Utah, Univ. of	yes	yes	all	yes	yes	6	yes
Vanderbilt Univ.	yes	yes	all	no	no	8	yes
Va. Military Inst.	yes	yes	all	no	no	6	no
Wake Forest Univ.	yes	yes	all	yes	no	7	yes
Wash., Univ. of	yes	yes	select	yes	no	9	yes
Wichita State Univ.	yes	yes	all	no	no	8	yes
Wis., Univ. of	yes	yes	all	no	no	8	yes
Wyo., Univ. of	yes	yes	all	no	no	6	no

Table 29--Continued

Institution replying	Question			
	8	9	10	11
Ala., Univ. of			yes	both
Ark., Univ. of	yes	6	yes	indoors
Cal., Univ. of	yes recruiting	1	no	indoors
Colo. State Col.			yes	indoors
Fla., Univ. of	yes	6	yes	indoors
Ga. School of Tech				
Ill., Univ. of	yes P.E. teacher			both
Indiana Univ.		0	no	both
Iowa State Univ.		3	no	indoors
Kan., Univ. of	yes	8	no	both
Kan. State Univ.		4	yes	both
La. State Univ.	yes Office work recruiting	1	no	both
Md., Univ. of	yes recruiting	4	no	indoors
Miami, Univ. of		0	no	outdoors
Mich., Univ. of	no	8	no	indoors
Mich. State Univ.		8	no	indoors
Minn., Univ. of		8	no	indoors
Mo., Univ. of				
N. Texas State U.	no	0	yes	both
Okla., Univ. of	yes	8	yes	both

Table 29--Continued

Institution replying	Question			
	8	9	10	11
Okla. State Univ.	yes recruiting	8	no	both
Penn. State Univ.	yes recruiting	8	yes	indoors
Pitt., Univ. of	yes recruiting	2	yes	indoors
Purdue Univ.	yes recruiting	3	yes	indoors
S. Cal., Univ. of				
Sou. Ill. Univ.	yes office details	6	yes	both
Syracuse Univ.		0	no	indoors
Texas, Univ. of	yes P.E. teacher	1	yes	both
Texas Christian U.	yes	8	yes	both
U.S. Air Force Acad.	yes recruiting	3	no	indoors
U.S. Military Acad.	yes coaching	6	no	indoors
U.S. Naval Acad.				
Utah, Univ. of	yes coaching	6	yes	both
Vanderbilt Univ.	yes coaching	8	yes	both
Va. Military Inst.		6	no	both
Wake Forest Univ.	yes recruiting	7	no	both

Table 29--Continued

Institutions replying	Question			
	8	9	10	11
Wash., Univ. of	yes recruiting	2	no	indoors
Wichita State Univ.	yes recruiting	8	yes	both
Wis., Univ. of	yes recruiting	8	no	both
Wyo., Univ. of		6	yes	indoors

Table 29--Continued

Institutions replying	Question						
	12	13	14	15	16	17	
Ala., Univ. of	indoors over 50x50	yes	45	no	yes	no	
Ark., Univ. of		yes	80	no	no	no	
Cal., Univ. of	outdoors under 100x50	yes	35	no	yes	yes	
Colo., State Col.	indoors over 50x50	yes	50	no	yes	no	
Fla., Univ. of	indoors over 50x50	yes	40	no	yes	yes	
Ga. School of Tech.							
Ill., Univ. of	indoors over 50x50	yes	100	yes	yes	no	
	outdoors over 100x50						
Indiana Univ.	indoors over 50x50	yes	30	yes	yes	yes	
Iowa State Univ.	indoors over 50x50	yes	36	no	yes	yes	
Kan., Univ. of	indoors over 50x50	yes	35	yes	yes	yes	
	outdoors over 100x50						
Kan. State Univ.	indoors over 50x50	yes	30	yes	yes	yes	
	outdoors over 100x50						
La. State Univ.	indoors under 50x50	yes	30	no	no	yes	
	outdoors over 100x50						

Table 29--Continued

Institutions replying	Question					
	12	13	14	15	16	17
Md., Univ. of		yes	20	no	no	yes
Miami, Univ. of	outdoors over 100x50	no	55	no	no	no
Mich., Univ. of	indoors over 50x50	yes	30	yes	yes	yes
Mich. State Univ.		yes	50	yes	yes	yes
Minn., Univ. of	indoors over 50x50	yes	40	yes	yes	yes
Mo., Univ. of						
N. Texas State Univ.	indoors under 50x50	yes	30	no	yes	yes
	outdoors over 100x50					
Okla., Univ. of	indoors over 50x50	yes	100	yes	no	yes
	outdoors over 100x50					
Okla. State Univ.	indoors under 50x50	yes	80	no	no	yes
	outdoors over 100x50					
Penn. State Univ.	indoors under 50x50	yes	18	no	no	yes
Pitt., Univ. of		yes	15	yes	yes	yes
Purdue Univ.		yes	25	no	yes	yes
S. Cal., Univ. of						
Sou. Ill. Univ.	indoors under 50x50	yes	30	no	no	no
	outdoors over 100x50					

Table 29--Continued

Institutions replying	Question					
	12	13	14	15	16	17
Syracuse Univ.	indoors over 50x50	yes	10	yes	yes	no
Texas, Univ. of	indoors over 50x50	yes	100	no	no	yes
	outdoors over 100x50					
Texas Christian Univ.		yes	30	no	no	yes
U.S. Air Force Acad.	indoors under 50x50	yes	15	yes	no	no
U.S. Military Acad.	indoors over 50x50	yes	35	yes	yes	yes
U.S. Naval Acad.						
Utah, Univ. of	indoors under 50x50	yes	40	no	no	yes
	outdoors over 100x50					
Vanderbilt Univ.	indoors under 50x50	yes	25	no	yes	yes
	outdoors over 100x50					
Va. Military Inst.	indoors over 50x50	yes	30	no	yes	yes
	outdoors over 100x50					
Wake Forest Univ.		yes	25	no	yes	yes
Wash., Univ. of	indoors over 50x50	yes	30	yes	no	yes
Wichita State Univ.	indoors over 50x50	yes	108	no	yes	yes
Wis., Univ. of	indoors over 50x50	yes	20	yes	yes	yes

Table 29--Continued

Institutions replying	Question						
	12	13	14	15	16	17	
Wyo., Univ. of		yes	25		no	yes	yes

Table 29--Continued

Institutions replying	Question					
	18	19	20	21	22	
Ala., Univ. of	2 months	MWF	no	3/4 hr.	yes	
Ark., Univ. of	1 month	MTWT	no	3/4 hr.	yes	
Cal., Univ. of	3 months	M-F		1 1/2 hr.	yes	35
Colo. State Univ.	5 months	MTWT	no	1 hr.	yes	16
Fla., Univ. of	3 months	MTWT	yes	1/2 hr.	yes	15-20
Ga. School of Tech.						
Ill., Univ. of	6 months	M-S	no	1 hr.	no	
Indiana Univ.	3 months	M-F	yes	1/2 hr.	yes	15-18
Iowa State Univ.	1 month	MWF	no	1/2 hr.	yes	36
Kan., Univ. of	2 months	MWF	no	1 hr.	yes	38
Kan. State Univ.	3 months	MTWT	no	1 hr.	yes	25
La. State Univ.	1 month	MTWT	no	3/4 hr.	yes	30
Md., Univ. of	1 month	M-F	no	1 hr.	yes	20
Miami, Univ. of	1 month	M-F	no	3/4 hr.	no	55
Mich., Univ. of	3 months	MTWT	no	1 hr.	yes	30
Mich. State Univ.	3 months	M-F	no		no	
Minn., Univ. of	3 months	M-F	no	1 hr.	yes	16-20

Table 29--Continued

Institutions replying	Question					
	18	19	20	21	22	
Mo., Univ. of						
N. Texas State Univ.	2 months	MWF	no	1 hr.	yes	
Okla., Univ. of	2 months	MWF	no	1 hr.	yes	
Okla. State Univ.	2 months	M-F	no	3/4 hr.	yes	15
Penn. State Univ.	2 months	M-F	no	1 hr.	yes	10-12
Pitt., Univ. of	2 months	MTT	no	3/4 hr.	yes	
Purdue Univ.	2 months	MTWT	no	1/2 hr.	yes	25-30
S. Cal., Univ. of						
Sou. Ill. Univ.	3 months	MWF	no	1 hr.	yes	30
Syracuse Univ.	2 months	MWF			no	
Texas, Univ. of	5 months	MWF	no	3/4 hr.	yes	30
Texas Christian Univ.	3 months	MTWT	no	1 1/2 hr.	yes	30
U.S. Air Force Acad.	3 months	MTWT	yes	3/4 hr.	yes	15
U.S. Military Acad.	1 month	M-F	no	1/2 hr.	yes	35
U.S. Naval Acad.						
Utah, Univ. of	4 months	M-F	no	1 hr.	yes	40
Vanderbilt Univ.		MTWT	no	1 hr.	yes	25

Table 29--Continued

Institutions relying	Question				
	18	19	20	21	22
Va. Military Inst.	1 month	M-F	no	1 hr.	yes 15
Wake Forest Univ.	2 months	M-S	yes	1 hr.	yes 20
Wash., Univ. of	2 months	M-F	no	1 hr.	yes 26-30
Wichita State Univ.	2 months	TWT	no	1 hr.	yes 4-6
Wis., Univ. of	2 months	MTWT	no	1 hr.	yes 20-25
Wyo., Univ. of	2 months	MWF	no	1 hr.	yes

Table 29--Continued

Institutions replying	Question				
	23	24	25	26	27
Ala., Univ. of	no	yes	combination	yes	no
Ark., Univ. of	no	no	combination	yes	no
Cal., Univ. of	yes	no	sprints	yes	no
Colo. State Col.	no	no	sprints	no	no
Fla., Univ. of	no	yes	combination	yes	yes
Ga. School of Tech.					
Ill., Univ. of	yes	no	combination	yes	yes
Indiana Univ.	yes	no	combination	no	
Iowa State Univ.	no	no	distance	yes	no
Kan., Univ. of	no	yes	combination	yes	no
Kan. State Univ.	yes	yes	combination	yes	no
La. State Univ.	yes	no	combination	yes	yes
Md., Univ. of	yes	yes	combination	yes	no
Miami, Univ. of	yes	no	combination	yes	no
Mich., Univ. of	yes	no	sprints	yes	no
Mich. State Univ.	yes	no		yes	
Minn., Univ. of	yes	no	sprints	yes	no
Mo., Univ. of					
N. Texas State Univ.	yes	no	sprints	yes	yes
Okla., Univ. of	no	yes	combination	yes	no
Okla. State Univ.	yes	yes	combination	yes	no
Penn. State Univ.	no	no	combination	yes	yes
Pitt., Univ. of		yes	combination	yes	yes

Table 29--Continued

Institutions replying	Question					
	23	24	25	26	27	
Purdue Univ.	yes	no		yes	no	
S. Cal., Univ.						
Sou. Ill. University	no	yes	combination	yes	yes	
Syracuse Univ.	yes	no	sprints	no		
Texas, Univ. of		yes	combination	yes	yes	
Texas Christian Univ.	yes	no	sprints	yes	yes	
U.S. Air Force Acad.	yes	no	combination	no		
U.S. Military Acad.	yes	no	sprints	yes	no	
U.S. Naval Acad.						
Utah, Univ. of	yes	yes	sprints	yes	yes	
Vanderbilt Univ.	no	yes	combination	yes	yes	
Va. Military Inst.	yes	no	sprints	yes	no	
Wake Forest Univ.	yes	no	combination	yes	yes	
Wash., Univ. of	no	no	combination	no	no	
Wichita State Univ.	yes	yes	sprints	yes	no	
Wis., Univ. of	yes	yes	combination	yes	no	
Wyo., Univ. of	no	no	sprints	yes		

A SURVEY OF OFF-SEASON FOOTBALL CONDITIONING PROGRAMS
OF FIFTY SELECTED COLLEGES AND UNIVERSITIES

by

MARK PARNELL BOLICK

B.S., Kansas State University, 1966

AN ABSTRACT OF A MASTER'S REPORT

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Manhattan, Kansas

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AN ABSTRACT OF A MASTER'S REPORT

The objective of this report was to determine the extent of off-season football conditioning programs in fifty major Colleges and Universities. It is hoped that this report may provide valuable information to coaches planning to start an off-season football conditioning program or those who want to improve their existing program.

For this study a survey questionnaire was designed to collect information pertaining to the facilities, a description of the program and other general information relating to the program. A questionnaire with a self-addressed, stamped envelope was mailed to the head football coach at each of the Colleges and Universities. After the initial response, a follow-up letter was sent to those coaches who failed to reply. Fifty questionnaires were mailed and forty coaches replied giving a return of eighty percent.

Thirty-six of the schools replying conducted some type of off-season football conditioning program. Thirty-four of the schools replying provided supervised programs. The majority of the off-season programs were open to all students attending the school. Participation by squad members in the off-season programs was not required by the majority of the schools. Athletes participating in sports which have seasons concurrent to the off-season football conditioning programs were not required to participate in the conditioning program in the majority of the schools.

The average size of the football coaching staff was eight coaches. One-half of the schools replying assigned one coach to the

duty of conducting the off-season football conditioning program. Various other duties of this coach were recruiting, office work, film breakdown, teaching or other coaching. The number of coaches used to supervise the program varied from school to school. The average number of coaches used was six. Approximately one-half of the schools replying used graduate assistants in the supervision of the program.

The majority of the programs were conducted either fully or partially indoors. The indoor areas were on the average larger than the size of a basketball court. The outdoor areas averaged larger than the size of a football field. Weight rooms were commonly used in the programs. The size of these weight rooms varied from school to school. The majority of the schools used weight rooms which could accommodate twenty to forty athletes. The use of indoor tracks was uncommon in the schools replying. The majority of the schools indicated that they had access to a gym floor. Three-fourths of the schools partially conducted their program on wrestling mats.

Two to three months was the general duration of the off-season football conditioning program. Most programs were conducted either four or five days a week. They were usually Monday through Thursday or Monday through Friday. The athletes were not required to workout on off days. The squads were divided into smaller groups for the workouts. The athletes went through the same workout each day the program was scheduled.

Wrestling was not a portion of the program in the majority of the schools replying. A combination of distance running and sprinting was used in the programs. Agility drills were very commonly used in the

off-season football conditioning programs of the major colleges and universities and the same agility drills were used for backs as for linemen.