

A STUDY OF THE REQUIREMENTS FOR THE BACHELOR'S DEGREE IN PHYSICAL
EDUCATION (MEN) IN THE LAND GRANT COLLEGES AND UNIVERSITIES
OF THE UNITED STATES OF AMERICA

by

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A MASTER'S REPORT

submitted in partial fulfillment of the

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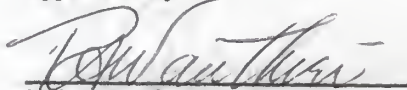
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AIMS AND PURPOSES OF THE STUDY

It is the aim of this study to compare the requirements necessary to obtain a Bachelor's degree in physical education in the fifty-two land grant colleges and universities of the United States.

The purpose is to determine from the results of this comparison what constitutes the average requirements throughout the nation. It is thought these schools should present a good cross section analysis. This average is then to be utilized for the purpose of comparison with any given school's physical education curriculum. This should be especially helpful to schools just beginning to offer an undergraduate degree in physical education.

For the purpose of comparison, two schools were compared with the results of this study. One was Kansas State University, a land grant school located in Manhattan, Kansas. The other was Pacific Union College, a small denominational college located in Angwin, California.

To make this study more significant, an attempt has been made to compare the results of this study with those of a similar study compiled by Don Upson (K.S.U. '53) in 1957. This was done to indicate any significant changes in curriculum requirements during the past seven years.

A concomitant result of this analysis was to determine how many of these schools require Physical Fitness Entrance Exams for all entering freshmen and to determine what these tests include.

METHODS OF STUDY

The Morrill Act of 1862 was the creator of the land grant colleges. The plan was spread from the first college, Kansas State Agricultural College, to include a total of fifty-two. Each state obtained at least one, plus another in Puerto Rico. These colleges have not only succeeded in their first intended purpose, that of helping America to harvest an abundance of food, but have gone much further in establishing vast state centers of learning throughout the country.¹

The first step in this study was the compilation of a list of the land grant colleges. It was necessary to determine the names of the schools, their locations, and the heads of their Physical Education Departments.²

After finding the names of the schools, the names of the present department heads were secured from the current 1964 College Blue Book.

The next step was to send a questionnaire to each of them requesting the necessary information. The following sample was used:

¹Trumpet, Volume X. November, 1964, page 2 (Copy of the Washington Post, July 29, 1964, page A20).

²Holliday, Samuel Dumont, History of Agricultural Colleges.

The questionnaires were sent to the fifty-two schools September 28, 1964. A return, self-addressed, stamped envelope was included. However, answers were slow in returning. Many of those returned had inadequate replies. Therefore, it was necessary to correspond with the Registrar's Office in schools where replies were incomplete and difficult to interpret. Even this sometimes required additional correspondence before the actual complete information was obtained.

To aid in analyzing the course description information, it was broken into two categories--theory and activity courses. The changing of quarter to semester credits was done only in the general analysis.

All necessary data was finally received by December 2, 1964.

To clarify the results of this survey, the schools were placed in alphabetical order with the total hours required for a degree in physical education and those required specifically in the physical education curriculum. It also notes whether they required Physical Fitness Entrance Exams for the entering freshmen.

Tables A and B indicate the total hours necessary for a Bachelor's degree in physical education, those required specifically in the physical education curriculum, and whether a Physical Fitness Entrance Exam was required.

Table A - All the land grant schools including those on semester quarter hour basis.

Table B - All the land grant schools with schools on quarterly hour basis transposed to semester hours for the purpose of evaluation.

Table C - Summary of the schools on semester hour basis.

Table D - Summary of the schools on quarter hour basis.

Table E - Summary of all the schools transposed to semester hour basis.

Upon the return of these questionnaires, the results were compiled and the averages determined.

Due to the fact that some schools operated on the semester hour and others operated on the quarterly hour basis, it was necessary to transpose them all to semester ratings to present meaningful results.

Finally, the results were summarized, analyzed, and compared with the two sample schools.

Another step was to compare the results of this study with those of a similar study completed by Don Upson (K.S.U., '53) in 1957. This was for the purpose of noting any significant changes or trends during the past seven years.

The list of Physical Fitness Entrance Exams was also listed and summarized.

SPECIFIC COMPARISONS

There were a total of fifty-two land grant schools. Forty-six of these offer degrees in physical education. Of the six not offering degrees, one showed an interest in the possibility of Physical Education being offered in the near future. This meant 88½% of the land grant schools offered degrees in physical education.

The evaluation in this study was based on these forty-six schools.

Thirty-four of these school's (74%) credits were termed on the semester basis. The other twelve college's (26%) credits being on the quarterly basis have been multiplied by 2/3, which is their equivalent of the semester basis, for the purpose of comparison and evaluation.

From this analysis, it was determined that the average number of semester hours required for a degree in physical education was 128.

It was also determined that an average of 40 semester hours were required to be completed in the physical education curriculum.

TABLE A

LAND GRANT SCHOOLS	Hours Required For Degree In		Hours Required In PE		Entrance Exam
	Phys. Educ.		Curriculum		
	Sem.	Qtr.	Sem.	Qtr.	
1. Alabama Polytechnic Institute		215		55	No
2. Alaska University	130		37		No
3. University of Arizona	125		32		No
4. University of Arkansas	124		36		No
5. University of California	120		42		No
6. Colorado State University		192		66½	No
7. University of Connecticut	120		45		No
8. University of Delaware	132		42		No
9. University of Florida	130		46		No
10. University of Georgia		187		72	Yes
11. University of Hawaii	130		36		No
12. University of Idaho	128		40		Yes
13. University of Illinois	128		43		No
14. Purdue University (Indiana)	138		52		No
15. Iowa State University		205		45	No
16. Kansas State University	126		40		Yes
17. University of Kentucky	128		48		Yes
18. Louisiana State University	128		40		No
19. University of Maine	128		30		No
20. University of Maryland	136		39		No
21. University of Massachusetts	123		57		No

TABLE A (cont.)

LAND GRANT SCHOOLS	Hours Required For Degree In Phys. Educ.		Hours Required In PE Curriculum		Entrance Exam
	Sem.	Qtr.	Sem.	Qtr.	
	22. Massachusetts Institute of Technology	None offered - - - - -			
23. Michigan State University		183	68		No
24. University of Minnesota		186	66		No
25. Mississippi State University	128		42		No
26. University of Missouri	120		32		Yes
27. Montana State College		199	70		Yes
28. University of Nebraska	125		31		No
29. University of Nevada	128		33		No
30. University of New Hampshire	128		33		No
31. Rutgers (New Jersey)	135		34		No
32. New Mexico State University	132		36		Yes
33. Cornell University (New York)	None offered - - - - -				
34. University of North Carolina	None offered - - - - -				
35. North Dakota State University		204	62		No
36. Ohio State University		196	67		No
37. Oklahoma State University	141		42		Yes
38. Oregon State University		192	44		No
39. Pennsylvania State University	134		65		No
40. University of Puerto Rico	130		46		No
41. University of Rhode Island	136		59		No
42. Clemson University (South Carolina)	None offered - - - - -				

TABLE A (concl.)

LAND GRANT SCHOOLS	Hours Required For Degree In		Hours Required In PE		Entrance Exam
	Phys. Educ.		Curriculum		
	Sem.	Qtr.	Sem.	Qtr.	
43. South Dakota State College	109		41		No
44. University of Tennessee		191		30	No
45. Texas A & M University	137		45		Yes
46. Utah State University		186		45	Yes
47. University of Vermont	None offered - - - - -				
48. Virginia Polytechnic Institute	None offered - - - - -				
49. Washington State University	128		52		Yes
50. West Virginia University	128		49		Yes
51. Wisconsin State University	128		55		No
52. University of Wyoming	125		39		No

TABLE B

LAND GRANT SCHOOLS	Semester Hours Required For Degree In Phys. Educ.	Semester Hours Required In Phys. Educ. Curriculum	Entrance Exam
1. Alabama Polytechnic Institute	143	37	No
2. Alaska University	130	37	No
3. University of Arizona	125	32	No
4. University of Arkansas	124	36	No
5. University of California	120	42	No
6. Colorado State University	128	44	No
7. University of Connecticut	120	45	No
8. University of Delaware	132	42	No
9. University of Florida	130	46	No
10. University of Georgia	125	48	Yes
11. University of Hawaii	130	36	No
12. University of Idaho	128	40	Yes
13. University of Illinois	128	43	No
14. Purdue University (Indiana)	138	52	No
15. Iowa State University	133	30	No
16. Kansas State University	126	40	Yes
17. University of Kentucky	128	48	Yes
18. Louisiana State University	128	40	No
19. University of Maine	128	30	No
20. University of Maryland	136	39	No
21. University of Massachusetts	123	57	No

TABLE B (cont.)

LAND GRANT SCHOOLS	Semester Hours Required For Degree In Phys. Educ.	Semester Hours Required In Phys. Educ. Curriculum	Entrance Exam
22. Massachusetts Institute of Technology	None offered	- - - - -	- - - - -
23. Michigan State University	122	45	No
24. University of Minnesota	124	44	No
25. Mississippi State University	128	42	No
26. University of Missouri	120	32	Yes
27. Montana State College	133	47	Yes
28. University of Nebraska	125	31	No
29. University of Nevada	128	33	No
30. University of New Hampshire	128	33	No
31. Rutgers (New Jersey)	135	34	No
32. New Mexico State University	132	36	Yes
33. Cornell University (New York)	None offered	- - - - -	- - - - -
34. University of North Carolina	None offered	- - - - -	- - - - -
35. North Dakota State University	136	41	No
36. Ohio State University	131	44	No
37. Oklahoma State University	141	42	Yes
38. Oregon State University	128	29	No
39. Pennsylvania State University	134	65	No
40. University of Puerto Rico	130	46	No
41. University of Rhode Island	136	59	No
42. Clemson University (South Carolina)	None offered	- - - - -	- - - - -

TABLE B (concl.)

LAND GRANT SCHOOLS	Semester Hours Required For Degree In Phys. Educ.	Semester Hours Required In Phys. Educ. Curriculum	Entrance Exam
43. South Dakota State College	109	41	No
44. University of Tennessee	127	20	No
45. Texas A & M University	137	45	Yes
46. Utah State University	124	30	Yes
47. University of Vermont	None offered - - - - -		
48. Virginia Polytechnic Institute	None offered - - - - -		
49. Washington State University	128	52	Yes
50. West Virginia University	128	49	Yes
51. Wisconsin State University	128	55	No
52. University of Wyoming	125	39	No

SUMMARY TABLE C

NUMBER OF COLLEGES AND UNIVERSITIES AND SEMESTER CREDIT HOURS
REQUIRED FOR A DEGREE IN PHYSICAL EDUCATION

Number of Colleges or Universities	Number of Semester Credit Hours		
1	141*	8 Schools required from 132 to 141 semester credit hours for a degree (24%).	
1	138		
1	137		
2	136		
1	135		*Oklahoma State University
1	134		
2	132		
4	130		19 of the 34 or 56% fell in the range of 125 to 130 semester hours for a degree.
11	128		
1	126		
3	125	6 of the 34 or 18% fell in the range of 109 to 124 semester hours for a degree. *South Dakota State College	
1	124		
1	123		
3	120		
1	109*		

Mode - 128
Median - 128
Mean - 128

SUMMARY TABLE D

NUMBER OF COLLEGES AND UNIVERSITIES AND QUARTERLY CREDIT HOURS
REQUIRED FOR A DEGREE IN PHYSICAL EDUCATION

Number of Colleges and Universities	Number of Quarter Credit Hours	
1	215*	3 schools required from 204 to 215 quarter credit hours for a degree out of 12 for 25%. *Alabama Polytechnic Institute
1	205	
1	204	
1	199	5 of the 12 or 42% fell in the range of 191 to 199 quarter hours for a degree.
1	196	
2	192	
1	191	
1	187	4 of the 12 or 33% fell in the range of 183 to 187 semester hours for a degree. *Michigan State University
2	186	
1	183*	
Mean - 195 Median - 192 Mode - 186, 192		

SUMMARY TABLE E
 NUMBER OF COLLEGES AND UNIVERSITIES AND CREDIT HOURS
 TRANSPOSED INTO SEMESTER HOURS FOR A DEGREE
 IN PHYSICAL EDUCATION

Number of Colleges or Universities	Number of Semester Credit Hours	
1	143*	14 of the 46 schools required from 131 to 143 converted semester credit hours for a degree (30%). *Alabama Polytechnic Institute
1	141	
1	138	
1	137	
3	136	
1	135	
1	134	
2	133	
2	132	
1	131	
4	130	23 of the 46 fell in the range of 125 to 130 converted semester hours for a degree (50%).
13	128	
1	127	
1	126	
4	125	
3	124	9 of the 46 fell in the range of 109 to 124 (20%). *South Dakota State College
1	123	
1	122	
3	120	
1	109*	
Mean - 127 Median - 128 Mode - 128		

SUMMARY

The concluding analysis of the summary of this evaluation (Tables C, D, and E) indicated a very stable middle range (50%). The fact that 30% of the schools lie above this range and 20% below it provided a well-balanced curve.

However, when the spread was considered from the top school, Alabama Polytechnic Institute, which had a required total of 143 converted semester hours, to that of South Dakota State College with its total of 109 converted semester hours verifying a spread of 34 converted semester hours, it is quite alarming. Actually, South Dakota State is a somewhat isolated case as it was 11 semester hours lower than the next to the lowest. From the next to the lowest to the top school there was a very slight difference between schools as the gradual increase was noted. Only 1, 2, or 3 semester hours spread was between any of them, with a total spread of 23 semester hours from the top to next to the bottom.

The mode and median of 128 semester hours became quite significant in the analysis of specific schools and their relationship to the average of all the land grant schools.

To further study the physical education curriculums of the land grant schools, the actual courses were listed. They were divided into two categories, theory and activity courses, for clarification.

It was noted that New Mexico State University offered by far the most choices in physical education courses. They offered over 90 courses in theory and activities.

There were 149 theory or semi-theory physical education courses offered among all the land grant schools. Two courses were offered in all of the schools involved. These were the Organization and Administration of Physical Education and Athletic Injuries, First Aid and Safety. Five other courses were offered in over half of the schools. These included:

Elementary School Activities, Kinesiology, Tests and Measurements, Personal and Community Health, and Introduction to Health, Physical Education and Recreation.

There were 169 activity courses offered. No attempt was made to evaluate them due to the similarity, yet different titles or arrangements of the courses. Though similar, there was a great variety of activities.

The following pages present a descriptive breakdown of the various theory and activity courses offered as well as the total hours credit necessary for a degree in physical education in each of the land grant schools offering such a curriculum.

ALABAMA POLYTECHNIC INSTITUTE

Theory Courses

Orientation	3
PE 201.	5
MS or Hygiene	1
Elementary School Activities	3
PE Theory and Techniques.	6
Kinesiology	5
Principles of Recreation.	4
Tests and Measurements of PE	3
Theory and Techniques	4
Teaching - Education	3
Program - Education	3
School Health	3
Organization and Administration	5
Student teaching - Education	15

Activity Courses

Required Physical Education	1,1,1
Required Physical Education	1,1,1
Required Physical Education	1,1,1
Basketball Coaching	3
Football Coaching	3
Baseball Coaching	3
Track & Field Coaching	3
Developmental Activities	2
Combatives	2
Individual & Dual Sports	2
Apparatus and Tumbling	2
Team Sports	2
Aquatics	2
Social and Folk Dance	2

Choice of 3

Minimum of
5 for MajorA.

Nutrition and Health	3
Advanced Hygiene	5
Problems of Health, Education Observation	5
Public Health	5
General Bacteriology	5

B.

Athletic Injuries, First Aid and Safety	5	15 credits from A, B, or C
Physiology of Muscular Activities	3	
Adapted Physical Education	3	
Theory and Techniques	4	

C.

Recreational Leadership	5
Outdoor Recreation	5
Creative Crafts	3
Urban Sociology	5

215 quarter hours - Total required for Physical Education Degree

55 quarter hours - Total required in Physical Education Curriculum

ALASKA UNIVERSITY

Theory Courses

Principles of PE	4
Personal and Community Health	3
First Aid	2
PE for the Elementary School	3
History of PE	3
Organization and Administration of PE	3
Prevention and Care of Athletic Injuries	2

Activity Courses

Sports Officiating	2
Fundamentals of Sports:	
Tennis and Badminton	1
Volleyball and Soccer	1
Recreational Activities	1
Swimming	1
Skiing	1
Tumbling and Gymnastics	1
Rhythms	1
Techniques in PE:	
Basketball	2
Track and Field	2
Tumbling and Gymnastics	2
Aquatics and Rhythms	2

130 semester hours - Total required for Physical Education Degree

37 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF ARIZONA

Theory Courses

Introduction to Health, PE and Recreation	2
Techniques in Prevention and Treatment of Athletic Injuries	2
Measurement and Evaluation in Health and PE	3
Kinesiology	3
Organization and Administra- tion of PE	3

Activity Courses

Individual Sports	2,2
Lifesaving and Water Safety . .	1
Team Sports	2,2
Recreational and Dual Sports . .	2
Remedial and Corrective PE . . .	2
Athletic Coaching:	
Football	2
Gymnastics-Wrestling	1,1
Tennis-Swimming	1,1
Basketball	2
Baseball	2
Track and Field Athletics . .	2

125 semester hours - Total required for Physical Education Degree

32 semester hours - Total required for Physical Education Curriculum

UNIVERSITY OF ARKANSAS

Theory Courses

Methods and Materials in Health Education and Safety	3
Preparation of Instructors of First Aid	1-5
Methods and Materials	3
Introduction to PE	2
Tests and Measurements	3
History and Principles of PE	3
Organization and Administra- tion of PE	3
Theory and Practice of Recreational Sports	2
Officiating Athletic Sports	2
Theory and Practice of Boxing, Wrestling and Tumbling	2

Activity Courses

Freshmen PE	1,1
Sophomore PE	1,1
Coaching of Track, Field and Baseball	2
Coaching of Football	2
Coaching of Basketball	2

124 semester hours - Total required for Physical Education Degree

36 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF CALIFORNIA (BERKELEY)

Theory Courses

First Aid	1
Introduction to PE	1
Rhythmic Basis of Dance and Allied Arts	2
Curriculum in PE	2
Conditioning of Athletes and Care of Injuries	2
Kinesiology and Body Mechanics	3
Physiological Hygiene	4
Motor Development	2
Sports in American Society	3
Measurement and Evaluation in PE	2,2
History and Theories of PE	3
Organization and Administra- tion of PE	2
Community Recreation	2
Honors Course	2-4
Honors Theories	2
Special Study for Advanced Undergraduates	1-5
The Theory and Teaching of Aquatics	1
The Theory and Teaching of Gymnastics and Individual Activities	1
The Theory and Teaching of Combative Activities	1
The Theory and Teaching of Field Sports	2
The Theory and Teaching of Court Sports	2
Psychologic Basis of Physical Activity	2

Activity Courses

PE Activities	$\frac{1}{2}$
Corrective PE	3

Choose
One of Three

120 semester hours - Total required for Physical Education Degree
41½ semester hours - Total required in Physical Education Curriculum

COLORADO STATE UNIVERSITY

Theory Courses

Principles of Health and Living	5
Introduction and History of PE	3
Camp and Camping	3
First Aid	3
Organization and Administration of Intramurals	3
Principles of PE	3
History and Theory of Recreation	3
Psychology of PE and Athletics	3
Elementary PE	3
Tests and Measurements in PE	3
Health Instruction	3
Administration of Intramural Athletics	3
Administration of PE	3
Recreational Leadership	3
Physiology of Exercise	3
Training Room Methods	3

Activity Courses

Techniques of Sports and Games	3
Required PE	1½
Theory and Practice of Gymnastics	2
Methods of Baseball	2
Theory and Practice of Wrestling	2
Methods of Basketball	3
Methods of Track and Field	3
Methods of PE - Men	3
Methods of Football	3

One of
Three

192 quarter hours - Total required for Physical Education Degree

66½ quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF CONNECTICUT

Theory Courses

Introduction to PE	2
Health Principles and Practices	2
PE Activity for Elementary Schools	2
Principles of PE	2
First Aid and Safety Education	3
Descriptive Anatomy and Kinesiology	4
Prevention and Care of Athletic Injuries	2
Organization and Administra- tion of Health Education . . .	3
Principles of Recreation . . .	3
Organization and Administra- tion of PE and Athletics . . .	3
Curriculum Planning in PE . . .	3
Supervised Group Work Practice	Arr.

Activity Courses

PE Activities for Men	-
Sport Techniques	2
Gymnastics, Tumbling, and Stunts	2
Folk and Square Dance	2
Methods of Teaching Swimming and Diving	2

120 semester hours - Total required for Physical Education Degree
45 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF DELAWARE

Theory Courses

Introduction to PE	1
Camp Leadership	1
Life Saving	1
History of PE	2
Anatomy	3
Kinesiology	3
First Aid - Athletic Injuries	2
Philosophy and Principles of PE	3
Foundation of Recreation	2
Organization and Adminis- tration - PE	3
Measurements and Evaluation - PE	3
PE for Elementary Schools	2
Secondary Materials and Apparatus - PE	3
Seminar in PE	3

Activity Courses

Swimming	1	
Elementary Apparatus and Tumbling	1	
Advanced Apparatus and Tumbling	1	
Individual and Dual Games	1	
Sports Officiating	1	
Advanced Folk Dance	1	
Wrestling	1	
American Dance	1	
Football	1	One
Soccer	1	
Corrective PE	3	
Basketball	2	
Baseball	2	One
Track and Field	2	

132 semester hours - Total required for Physical Education Degree

42 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF FLORIDA

Theory Courses

Personal Hygiene	3
Anatomy and Physiology	3
Teaching Elementary School PE .	3
Teaching Secondary School PE .	3
Adapted PE	3
First Aid	2
Principles of PE	3
Administration of PE and Athletics	3
Tests and Measurements in PE .	2
Community Hygiene	3
Physiology of Exercise	2
Playgrounds	3

Activity Courses

Square Social Dance	2
Football	2
Basketball	2
Track and Baseball	2
Team Games	2
Individual and Dual Sports . . .	2
Aquatics	2
Gymnastics	2

130 semester hours - Total required for Physical Education Degree

46 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF GEORGIA

Theory Courses

First Aid	3
Treatment of Athletic Injuries	3
Kinesiology	5
History and Principles of PE .	5
Tests and Measurements	3
Interpretation of Recreation .	3
Organization and Adminis- tration	5
School and Community Health Education	5
Social Recreation	3
Theory of Coaching and Officiating Interschool Sports	9
Therapeutics of Exercise	5

Activity Courses

Skill Techniques for Men	18
Fundamental Motor Skills (Rhythms)	3
Elementary PE	5

187 quarter hours - Total required for Physical Education Degree
 72 quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF HAWAII

Theory Courses

Personal Hygiene	1
Personal Health	2
Nature and Function of Play	2
Introduction to PE	2
PE, Elementary	2
PE, Secondary	2
The Teaching of Individual Sports	2
The Teaching of Team Sports	2
School Health Problems	2
Health Teaching in Schools	2
Materials in Health Education	2
Safety Procedures in PE	2
The Health Curriculum	2
Evaluation in Health Education	2
Principles of Health Education	2
Health of the School Child	2
Social Recreation	2
Officiating in Athletics	2,2
Hobbies in Recreation	2
Camp Leadership	2
Recreation Leadership	2,2
Field Work in Recreation	5,5
Intramural Athletics	2
Current Trends in Health	2,2
Anatomy in PE	3
Physiology in PE	3
Directed Reading (arranged)	
Seminar in Health Education	2

Activity Courses

Individual and Team Sports	1
Individual and Team Sports	1
Individual and Team Sports	1
Restricted Activities	1
Intermediate Swimming	1
Advanced Tennis	1
Developmental Activities	1,1
Tumbling	1
Heavy Apparatus	1
Trampoline	1
Music and Rhythms in PE	2
Folk and National Dances	1
Dances of Hawaii	1
Golf for Beginners	1
Intermediate Golf	1
Advanced Golf	1
Athletic Coaching, Football and Basketball	2
Athletic Coaching, Baseball and Track	2
Coaching of Swimming	2

130 semester hours - Total required for Physical Education Degree
 36 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF IDAHO

Theory Courses

Introduction to PE	2
General Hygiene	2
Recreational Music	1
History and Principles of PE	3
Human Kinesiology	3
Methods and Materials in Health Education	3
PE Tests and Measurements	3
Organization and Adminis- tration	3

Activity Courses

American Country Dance	2
Individual Sports	1
Beginner's Swimming	1
Gymnastics	1
Recreational Sports	1
Wrestling and Weight Training	2
Tumbling, Pyramids and Stunts	2
High Organized Games	2
Instructors Course in PE Aquatics	2
Theory of Individual Gymnastics	2
Intramural and Athletic Officiating	3

128 semester hours - Total required for Physical Education Degree

40 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF ILLINOIS

Theory Courses

Professional Orientation	2
Fitness Programs	2
Principles of Recreation	3
First Aid	2
History of Sports	3
Supervised Experience in PE	-
Organization of PE	3
Tests and Measurements in Health, PE and Recreation	3
Kinesiology	3
Organization of Sports Program	3
Physiology of Physical Activity	3

Activity Courses

Beginning Basketball	2
Beginning Football	2
Swimming	2
Gymnastics	1
Wrestling	1
Track and Field	1
Baseball	1
Outdoor Recreational Sports	2
Indoor Recreational Sports	2
Square and Ballroom Dance	2

128 semester hours - Total required for Physical Education Degree

43 semester hours - Total required in Physical Education Curriculum

PURDUE UNIVERSITY - INDIANA

Theory Courses

PE Orientation and History . . .	2
Personal and Community Hygiene	3
Kinesiology	3
Organization and Administra- tion of School Health	2
First Aid	2
Administration of PE	2
Tests and Measurements	3
Foundations of Recreation . . .	3
Principles of Intramural Athletics	3
PE for Elementary	2
Prevention and Treatment of Athletic Injuries	2
PE Teaching Experience	2
Physical Therapy Observations .	2
Therapy Techniques	3
Physiology of Exercise	2

Activity Courses

PE Curricular Activities . . .	2,2,2
Swimming Courses	1
Beginning Golf	1
Tumbling and Gymnastics	1
Tennis Activities	1
Rhythmic Activities	2
Coaching Basketball and Track .	2
Coaching Football and Baseball .	2

138 semester hours - Total required for Physical Education Degree

40 semester hours major

52 semester hours area major - Total required in Physical Education Curriculum

IOWA STATE UNIVERSITY

Theory Courses

Introduction to PE	3
History of PE	3
Organization and Administration of Intramural Athletics	3
An Introduction to Supervised Recreation	3
Methods of Teaching PE	3
Supervised Teaching in PE	1-2
Leadership in Supervised Education	1-2
Supervised Recreation Program Development	3
Organization and Administration of Supervised Recreation	3
Special Problems	1-5
Principles of PE	3
Human Relationships Aspects of Coaching	3
Organization and Administration	3
Program Development in PE	3
Tests and Measurements in PE	3

Activity Courses

Gymnastics	3
Football Techniques	3
Basketball Techniques	3
Track and Field Techniques	3
Baseball Techniques	3
Adv. Swimming Techniques	3
Wrestling Techniques	3
PE Activities	3
Football Officiating	2
Basketball Officiating	2
Baseball Officiating	2
Athletic Training	3
Coaching of Athletic Sports:	
Football	3
Basketball	3
Track	3
Baseball	3

205 quarter hours - Total required for Physical Education Degree

45 quarter hours - Total required in Physical Education Curriculum

KANSAS STATE UNIVERSITY

Theory CoursesActivity Courses

Introduction to PE	1	Games and Combatives	2	
History of PE	2	Required PE	-	
Personal and Community Health	3	Tumbling and Trampolining . .	1	
Kinesiology	2	Apparatus and Gymnastics . .	1	
Rhythm for Elementary and Secondary Schools	2	Swimming	1	
Health Examinations	3	Techniques of Football	2	
Athletic Injuries and First Aid	3	Techniques of Basketball . . .	2	6 hours
Community Recreation	2	Techniques of Baseball	2	
Practice Teaching in PE	2	Techniques of Track and Field	2	
Administration of Health and PE	2	Tennis and Golf	2	A
Methods and Materials in PE	2	Sports Officiating	2	(One)
Nature and Function of Play	2			
Tch. Health	2			A

126 semester hours - Total required for Physical Education Degree

40 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF KENTUCKY

Theory Courses

Recreational Leadership	2
Camp Leadership	2
History and Principles of PE	3
PE in Secondary Schools	3
PE in Elementary Schools	2
Safety, Training, First Aid	2
Organization and Administration of PE	3
Introduction to Tests and Measurements	3
Kinesiology and Its Application	4
Physiology of Exercises	?

Activity Courses

Field Trip	-
Football, Basketball, Track, Baseball	6
PE Recreational Activities	2,2,2,2
Techniques of Swimming	2
Sports Officiating	1
Required PE	2

128 semester hours + 2 hours PE - Total required for Physical Education Degree

48 semester hours - Total required in Physical Education Curriculum

LOUISIANA STATE UNIVERSITY

Theory Courses

Introduction to PE	1
Personal and Community Health Problems	2
Anatomy	3
Principles and History of PE	2
Leadership in Social Recreation	2
Organization and Administra- tion of School Health and Safety Education	3
School Programs of Instruction in Health Safety	2
Kinesiology	3
Instructor Course in First Aid	2
Preventive and Care of Athletic Injury	2
Organization and Administra- tion of Health and PE	3

Activity Courses

Individual and Team Sports	2,2,2
Coaching of Baseball and Basketball	2
Coaching of Track and Field and Football	2
Officiating in Major Sports	2

128 semester hours - Total required for Physical Education Degree

40 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF MAINE

Theory Courses

Organization and Administration of Recreation	2
Camp Leadership	2
PE Activities in Elementary School	2
Philosophy of PE	2
Kinesiology	3
Tests and Measurements in PE	2
Organization and Administration of PE	2
Organization and Administration of School Health	2

Activity Courses

Fundamental PE Skills	1,1,2,2
Methods in Sports Activities	2,2
Coaching Football and Basketball	2
Athletic Training	2
Coaching Track and Baseball	2

128 semester hours - Total required for Physical Education Degree

30 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF MARYLAND

Theory Courses

Introduction to PE, Recreation, and Health	2
Rhythmic Analysis and Movement	1
Scientific Basis of Movement	4
Methods and Materials for Secondary Schools	3,1
Scientific Basis of Movement Applied	3
Measurement in PE and Health	3
Curriculum, Instruction and Observation	3
Administration and Supervision of PE, Recreation and Health	3

Activity Courses

Skills in Folk, Square, and Social Dance	1
Sport Skills and Gymnastics	2,2,2,2
Methods of Teaching Aquatics	2
Lab Skills	1,1
Coaching Athletics	3

136 semester hours - Total required for Physical Education Degree
 39-42 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF MASSACHUSETTS

Theory Courses

Introduction to PE 3
 Principles of Health
 Education 3
 First Aid and Safety 3
 Anatomy 3
 Kinesiology 3
 Organization and Administra-
 tion of Community
 Recreation 3
 PE - Elementary and
 Secondary School 3
 Tests and Measurements in PE . 3
 Organization and Administra-
 tion of PE 3
 Philosophy and Principles
 of PE 3
 Methods of PE 1
 Administration of Intramural
 Programs 1
 Physiology of Exercise 3
 Adapted PE 3

Activity Courses

Skills and Techniques:
 Lacrosse, Gymnastics 1
 Gymnastics, Badminton,
 Volley-Ball 1
 Soccer, Wrestling 1
 Aquatics 1
 Coaching Baseball 1
 Coaching Basketball 1
 Skills and Techniques:
 Basketball and Baseball . . . -
 Coaching Track 1
 Coaching Football 1
 Skills and Techniques:
 Games, Track -
 Golf, Tennis, Elementary
 Rhythms -
 Rhythms, Elementary and
 Secondary -
 Coaching Soccer 1

123 semester hours - Total required for Physical Education Degree

57 semester hours - Total required in Physical Education Curriculum

MICHIGAN STATE UNIVERSITY

Theory Courses

Introduction to Health, PE, and Recreation	2
Athletic Training	3
Administration of PE	4
Playground and Day Camp Leadership	3
Kinesiology	3
Tests and Measurements . . .	4
Cadet Teaching	1
Personal Health	3
First Aid	3

Activity Courses

Foundations	1	
Archery	1	
Bowling	1	
Golf	1	
Badminton	1	
Fencing	1	6 credits
Tennis	1	
Wrestling	1	
Soccer	1	
Volleyball	1	
Swimming	1	
Tumbling	1	
Advanced Swimming	2	
Folk and Square Dance	2	either
Square Dance Calling	2	
Gymnastics	4	
Games	4	
Football	3	
Track and Field	4	
Basketball	3	6 credits
Wrestling	2	
Baseball	3	

183 quarter hours - Total required for Physical Education Degree

60 quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF MINNESOTA

Theory Courses

Introduction to PE	3
Mechanics of Movement	3
Methods and Materials in PE	4
Prevention and Care of Injuries	3
Organization and Administra- tion of PE	
Directed Teaching	9
Methods and Materials in School Health Education	3
Testing in PE	2
Principles of PE	3
Administration of Intramural Sports	2
Athletic Training Lab	1
Adapted PE	3

Activity Courses

Fundamentals of Sports	3
PE Activities	3
Intramural Sports	3
Recreational Games and Sports	3
Tennis and Golf	1
Folk, Ballroom, Square Dance	2
Track Coaching	2
Baseball Coaching	2
Officiating Football and Basketball	
Football Coaching	2
Basketball Coaching	2

186 quarter hours - Total required for Physical Education Degree

66 quarter hours - Total required in Physical Education Curriculum

MISSISSIPPI STATE UNIVERSITY

Theory Courses

Physical Development for Men	1
Principles of PE	3
Physical Development for Men	1
First Aid - Elementary	2
PE in Elementary Schools	3
Treatment of Injuries and Corrective Exercises	3
Officiating Football and Baseball	3
Recreation and Playground Leadership	3
Administration of Athletics and PE	3
Health Education	3

Activity Courses

Tennis - Elementary	3
Bowling	3
Golf - Elementary	3
Football	3
Basketball	3
Archery	3
Baseball	3
Track Athletics and Swimming	3

128 semester hours - Total required for Physical Education Degree

42 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF MISSOURI

	<u>Theory Courses</u>		<u>Activity Courses</u>	
	Introduction to PE 2		Individual Technique Men's	
	Camp Leadership 2		Sports 1,1	
2 cr.	Leadership of Social		Teaching of PE 2	
	Recreation 2		Coaching of Football 2	
	History and Principles		Coaching of Track and	4 major coaching courses
	of PE 3		Field 2	
	Athletic First Aid 2		Coaching of Baseball 2	
	Community Recreation 3		Coaching of Basketball . . . 2	
	Organization and Adminis-		Games of Low Organiza-	
	tration of PE Program 3		tion 2	
	Teaching of Health 2		PE Activities - Men 2	
	Kinesiology 3			

120 semester hours - Total required for Physical Education Degree

32 semester hours - Total required in Physical Education Curriculum

MONTANA STATE COLLEGE

Theory Courses

Foundations of PE	2
First Aid	3
Personal Health	3
Recreation Leadership	4
Methods in Rhythmics	3
Organization in PE	3
Applied Kinesiology	4
PE Achievement Measure- ments	3
Teaching Practice in PE	4
Supervision of Elementary PE	4
Health Education	4
Mechanical Analysis of Motor Skills	3
Physiology of Exercise	4

Activity Courses

PE Activities	1	(each)
Life Saving and Water Safety	3	
Wrestling Techniques	2	either
Basketball Techniques	2	
Football Techniques	3	either
Track and Field Techniques	3	
Individual Sports	3	
Gymnastics Techniques	3	
Athletic Conditioning	3	

199 quarter hours - Total required for Physical Education Degree
 70 quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF NEBRASKA

Theory Courses

Introduction to PE	2
Personal Hygiene and First Aid	1-3
Education for Safety	3
Public and School Hygiene	3
Kinesiology and Applied Anatomy	3
Training Room Methods	1-2
Organization and Administra- tion of PE and Athletics	3

Activity Courses

Professional Gymnasium Activities	1
General Recreation	1
General Recreation	1
Coaching of Wrestling	1
Coaching of Baseball and Track	1
Coaching of Football	3
Experimental PE	2
Coaching of Basketball	2

125 semester hours - Total required for Physical Education Degree

31 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF NEVADA

Theory Courses

Introduction to PE	2
Treatment of Athletic Injuries	2
Kinesiology	3
Administration of PE	3
Methods of PE	3
Physiology of Exercise	3
PE 100	4

Activity Courses

Theory of Football	2
Theory of Basketball	2
Professional Techniques	3,2

128 quarter hours - Total required for Physical Education Degree

33 quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF NEW HAMPSHIRE

<u>Theory Courses</u>	<u>Activity Courses</u>
Principles of PE 3	Required PE 1 (4)
Personal and Community Health . 3	*Problems of Coaching
*Theory of Teaching Dance . . . 2	Basketball 2
*Theory of Teaching Team	*Problems of Coaching
Sports for Men 2	Football 2
*Theory of Teaching Individual	*Problems of Coaching
Sports for Men 2	Baseball 2
*Theory of Teaching Aquatics . . 2	*Problems of Coaching Track
*Theory of Teaching	and Field 2
Gymnastics and Tumbling . . . 2	
Kinesiology, Adaptive PE . . . 3	
Problems in Health	
Education 3	
Administration of Health	
and PE 3	
Measurement Procedures in PE . 2	
Problems of Teaching PE in	
the Elementary School 3	
First Aid - Safety,	
Athletic Training 2	
Directed Teaching in PE 6	

* The student must complete 6 of the starred courses (12 hours). No more than 2 of the 6 being coaching.

128 semester hours - Total required for Physical Education Degree
 33 semester hours - Total required in Physical Education Curriculum

OKLAHOMA STATE UNIVERSITY

Theory Courses

Fundamentals of Sports . . . 2,2
 Personal and Community Health . 2
 Fundamentals of Sports . . . 2,2
 First Aid 2
 Methods and Materials in
 the Dance 1
 PE Programs for Elementary
 School 2
 Physiology of Exercise 2
 Recreational Leadership 3
 Methods and Materials of
 School Health Education 3
 PE Programs for Secondary
 School 2
 Organization and Administra-
 tion of Health and PE 3
 Corrective PE 2
Apprentice Teaching 6
 Prevention and Treatment of
 Athletic Injuries
 Applied Anatomy and Kinesiology
 Methods in PE for Elementary
 Teachers
 Methods and Materials of Teaching
 Personal, School, and Community
 Health
 Thesis or Report
 Seminar in PE
 Public Health Education
 School Health Problems
 Tests and Measurements in Health
 and PE
 Field Problems in PE
 Supervision of the School Health Program
 Field Problems in Recreation
 Organization and Administration
 of Recreation in Rural and
 Urban Areas
 Analysis of PE Activities
 Corrective PE
 The Administration of Health
 and PE
 Advanced Coaching Techniques in
 Football

Activity Courses

American Folk Dance 2
 Social Dance 1 either
Coaching 4
 Restricted and Individual Gymnastics
 Baseball
 Basketball
 Football
 Swimming
 Track and Field Athletics
 Wrestling
 Golf
 Tennis
 Bowling
 Intermediate Swimming
 Advanced Swimming
 Social Dance
 Fencing
 European Folk Dance
 Swimming and Aquatics Sports

Oklahoma State University (cont.)

Theory Courses

Adv. Coaching Techniques in
Basketball

A History of the Philosophies
of PE

141 semester hours - Total required for Physical Education Degree

42 semester hours - Total required in Physical Education Curriculum

RUTGERS UNIVERSITY

Theory Courses

Principles and Foundations of PE	3,3
Kinesiology	3
PE Elementary School	3
PE Secondary School	3
School, Community Hygiene	3
Organization and Administra- tion of Health, Safety and PE	3
Tests and Measurements	3
Nature and Function of Play and Recreation	3
Theory and Teaching of:	
Track and Field	2
Basketball	2
Baseball	2
Aquatics and Soccer	3
Individual and Dual Sports	1
Corrective and Remedial Gymnastics and First Aid	2
Theory and Teaching of Football	3
Seminar in Student Teaching	2

Activity Courses

Gymnastics and Heavy Apparatus	3
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135-145 semester hours - Total required for Physical Education Degree
 31-41 semester hours - Total required in Physical Education
 Curriculum

NEW MEXICO STATE UNIVERSITY

Typical Curriculum: *Required

*Professional Theory -	4
*PE Activity - - - -	4
*PE Activity - - - -	4
*Kinesiology - - - -	3
General Professional Electives -	6
*Special Professional Electives -	8-11
General Professional Electives -	9
*Special Professional Electives -	18-21

Theory Courses

Professional Activities I	2
Hygiene	2
First Aid and Safety	2
Introduction to PE	2
Introduction to Camp Leadership	2
Professional Activities II	2
Professional Activities III	2
Community Hygiene	2
Techniques of Officiating for Women	2?
Methods of PE in the Elementary School	3
Officiating of Major Sports	2
PE Methods	3
Techniques of Individual and Dual Activities for Women	3?
Professional Activities IV	2
School Health Program	2-3
Recreational Leadership	2
Administration of PE	3
Kinesiology	3
Coaching of Football and Basketball	3
Coaching of Baseball and Track and Field	3
Prevention and Treatment of Athletic Injuries	2
Tests and Measurements in PE	2-3
Nature and Function of Play	2
Community Recreation	3

Activity Courses

Basic Activities	1,1
Individual PE	1
Elementary Swimming	1
Intermediate Swimming	1
Elementary Tumbling and Gymnastics	1
Developmental Activities	1
Recreational Activities	1
Fencing	1
Tennis and Badminton	1
Square Dance	1
Folk Dance	1
Modern Dance	1
Ballroom Dance	1
Advanced Tumbling and Gymnastics	1
Bowling	1
Archery	1
Wrestling and Personal Defense	1
Weight Training	1
Volleyball	1
Golf	1
Life Saving and Water Safety	1
Water Safety Instructor's Course	1
Diving	1
Tennis	1
Badminton	1
Judo	1

New Mexico State University (cont.)

Competitive Sports for Men (1 cr. each)

(Basketball, Football, Track and Field, Baseball, Volleyball, Soccer-Speedball, Softball, Field Hockey, Wrestling, Gymnastics-Apparatus, Trampoline-Tumbling, Weight Lifting.)

Competitive Sports for Men and Women (1 cr. each)

(Swimming and Diving, Tennis, Golf, Badminton, Archery, Gymnastics, Trampoline, Bowling, Fencing, Rifle Marksmanship.)

Dance and Rhythmic Activities (1 cr. each)

(Ballroom Dance, Folk Dance, Square Dance, Modern Dance, Tap Dance, Dances of the Southwest, Accompaniment for Movement.)

Teaching Rhythmics and Dance in the Elementary School . . .	2-3
Administration of the Competitive Sports Program . . .	2-3
Camp Counseling	3
Methods and Materials of Health Education	3
Safety Education	2
Exhibitions and Demonstrations	2
The Management of the Intramural Sports Program	2
Physiology of Muscular Activity	3
Principles of PE	3
History of PE	2-3
PE in the Elementary School	2-3
Principles of Human Movement	2-3
Research Methods	2-3
The PE Curriculum	1-3
Facilities for PE and Recreation	1-3
Current Problems in PE and Recreation	1-6

132 semester hours - Total required for Physical Education Degree

36 semester hours - Total required in Physical Education Curriculum

NORTH DAKOTA STATE UNIVERSITY

Theory Courses

Personal Health	3
Introduction to PE	3
Treatment and Care of Athletic Injuries	3
Kinesiology	3
Community Recreation	3
Methods and Materials for Health	2
Methods in Teaching Men's PE	3
Organization and Administra- tion of PE	3
Mechanics of Movement	3
Tests and Measurements	3
Adapted Activity Program	2

Activity Courses

Spring Activities	1
Beginning Swimming	1
Fall Activities	1
Winter Activities	1
Basketball and Volleyball	1
Tennis	1
Apparatus Technique	1
Badminton and Hockey	1
Advanced Swimming	2
Methods in Coaching: Basketball	2
Football	2
Wrestling	2
Baseball	2
Track	2
Recreational and Intramural Activities	2

4 cr.

204 quarter hours - Total required for Physical Education Degree

62 quarter hours - Total required in Physical Education Curriculum

OHIO STATE UNIVERSITY

<u>Theory Courses</u>	<u>Activity Courses</u>
The Administration of Interschool Athletics 2	411 2
Principles of PE 5	412 2
Evaluation in PE 3	413 2
Organization and Administration of PE 5	414 6
Safety, First Aid, and Care of Injuries 4	415 6
Kinesiology 3	416 6
The Teaching of Basketball . . . 3	
The Teaching of Track and Field 3	
one The Teaching of Baseball . . . 3	
The Teaching of Swimming . . . 3	
The Teaching of Football . . . 3	
Adapted PE 3	

196 quarter hours - Total required for Physical Education Degree

67 quarter hours - Total required in Physical Education Curriculum

OREGON STATE UNIVERSITY

Theory Courses

Introduction to PE	3
PE Techniques	2
Organization of Health and PE	3
PE Curriculum	3
Evaluation of PE	3
Corrective PE	3
Principles of PE	3

Activity Courses

Professional Activities (9 terms)	6,6,6
Coaching Courses (3 terms)	6

192 quarter hours - Total required for Physical Education Degree

44 quarter hours - Total required in Physical Education Curriculum

PENNSYLVANIA STATE UNIVERSITY

Theory Courses

Elementary School Activities	1
History, Orientation, and Principles of Health, PE, and Recreation Education	3
Secondary School Activities	1
Introduction to Tests and Measurements in Health and PE	3
Activity and Leadership Practicum	1
The Teaching and Content of Health and PE and Recrea- tional Education	3
Community Recreation	3
Review and Analysis of Activity Program	1
Organization and Administra- tion of Health and PE in Schools	3
Junior Highschool Activities	1
Methods and Principles of Athletic Coaching	3

Activity Courses

Rhythmics	1
Track	1
Gymnastics	1
Basketball	1
Soccer	1
Swimming	1
Athletic Training and Conditioning	1
Wrestling	1
Baseball	1
Football	1
Adaptive PE	3
Coaching Elective	1
Intramural Athletics	3

134 quarter hours - Total required for Physical Education Degree

65 quarter hours - Total required in Physical Education Curriculum

UNIVERSITY OF PUERTO RICO

Theory Courses

History and Principles of PE and Recreation	4
Personal Hygiene	2
Community Hygiene	2
Community Recreation	3
Elementary Human Anatomy	3
Kinesiology	2
Theory of Coaching Major Sports	3
First Aid and Safety Procedures	2
Boy Scout Training for Boy Scout Leaders	1
Administration and Organiza- tion of PE and Recreation	4
Elementary Corrective PE	2

Activity Courses

Elementary and Intermediate Gymnastics	2
Coaching Track and Field	2
Tennis	1
Intramural Sports	2
Recreational Sports	3
Coaching Basketball	2
Games of Simple Organization	2
Folk and National Dancing	1
Advanced Folk and National Dancing	1
Swimming and Diving	1
Advanced Swimming and Diving	1

130 semester hours - Total required for Physical Education Degree

46 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF RHODE ISLAND

Theory Courses

History and Principles of PE	2
Personal and Community Hygiene	3
Prevention and Care of Athletic Injuries	2
Physiology of Muscular Activity	3
Tests and Measurements in PE	3
Methods and Materials in Teaching PE	3
Practicum in Athletic Injuries	1
Elementary Physical Diagnosis and First Aid	3
Methods and Materials in Teaching Health Education	3
Applied Anatomy and Kinesiology	3
Seminar in Organization and Administration of Health, PE, and Athletics	3
Community Recreation	3
Audio Visual Aids	1

Activity Courses

Practicum in Athletic Activities	1,1
Group Games of Low Organization	1
Aquatics	1
Football	1
Practicum in Athletic Activities	1
Beginning Gymnastics	1
Dual and Single Games Basketball	3
Tumbling, Trampolining, and Stunts	1
Dual and Single Games Advanced Gymnastics	1
Coaching of Track	3
Rhythm and Dance	1
Baseball	3
Coaching of Track	3

136 semester hours - Total required for Physical Education Degree

59 semester hours - Total required in Physical Education Curriculum

SOUTH DAKOTA STATE COLLEGE

Theory Courses

Introduction to PE	1
Prevention and Care of Injuries	1
Principles and History of PE	3
Kinesiology	3
Tests and Measurements in PE	2
Health and Safety Education	2
Adaptive PE	2
Community Recreation	2
Organization and Adminis- tration of Health, PE, and Recreation	3
Methods in Teaching PE	2

Activity Courses

Gymnastics and Tumbling	1
General PE	1,1
Officiating of Football and Basketball	1
Rhythmic Fundamentals	1
Individual and Team Games	2
Intermediate Golf	2
Intermediate Tennis	2
Archery	2
Coaching of Basketball and Football	3
Coaching of Wrestling, Track, and Baseball	3

two of
three

109 semester hours - Total required for Physical Education Degree

41 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF TENNESSEE

Theory Courses

PE Materials for	
Elementary Schools	3
Principles of Health and PE	3
The Formal Program	3
The Games Program	3
Adaptive PE	3
Administration of Health	
and PE	3
Program Planning in Health	
and PE	3
<u>Tests and Measurements</u>	<u>2</u>
Festivals and Demonstra-	
tions	2
Teaching of Swimming and	
Lifesaving	2
Scout and Camp Leadership	2

Activity Courses

Stunts and Tumbling for	
Teachers	2
Folk Rhythms	2
The Games Program	3
Physical Fitness Activities	2
Individual and Dual Sports	3
Tap Dance	2
Controlled Wrestling for	
Men	2
<u>Controlled Boxing for Men</u>	<u>2</u>
Athletic Coaching	2,2,2
Analysis of Modern Dance	
Techniques	2
Physical Fitness Activities	2
Adaptive PE Lab	1
Individual and Dual Sports	3
Social Recreation	3
Community Recreation	3
Tap Dance	2
Controlled Wrestling for	
Men	2
Controlled Boxing for Men	2
Modern Dance Composition	2

2 qtr.
hrs.

191 quarter hours - Total required for Physical Education Degree

30 quarter hours - Total required in Physical Education Curriculum

TEXAS A & M UNIVERSITY

Theory Courses

Introduction to Health and PE	3
Athletic Injuries	2
Safety Education	2
Secondary School PE	3
Therapeutic Principles	3
Elementary School PE	3
Administration of Health and PE	3
Tests and Measurements	3
Directed Teaching	6

Activity Courses

Required PE	-
PE Activities	2,2
Coaching of Football	2

137 semester hours - Total required for Physical Education Degree

45 semester hours - Total required in Physical Education Curriculum

UTAH STATE UNIVERSITY

Theory Courses

Introduction to PE	3
Red Cross First Aid	
Instructors' Course	2
History of PE	3
Nature and Function of Play	3
Leadership Organization	3
Kinesiology	5
Physiology of Activity	3
Tests and Measurements	4
Corrective Procedures	2
Lab in Corrective	
Procedures	1
Seminar for Senior Major	
Students	1

Activity Courses

Folk, Square, Ballroom Dancing	2
Activities and Methods for	
Major Students	2,2,2
Methods in Coaching	
Basketball	1
Methods in Coaching Football	1
Activities and Methods for	
Major Students	2,2,2

186 quarter hours - Total required for Physical Education Degree
 45 quarter hours - Total required in Physical Education Curriculum

WASHINGTON STATE UNIVERSITY

Theory Courses

Profession of PE	2
Kinesiology	4
Elementary School	
Activities	2
Athletic Injuries	2
PE Recreational Program . . .	6
Administration of PE	2
Administration of	
Athletics	1
Tests and Measurements . . .	3
Physiology of Exercise . . .	3(opt)

Activity Courses

Tumbling and Pyramids . . .	1
Gym Apparatus	1
Advanced Swimming	5
Lifesaving	2
Recreational Dance	2
Officiating	2
Inst. Wrestling	1
Advanced Gym	1
Football	1
Track and Field	1
Basketball	1
Baseball	1
Techniques	1
Individual and Dual	
Sports	2

4 of 6

128 semester hours - Total required for Physical Education Degree

52 semester hours - Total required in Physical Education Curriculum

WEST VIRGINIA UNIVERSITY

Theory Courses

Orientation in PE	2
Recreation and the School	3
Athletic Training and First Aid 2	
Program Assisting I	1
Anatomy and Kinesiology	5
Program Assisting II	1
The Adapted Program in PE	2
History and Principles of PE	3
The PE Program in the Elementary School	2
Introduction to Tests in Health and PE	2
<u>Administration of PE</u>	<u>3</u>
PE for Elementary Teachers	
Administration of Athletics	
Principles and Practices of Adapted PE	
PE in the Elementary School	
Philosophy of PE	
Residence in Corrective Therapy	
History and Philosophy of the Dance, II	
Curriculum Development in PE	
Seminar in PE	
Individual Research Problems in PE	
Practicum in PE	
Organization and Administration of Intramural Sports	
Extracurricular PE Activity for Secondary School	

Activity Courses

Fundamentals of Baseball and Gymnastics	2
Adv. Swimming, Lifesaving, Water Safety	1
JR and SR Highschool Activities and Games	2
Fundamentals of Basketball and Wrestling	2
Individual and Dual Sports	2
Fundamentals of Track and Football	2
Theory of Coaching	2
<u>Folk Dancing II</u>	<u>1</u>
Beginning and Intermediate Swimming Team Sports	
Swimming and Diving	
Tennis and Archery	
Modern Dance Technique	
Movement and Its Rhythmic Structure	
Advanced Modern Dance	
Dance Composition	
Advanced Gymnastics	
Stunts, Tumbling, Trampoline	
Hockey and Volleyball	
Graded Games and Lead-up Games	
Officiating Athletics	
Instructorship in Swimming, Life- saving, and Water Safety	
Basic Rhythms and Dance Accompaniment	
Program in Individual Sports	
Program in Team Sports	
Advanced Athletic Training and Conditioning	
Officiating Football and Basketball	
Program in Sports	
Rhythms and Dance	
Modern Dance Techniques and Composition	

128 semester hours - Total required for Physical Education Degree

49 semester hours - Total required in Physical Education Curriculum

WISCONSIN STATE UNIVERSITY

Theory Courses

Techniques, Materials, and Lab	16
Organization and Administration of Play	2
Elementary and Secondary School Curriculum	2
Dance in Elementary School (Rhythms)	1
Organization and Administration	2
Planning for Teachers	2
Physiology of Exercise	3
Kinesiology	2
First Aid and Safety	2
Foundations	2
Measurement and Evaluation	2
The Handicapped	2
Problems in Health Education	2
Health Administration	3
Theory and Practice of Group Leadership	3
Organization of Recreation Services	3

Activity Courses

Conditioning and Training	1
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128 semester hours - Total required for Physical Education Degree
 55 semester hours - Total required in Physical Education Curriculum

UNIVERSITY OF WYOMING

Theory Courses

Introduction to Health, PE, and Recreation	2
Standard and Advanced First Aid	1
Personal and Community Health .	3
Administration of Health and PE in Secondary Schools	3
Methods of Teaching PE in Elementary and Secondary Schools	2
PE Curriculum for Elementary and Secondary Schools	2
Teaching Health in Secondary Schools	2
Applied Anatomy (Kinesiology) .	2
Principles of PE	3
Tests and Measurements in Health and PE	2
Fundamentals, Rules, and Officiating of Football	3
Prevention and Care of Athletic Injuries	2
Theory and Practice of Football	2
Theory and Practice of Basketball	2
Theory and Practice of Track and Baseball	2

Activity Courses

Rhythms and Dance	1
Gymnastics, Tumbling, and Trampoline	1
Fundamentals of Swimming	1
Fundamentals of Wrestling	1
PE Activities	2

125-129 semester hours - Total required for Physical Education Degree
39 semester hours - Total required in Physical Education Curriculum

The first comparison, that of Kansas State University, with the average of the land grant schools was quite close. Kansas State University required a total of 126 semester hours credit for a degree in physical education, with 40 of the hours credit being required in the physical education curriculum. This indicated 2 hours less required for a degree. However, the number hours credit required in Kansas State University's physical education curriculum was exactly the same as the average.

The second comparison was with Pacific Union College. This college required 128 semester hours credit for a degree in physical education, with 39 hours to be completed in the physical education curriculum. This was the same as the average in the total number hours credit needed for a degree and one less than the required average in the physical education curriculum.

It must be pointed out that a careful study of the courses necessary in the physical education curriculums indicate this average to be somewhat high, as some of the courses such as physiology and anatomy were included within the physical education department. However, the total hours necessary for a degree were quite consistent, and the overall evaluation should be a good means for comparing existing programs and developing new ones.

An interesting side evaluation included a comparison of these findings with that of a similar study conducted by Donald E. Upson, '53 Kansas State College, in 1957. It was impossible to conclude exact results as three of the schools were not included in his report. Fifty-two schools were considered in this report while forty-nine were

included in the report of Mr. Upson. These three Schools included Alaska University, University of Hawaii, and the University of Puerto Rico.

Only the obvious differences were compared for the purpose of indicating change:

Of the fifty-two schools included in this report, data was received from each of them. Six were not included as they offered no degree in physical education.

The Upson report listed a total of forty-nine schools. Of these, the same six were omitted as they offered no physical education degree. Also one other, the University of Missouri, was omitted as the information was not available at that time.

According to the final statistics of both studies of the physical education curriculum, 1.4 semester hours more credit were required now in comparison to seven years ago (38.6 semester hours credit then, 40 semester hours credit now.)

A truer picture, though, was the comparison of the same schools then and now. Therefore, I have limited my next evaluation to include only the schools in the Upson report.

This method indicated an average increase in the requirements for the required physical education curriculum of 3 semester hours. However, this method also indicated an average decrease in the degree requirements of 2 semester hours. This would be indicative of at least a slight trend to accredit the physical education field more soundly.

It is worth noting that 19 of the 42 schools had no change during this 7 year period. Also, 9 had no change in their physical education

curriculums. Finally, only 5 of the schools had no change in either degree or physical education curriculum requirements. These include: (1) University of Idaho, (2) Kansas State University, (3) Louisiana State University, (4) University of Nevada, and (5) New Mexico State University.

The following comparison (Summary Table F) indicates the differences brought about during the past seven years in each of the schools as presented in the two reports.

SUMMARY TABLE F

School	1964		1957		Net Change	
	For Degree	For PE Curriculum	For Degree	For PE Curriculum	For Degree	For PE Curriculum
ALABAMA POLYTECHNIC INSTITUTE	143	37	140	37	+ 3	-
ALASKA UNIVERSITY	130	37	***	**	*	*
UNIVERSITY OF ARIZONA	125	32	125	44	-	-12
UNIVERSITY OF ARKANSAS	124	36	124	38	-	- 2
UNIVERSITY OF CALIFORNIA	120	42	120	30	-	+12
COLORADO STATE UNIVERSITY	128	44	128	42	-	+ 2
UNIVERSITY OF CONNECTICUT	120	45	124	41	- 4	+ 4
UNIVERSITY OF DELAWARE	132	42	136	42	- 4	-
UNIVERSITY OF FLORIDA	130	46	132	38	- 2	+ 8
UNIVERSITY OF GEORGIA	125	48	130	42	- 5	+ 6
UNIVERSITY OF HAWAII	130	36	***	**	*	*
UNIVERSITY OF IDAHO	128	40	128	40	-	-
UNIVERSITY OF ILLINOIS	128	43	130	42	- 2	+ 1
PURDUE UNIVERSITY	138	52	145 2/3	52 2/3	- 7 2/3	- 2/3
IOWA STATE UNIVERSITY	133	30	132	30	+ 1	-

SUMMARY TABLE F (cont.)

School	1964		1957		Net Change	
	For Degree	For PE Curriculum	For Degree	For PE Curriculum	For Degree	For PE Curriculum
KANSAS STATE UNIVERSITY	126	40	126	40	-	-
UNIVERSITY OF KENTUCKY	128	48	130	40	- 2	+ 8
LOUISIANA STATE UNIVERSITY	128	40	128	40	-	-
UNIVERSITY OF MAINE	128	30	128	36	-	- 6
UNIVERSITY OF MARYLAND	136	39	136	44	-	- 5
UNIVERSITY OF MASSACHUSETTS	123	57	146	50	-23	+ 7
MASSACHUSETTS INSTITUTE OF TECHNOLOGY	Not Offered					
MICHIGAN STATE UNIVERSITY	122	45	128	38	- 6	+ 5
UNIVERSITY OF MINNESOTA	124	44	124	42	-	+ 2
MISSISSIPPI STATE UNIVERSITY	128	42	128	29	-	+13
UNIVERSITY OF MISSOURI	120	32	***	**	*	*
MONTANA STATE COLLEGE	133	47	136	42	- 3	+ 5
UNIVERSITY OF NEBRASKA	125	31	125	40	-	- 9
UNIVERSITY OF NEVADA	128	33	128	33	-	-

SUMMARY TABLE F (cont.)

School	1964		1957		Net Change	
	For Degree	For PE Curriculum	For Degree	For PE Curriculum	For Degree	For PE Curriculum
UNIVERSITY OF NEW HAMPSHIRE	128	33	128	26	-	+ 7
RUTGERS	135	34	140	23	- 5	+11
NEW MEXICO STATE UNIVERSITY	132	36	132	36	-	-
CORNELL UNIVERSITY	Not Offered					
UNIVERSITY OF NORTH CAROLINA	Not Offered					
NORTH DAKOTA STATE UNIVERSITY	136	41	136	34	-	+ 7
OHIO STATE UNIVERSITY	131	44	130	42	+ 1	+ 2
OKLAHOMA STATE UNIVERSITY	141	42	132	31	+ 9	+11
OREGON STATE UNIVERSITY	128	29	130	34	- 2	- 5
PENNSYLVANIA STATE UNIVERSITY	134	65	135	53	- 1	+12
UNIVERSITY OF PUERTO RICO	130	46	***	**	*	*
UNIVERSITY OF RHODE ISLAND	136	59	143	50	- 7	+ 9
CLEMSON UNIVERSITY	Not Offered					
SOUTH DAKOTA STATE COLLEGE	109	41	136	34	-27	+ 7
UNIVERSITY OF TENNESSEE	127	20	128	20	- 1	-

SUMMARY TABLE F (concl.)

School	1964		1957		Net Change	
	For Degree	For PE Curriculum	For Degree	For PE Curriculum	For Degree	For PE Curriculum
TEXAS A & M UNIVERSITY	137	45	137	41	-	+ 4
UTAH STATE UNIVERSITY	124	30	132	38	- 8	- 8
UNIVERSITY OF VERMONT	Not Offered					
VIRGINIA POLYTECHNIC INSTITUTE	Not Offered					
WASHINGTON STATE UNIVERSITY	128	52	128	49	-	+ 3
WEST VIRGINIA UNIVERSITY	128	49	128	45	-	+ 4
WISCONSIN STATE UNIVERSITY	128	55	124	35	+ 4	+20
UNIVERSITY OF WYOMING	125	39	126	37	- 1	+ 2

Key: No Change -
Not Given *

A final concomitant result of this study was the determining of how many of these schools required Entrance Physical Fitness Exams for entering freshmen men. It was established that eleven of the schools (21%) offered some form of physical fitness testing program. Some were considering the possibility of starting some form and expressed an interest in the results of this survey.

The following is a summary of the schools offering these exams and the exams used:

PHYSICAL FITNESS ENTRANCE EXAMS

1. University of Georgia
Test consists of sit ups (knees bent); pull ups (palms facing away from body); 300 yard run (shuttle over 60 yard course); swimming proficiency test rating given for proficiency - distance of 25 yards).
2. University of Idaho
The Indiana Fitness Test - push ups, chins, and the standing broad jump.
3. Kansas State University
Barrow's Motor Ability Test - Standing Broad Jump, Medicine Ball Put, Zig-zag run.
4. University of Kentucky
Barrow's Motor Ability Test (for men)
Scott Motor Ability Test (for major's guidance only)
5. University of Missouri
Formerly - AAHPER
Now - working out own Fitness Test
6. Montana State College
(1) pull ups, (2) push ups, (3) 2 minute bent-knee sit ups.
7. New Mexico State University
(1) pull ups, (2) sit ups, (3) shuttle, (4) 100 yard dash, (5) mile run, (6) high jump, (7) broad jump, (8) bar vault, (9) rope climb
8. Oklahoma State University
Swimming
9. Texas A & M University
Pull ups, 2 minute sit ups, standing broad jump, 300 yard shuttle run
10. Utah State University
Freshmen take Basic PE or Warner Test
11. Washington State University
Washington State University Fitness Test - Jump and Reach Test (Sargent Test); Squat thrusts for 30 seconds (Burpee); sit ups (2 minutes); pull ups.

CONCLUSIONS

It is hoped the findings of this study will be of some specific aid to the two schools compared and to any others interested in evaluating their programs.

However, it is felt the most appropriate use of this study could be for those schools interested in developing a physical education curriculum for the first time. This study not only points out the specific courses and number of credits to be included in the curriculum, but the overall relationship of it to the schools' total requirements for graduation.

Certainly one could assume that the land grant schools are considered as being representative of a cross section sampling of the colleges and universities throughout the United States.

As the physical education curriculum undertakes more obligations and strives to cover broader phases of related subjects such as Health, Recreation, Physical Therapy, and Safety, such evaluations are necessary to not only make sure of adequate coverage in each area, but to see that we do not wander too far from the basic duties, responsibilities, aims and objectives of physical education.

The large variety of courses and activities offered perhaps are indicative of a need for a breakdown into more specific areas within the curriculum.

It is the evaluation of specific needs and desires with those programs in operation that will lead to sound decisions in future policy making.

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A STUDY OF THE REQUIREMENTS FOR THE BACHELOR'S DEGREE IN PHYSICAL
EDUCATION (MEN) IN THE LAND GRANT COLLEGES AND UNIVERSITIES
OF THE UNITED STATES OF AMERICA

by

ALBERT HAROLD SHERIFF

B. S., Kansas State College, 1949

AN ABSTRACT OF A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY
Manhattan, Kansas

1966

The primary aim of this study was to compare the requirements necessary to obtain a Bachelor's degree in physical education in the fifty-two land grant colleges and universities of the United States.

The central theme was to determine from the results of this comparison what might constitute the average requirements throughout the nation. It has been the thought that this average should present a good cross section analysis of the present situation.

The practical utilization of this analysis provides the possibility of its comparison with any given school's established curriculum or a standard for those just beginning a new curriculum in Physical Education.

To provide examples, two schools were compared with the results of this study. One was Kansas State University, a land grant school located in Manhattan, Kansas. The other was Pacific Union College, a small denominational college located in Angwin, California.

A brief history traces the development of the land grant colleges from their beginning in 1862, with the establishment of the Morrill Act, down to their present status. The plan spread from the first college, Kansas State Agricultural College, to now include a total of fifty-two within the United States and Puerto Rico.

It was established that forty-six of the fifty-two land grant schools (88½%) offered degrees in physical education. Thirty-four of these (74%) were based on the semester basis, while the other twelve (26%) were working on the quarterly basis. Thus, those on the quarterly basis were multiplied by two-thirds to make them the same as those on the semester basis for the purpose of evaluation.

From this analysis, it was determined that the average number of

semester hours required for a degree in physical education was 128. It was also determined that an average of 40 semester hours were required to be completed in the physical education curriculum.

As a comparison, Kansas State University required a total of 126 semester hours for a degree with 40 semester hours to be completed in the physical education curriculum.

Pacific Union College required a total of 128 semester hours of a degree with 39 semester hours to be completed in the physical education curriculum.

It was determined that 23 of the 46 land grant schools fell into the middle range of 125 to 130 semester hours (50%). Also 14 of the 46 schools required from 131 to 143 hours (30%); and finally, 9 of the 46 fell into the range of 109 to 124 hours (20%).

A further study listed the actual physical education curriculum courses in each of these schools. They were distributed into two categories, theory and activity courses, for clarification.

A total of 149 theory or semi-theory courses were offered. Two of them, Organization and Administration of Physical Education and Athletic Injuries, First Aid, and Safety were included by all of the land grant schools offering degrees in physical education.

Another brief study compared the results of this study with that of a similar one conducted by Donald E. Upson, '53 Kansas State College, in 1957. It was not possible to conclude exact results as four of the schools were not included in his report. Therefore, the comparison was made using only the ones included in the Upson report.

This method of comparing indicated an increase in the requirements

of the physical education curriculums of 3 semester hours. It also showed an average decrease in the degree requirements of 2 semester hours. This would be indicative of at least a slight trend to accredit the physical education field more soundly.

The final indirect result of this study determined how many of the land grant schools required Physical Fitness Entrance Exams for entering freshmen. It was established that eleven of the schools (21%) offered some form of physical fitness testing program.

While the results of this entire study should be of significance especially to the two schools compared and all schools in general, it should be of greatest aid to those considering the beginning of a physical education curriculum.

As the physical education curriculum broadens, we must become more critical of its specific courses and its overall relationship to the degree status. As special areas such as health, recreation, physical therapy, and safety grow in stature, we must maintain a delicate balance between the degree to which they are advanced and the basic aims and objectives of a sound physical education concept. Research and comparison are the keys to sound future planning.