

Adjunct Freshmen Step Up, Then Down In Fitness Test

A metronome ticks steadily into a microphone as A&M freshmen step up to a 20-inch bench and then down. Sweating in the heat, they continue the pace for five minutes. Then pulse rates are checked.

This is the scene to be enacted Monday at the A&M Adjunct near Junction. The students will take what is known as the Harvard Step Test.

PAST RESULTS tell the A&M physical education staff the freshmen should do well, but the staff also will be gaining more information for its extensive comparative study of physical testing procedures.

Much of the staff's attention is centered upon the American Association for Health, Physical Education and Recreation (AAHPER) (or short) Test. This test recommended by the President's Council on Physical Fitness has the drawback of requiring two or three class periods for a group of youngsters to be tested, staff members point out.

"We hope," Dr. Carl W. Landiss explained, "to find a short battery of tests that can be given to a large group of students in one period and that contains the same vital information. In this way, a teacher would not be so hesitant to test a class two or three times during the year."

LANDISS AND Associate Professors Paul M. Andrews and Nicholas A. Ponthieux are conducting the study. Dr. John D. Williams is programming the results for tabulation at the Data Processing Center.

The Aggie Physical Fitness Test, developed from the armed services' tests, also figures in the comparative studies.

Results from tests given 300 freshmen will be evaluated.

The testing program also provides evidence of the physical education course value. It is a part of the A&M Adjunct program for beginning freshmen.

"I haven't seen a report anywhere of a group of youngsters in such good condition as those tested after the first six-week session," Landiss said.

"THE AVERAGE for students

ending the first session was above the national average, the average for entering freshmen at Texas A&M or those entering the service academies," he said.

At the Adjunct, the average student did 11 pullups. The national average is 6.4.

Ponthieux said strenuous workouts under a broiling sun draws less than enthusiastic response.

"But when the six weeks is over, students come around to thank you," he continued, "for they know the course is for their own good."

Results of comparative study the fitness tests should be available early this fall.

Prof Will Spend Year In Honolulu

Dr. William H. Clayton of the Department of Oceanography and Meteorology will be a visiting professor at the University of Hawaii this next academic year. He and Mrs. Clayton plan to leave Sunday.

Clayton's special field of interest is micrometeorology, a study of the weather within a limited geographical area.

Among his research projects has been a study of the low-level turbulent winds which sometime threaten large rockets on launching pads.

At the University of Hawaii in Honolulu he will do some teaching

and also assist in establishing a program of study in air and sea interaction.

Clayton emphasized that the micrometeorological section of the Department of Oceanography and Meteorology will continue to function in all respects.

B. Jesse Eeklecamp will head the section during Clayton's absence.

The micrometeorological section office secretary, Mrs. Thomas Brady, and her husband also will go to the University of Hawaii for the year and she will continue to serve as Clayton's secretary.

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This Pose Was OK
Green-eyed Anna Luisa Rispoli, representing Italy in this year's Miss International Beauty contest, didn't mind this playful pose with a "wolf" at Disneyland, but later she rebelled when a magazine photographer asked the 87 contestants to pose lying on the floor of the Long Beach, Calif., auditorium—in their formal gowns. Fifteen other beauties sided with her, but the rest dutifully complied. (AP Wire-photo)

Research Program Grows, Kills Grass

AUSTIN—A research program is helping the Texas Highway Department solve two contradictory problems: How to make grass grow better, and how to keep it from growing at all.

Plant scientists from the Texas Agricultural Experiment Station and the Texas Transportation Institute at A&M are working with the department's engineers and landscape architects on such problems.

They are studying improved planting materials and techniques to establish vegetation. Permanent vegetation is needed along highway roadides to keep soil from washing on deep cuts, high fills and ditches. It also curbs wind erosion, while serving a safety function in delineating the edge of the highway.

AT THE SAME time, researchers are seeking better ways to prevent growth of grass and weeds on paved shoulders. Unchecked growth of Bermuda grass and other plants can cut the life expectancy of paved shoulders from 20 down to three years.

Varied soil and climates of Texas require a wide variety of plants for roadside erosion control.

Range and pasture grasses like green sprangletop and buffelgrass are being tested for use as highway plantings instead of slower-germinating Bermuda grass, which to now has been commonly employed alongside Texas highways.

As better grasses are developed by agricultural scientists, especially for drier regions, they will continue to be tested for planting under highway conditions.

The cooperative research effort on grasses doesn't foreshadow replacement of colorful roadside wild flowers now enjoyed by travelers in Texas. To the contrary, the trend is toward even greater use of many kinds of landscaping plants for safety—they reduce driver fatigue—as well as beauty.

NEVERTHELESS, plants which invade and grow within paved areas of highways are a costly nuisance for engineers and maintenance personnel. Cooperative research has pointed the Highway Department to use of several agricultural herbicides to prevent growth of grass and weeds through pavements.

Viewed either way, the two-sided problem of plants along highways is a grassroots one.

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