



WHO IS THIS MAN?

Is he really wearing a belted blouse, and a senior ring, and cross-stitching, and no rank, and A.M.U. brass? Is he really in the Corps? (Photo by Mike Wright)

Noontime Sessions Used

Physical Fitness Aim Of P.E. Dept.

Heart trouble, circulatory problems, backaches, assorted strains and sprains and obesity are being attacked through a Health and Physical Education Department program at Texas A&M.

Designed for faculty-staff members who feel they may not be as physically fit as possible, the department's physical fitness program employs exercise sessions under the direction of doctorate degreed health specialists on the department faculty headed by Dr. Carl W. Landiss.

Participants meet twice or three times a week in groups supervised by Dr. Charles Corbin and Dr. John Chevrette. Noontime sessions devoted to continuous rhythmic endurance work and a brief period on volleyball, basketball or badminton courts vary from 35 to 55 minutes in length.

Exercise is planned and directed to strengthen heart muscles, reduce weight, firm up muscles and improve body flexibility, explained Corbin. Participants may specialize within the framework for a particular shortcoming revealed in five-phase tests administered to all participants before exercise starts.

"This is not a play period," Corbin emphasized. "Regular organized exercise is given and the individual is fitted into the program according to his needs. No one is asked or directed to do something of which he doesn't feel capable."

Fifteen participants in the two-week old program include men and women faculty-staff members from 20 to 50 years of age. Lab technicians, student service personnel and faculty members in education, agriculture and other departments are involved.

"We'll enroll anyone, regardless of age, and adapt the program to their needs," Corbin added.

A physical examination by a medical physician is suggested, but not required. An \$8 fee provides a locker, towel, shorts, shirt, socks, and all necessary equipment except shoes.

"A five-phase testing program to determine the participant's fitness comes first," the assistant professor of health and physical education said.

Tests include cardiovascular, dynamometer, body flexibility, fat and reaction measurements. The

first four test areas determine heart muscle and blood vessel capabilities, muscle development, joint-muscle condition and percent body fat.

A casual check shows circulatory fitness of present participants "is pretty low," Corbin noted. "Our exercise patterns concentrate mostly in this area and there is evidence that such work

really does something to help reduce the risk of heart trouble."

"Continuous rhythmic exercise such as running in place, hopping, bending and stretching will strengthen the heart," he commented. "We begin with about 20 minutes of it and will graduate to 30 or 40 minutes. Volleyball, basketball and badminton are included to keep the program from

becoming boring. In the future, we plan to include swimming, running and medicine ball work."

Participants with weight problems are provided materials for diet control and additional exercises to control weight.

A&M intramurals, directed by Raymond Fletcher assists the program by setting up and removing equipment.

Job Calls

TODAY

Collins Radio Company; Houston Lighting & Power Company, Engineering Department; Houston Lighting & Power Company, Industrial Sales Division; Houston Lighting & Power Company, Power Department; Aetna Life Insurance Company; Arnold Research Organization, Inc.; Worthington Corporation; NASA - Goddard Space Flight Center; U. S. Naval Ordnance Laboratory.

TODAY AND WEDNESDAY

Allis - Chalmers Manufacturing Company, General Motors Corporation, Touche, Ross, Bailey & Smart.

WEDNESDAY

International Paper Company, 3M Company, Naval Ship Systems Command.

WEDNESDAY AND THURSDAY

Gulf Oil Corporation, Phillips Petroleum Company.

THURSDAY

Brown & Root, Inc., Haliburton Services, Hunt-Wesson Foods.

Inc., Otis Engineering Company, Southern Pacific Company, TRW Systems Group (Houston Operations).

THURSDAY AND FRIDAY Ernst & Ernst, Otis Elevator Company.

FRIDAY

Pratt & Whitney Aircraft Company, Prudential Insurance Company, Sears, Roebuck & Company, Texas Eastman Company, San Francisco Bay Naval Shipyard, U. S. Department of Labor.



HONG KONG?

Man, is this ever rest and rehabilitation! Well, maybe just rehabilitation. (Photo by Mike Wright)

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