

Girls exercise and diet the fun way—in a group

By MARTHA HOLLIDA

The "battle of the bulge" is still being fought at Texas A&M University. In the University's figure control classes women are learning to use exercise and activities to combat fat and tone muscles.

Women in the classes are taught to use universal gym sets, stationary bicycles, jogging, rope skipping, and various floor exercises to improve their general physical fitness.

"Basically what we do is work on how to get in shape and stay in shape," said Patricia Husak, an instructor of the course. "We try to make this something that will carry over for a lifetime."

A class period is spent discussing various diets, diet techniques and proper nutrition.

"We encourage the women to discuss diets they've tried and the success they've had," said Susan Wagner, also an instructor.

Figure control classes were first offered at Texas A&M in the fall semester of 1972.

"In 1972 we had one section with 12 people enrolled," said Emil Mammaliga, associate professor of health and physical education. "Kay Don, who is now the women's assistant athletic director, taught that first course."

This semester there are 15 sections with an average of 30 people in each section. There are five instructors for the sections, which meet for 30 minutes twice a week.

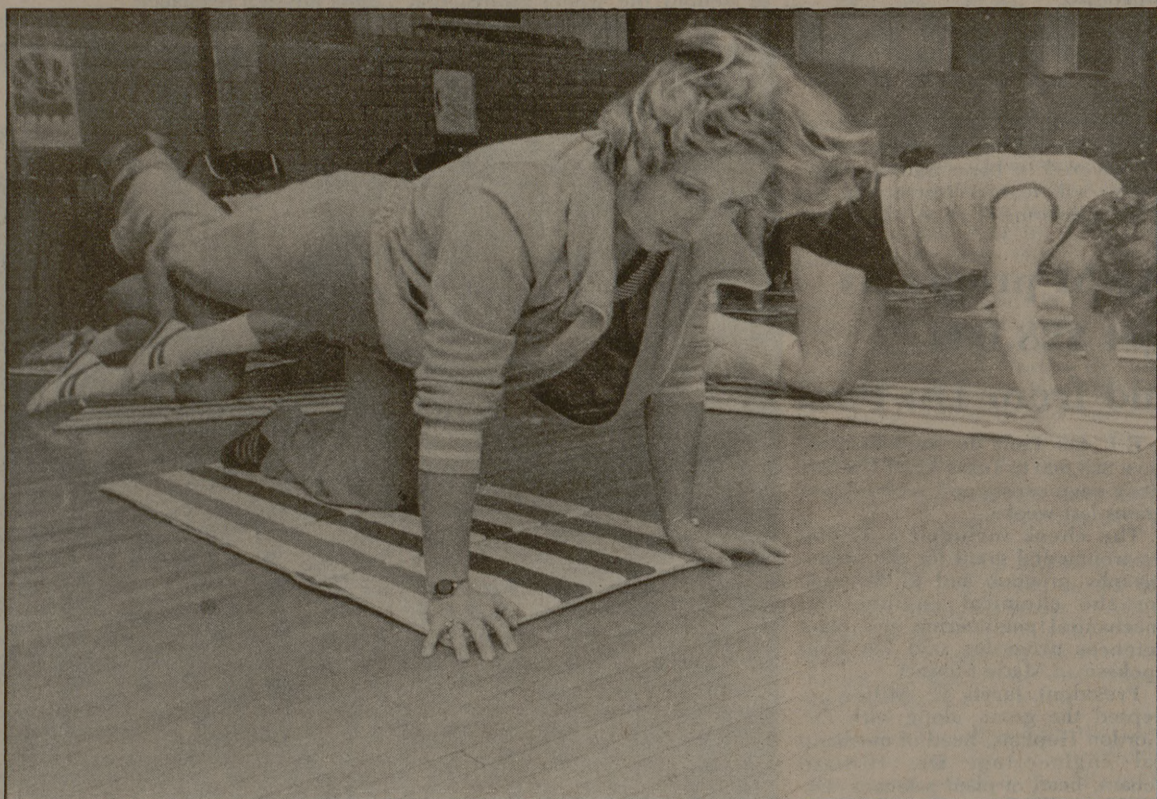
Even if men wanted to take the course they couldn't under the present system.

"Men can take weight training," Mammaliga said. "The figure control classes are just more tailored for women and were designed to be done separately."

"We stress trying to get yourself in shape by increasing your activity to lose weight and tone up the figure," said Wagner.

Emma Gibbons, an instructor, said that results cannot be expected from just working out during the two class periods. The women are encouraged to work out on their own at least one or two times a week.

"I like the course; however, I think that it should be at least an hour long or there should be fewer people enrolled," said Kim Wise-



Battalion photo by Liz Bailey

One-two-three-four...Elizabeth Harkrider works out during the morning figure control class.

man, a senior. "The way it is now you don't have a chance to use all the equipment in each class period."

The women measure and weigh at the beginning of the semester and at the end to see if there are weight losses and muscle toning.

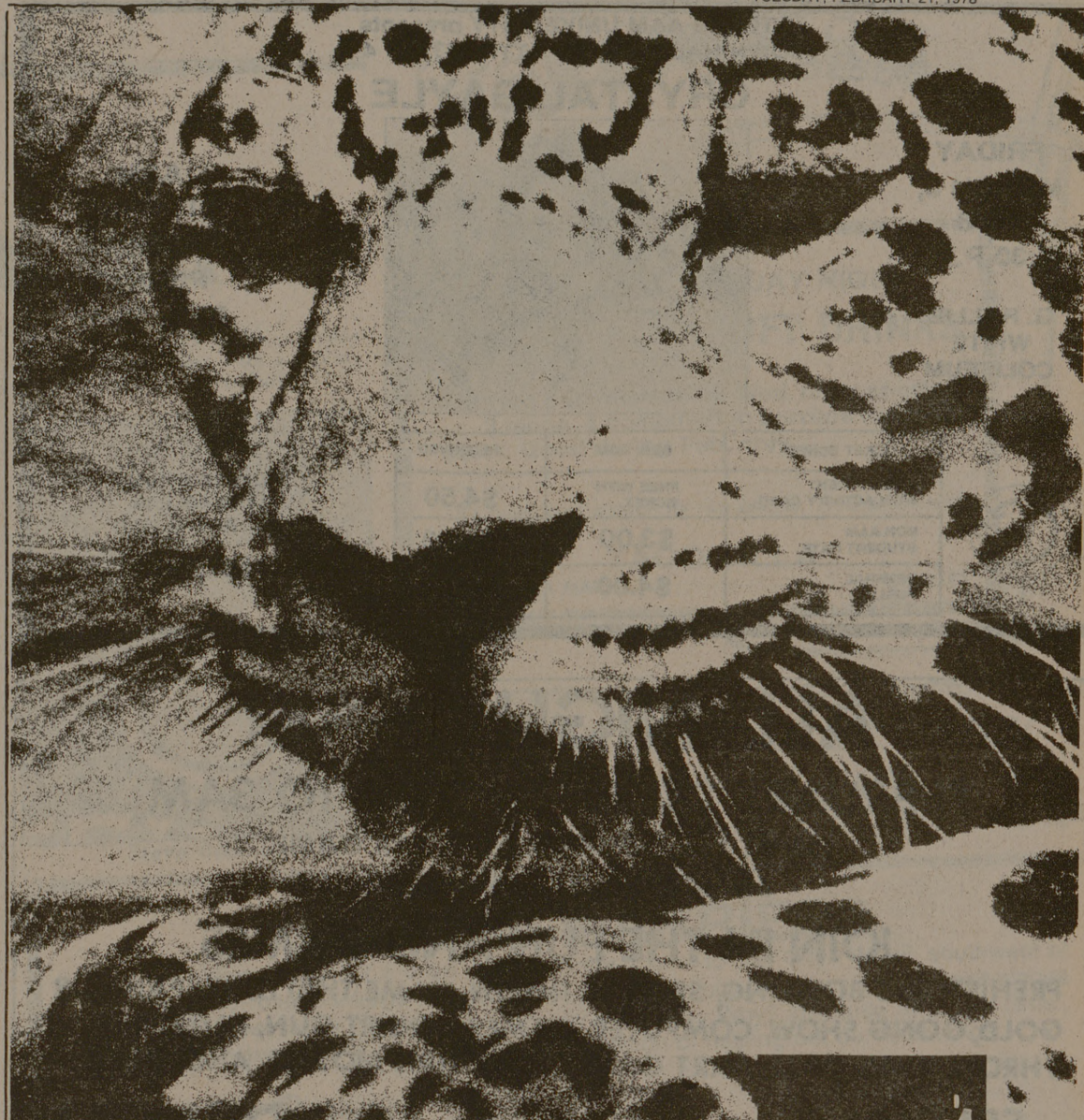
"I compiled a study last semester of the 12 sections offered," Husak

said. "There was an average of 30 girls in each section and as a group 450 pounds were lost during the semester." She added that the study did not take into account how often each girl worked out on her own.

"I have my students bring in different exercises ideas and we keep them in a notebook," Wagner said. "If one wants to concentrate on ton-

ing up a certain area she can look at the notebook for some specific exercises."

Most of the women who take the class want to improve their overall appearance and become more physically fit, said the instructors. But some women take the course to gain weight and develop muscles.



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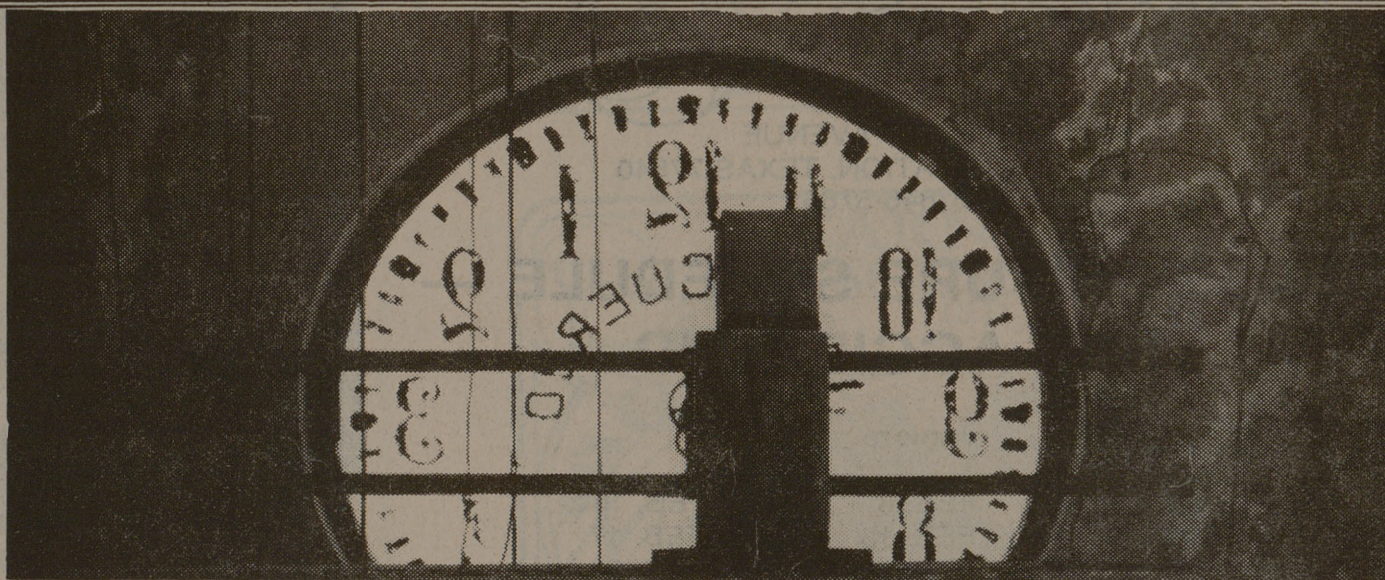
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