

New A&M lab will help in assessing level of fat

By SARA STEPHENS
Reporter

Although the lab is not yet completed, some of these testing programs are currently underway and available for those interested.

The second aspect of the lab is what Crouse terms "sport performance or exercise physiology" as it pertains to athletics.

"We see ourselves developing a very close working relationship with

"A 250-pound football player may not be overfat at all, but he may certainly be overweight, in terms of a height/weight ratio."

— Dr. Steve Crouse, director of the new lab.

the A&M athletic community," Crouse says.

Under this function, the lab will assist coaches by assessing the athletes in terms of strength and fitness, maximum oxygen intake, endurance, and underwater body composition through hydrostatic weighing, Crouse says.

Hydrostatic weighing is the process

by which a person's body fat is measured, he says.

"A 250-pound football player may not be overfat at all, but he may certainly be overweight, in terms of a height/weight ratio," Crouse says.

Crouse says the recommended percentage of body fat for the general population is around 15 percent for males and 18-22 percent for females.

Another unique asset to the new laboratory is the construction of an environmental chamber.

This is a room in which temperature and humidity can be controlled on a wide range.

Crouse says the chamber will be able to test an athlete's performance in varying degrees of temperature and humidity.

The lab also will allow health and physical education students to perform new kinds of research, he says.

Essentially, researchers will be studying how exercise can influence cardiovascular risk factors, how body weight can be changed with exercise, and the effects of different diets on the body's cholesterol and liquid protein content, he says.

"We'll be doing research of an applied nature that will benefit both the Texas A&M community and the athletic community," Crouse says.

The lab, located at the south end of Kyle Field, will not be completed at least six months, but its purposes and goals have already been determined, he says.

"I see it developing into a two-pronged approach," Crouse says. The first approach, he says, will be to physically assess faculty and students.

This will include treadmill stress tests, assessment of body fat through underwater weighing, flexibility tests, and measurement of cholesterol and blood fat, he says.

"We'll be doing that in the context of a health and fitness program," Crouse says.

"It's preventive medicine, if you want to think about it like that," he

Technician says nude scene on tape not legislator's fault

Associated Press

BAIRD — A state technician says a nude scene attached to the end of a videotaped program on drug abuse is not the fault of the lawmaker who provided the tape to a surprised school audience.

The scene depicting a nude couple in bed was inadvertently attached to a taped drug program sent to state Rep. Rick Perry, D-Haskell, at 26 schools in his district. The discovery Monday prompted Perry to recall all the tapes.

Tommy Varner, an assistant principal at Baird High School, said he was telling his freshman health class it would be on a test when the scene flashed on the screen 30 seconds after the drug awareness program ended.

All of them were bug-eyed and shaking up there," he said. "There

were these two people in bed. I turned the machine off and tried to drop it and go on."

"It wasn't easy with 30 kids chuckling and giggling," he said.

Dusty Garrison, Perry's legislative aide, said the 45-minute drug tape features noted toxicologist Dr. Harry Edwards discussing his experiences in dealing with drug abusers and rehabilitation.

Garrison said Perry saw the tape — without the added attraction — and wanted schools in his district to benefit from the "excellent program."

After giving 30 blank tapes to the House Technical Services department to be duplicated, Perry sent copies to schools in Callahan, Haskell, Throckmorton, Young, Shackelford, Stephens, Palo Pinto and Hood counties.

Mike Fickel, director of House Technical Services, said the nude

scene was from his personal copy of a movie.

"The scene is from the movie '1984,' which we used by mistake," Fickel said in Austin. "We used it to tape his (Perry's) master of the drug abuse program."

"It was very unfortunate because Rick Perry is the injured party and he had nothing to do with this at all," Fickel said.

Perry said he was shocked to learn of the scene on the tape he sent to Baird High School. After checking his copy and finding the same scene, Perry said he was convinced all 26 copies had the "embarrassing" scene and he asked that all copies be returned.

"We were doing it for public service, and it backfired on us to a degree," he said. "We were trying to help kids with drug problems, and now it's totally ineffective with this five-second skin shot."

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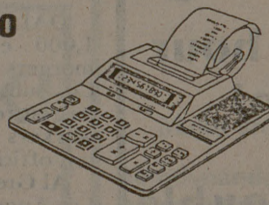
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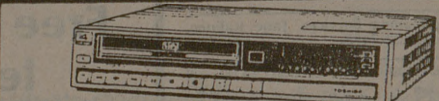


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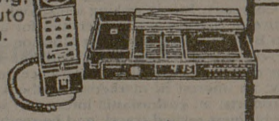


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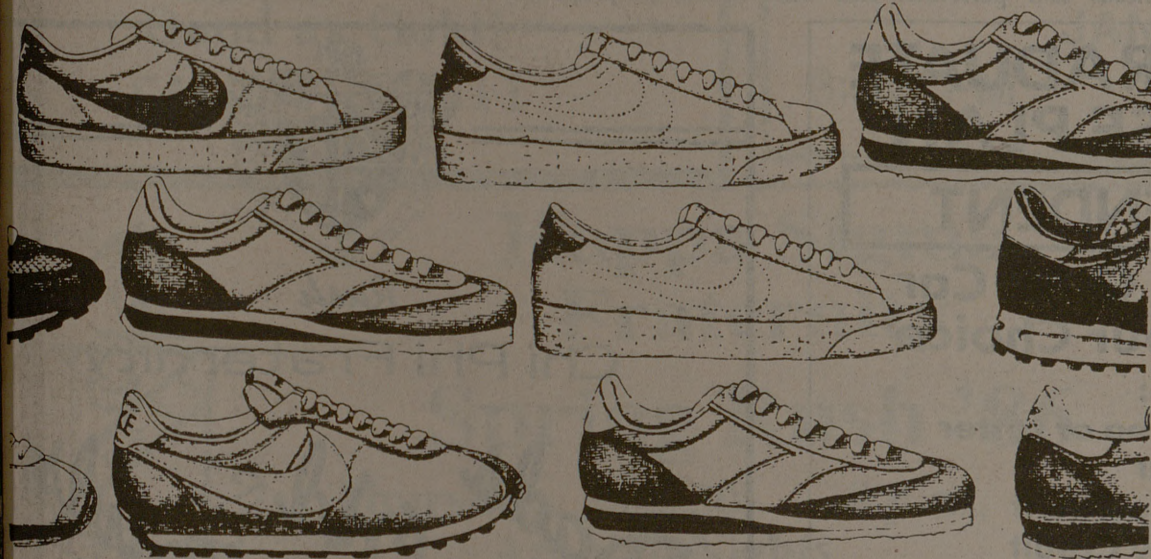
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