

# Physical Fitness Stressed at Chowan



## Fitness Program

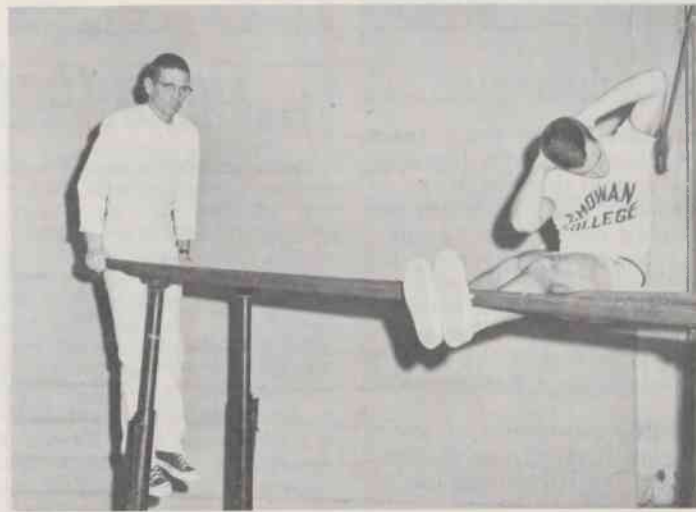
The physical fitness program at Chowan has improved over previous years. The physical education department also hopes to continue to improve and strengthen the department especially in the area of student physical fitness.

Coach Garrison said, "A well organized program of physical fitness is needed very badly in every school from grammar grades to college. If every school would go into this program introduced by President Kennedy there would be a definite change in personal physical fitness in the United States. It is just as important for youth to develop their bodies physically as it is mentally and spiritually."

At Chowan, physical education classes begin every year with three weeks of intensive physical endurance test. Following the three weeks of testing the classes are given a final test and the results compared with the national average. Coach Garrison said that most of the students were about average.

After the initial testing is completed, the students are taught, or participate, in individual and group activities. Most students prefer group activities such as soccer, volleyball, basketball, etc. over individual activities such as the parallel bar, trampoline, gymnastics.

The physical education department looks forward to the completion of the new classroom building so they will have more space. So, with the dedication of its faculty we know that physical fitness at Chowan will continue to improve. Let's all help by improving our physical fitness to show that we believe it has a place in our curriculum. Who knows? Someone may start out on a 50-mile hike.



## Girls Participate

The physical education department has a very good program of instruction and participation for

girls. The program is designed to provide the young ladies with group participation games as well as to improve muscle tone, posture and confidence.

Mrs. Jill Barr, instructor, is a thorough believer in physical fitness for girls. She is very dedicated to her job, and she does a wonderful job of passing on her knowledge and skill to the girls.

The girls are taught and participate in such team activities as basketball, volleyball and softball. They are also given exercises and movements which improve their muscle tone, posture and self-confidence. The physical education staff feels that physical education is as important for girls as it is for boys.

As space and facilities are made available the staff hopes to improve even further the girls' physical education program. It is very unlikely that any of the present fad of 50-mile hikes will be included in their program.

Best wishes to the staff and girls on the wonderful job they are doing in physical education.

## Summer Sessions Announced

Chowan College will hold its 1963 Summer Session from June 10 through August 23. According to an announcement by Dean W. Clayton Morrisette the first summer term will run from June 10 through July 16 and the second term from July 17 through August 23.

The 1963 Summer Session will be the second year that Chowan has offered a second summer term. During 1962, 103 students enrolled for the first term and 107 enrolled for the second term.

Morrisette has also announced a new addition to the summer school program. During the first term, June 10 through July 16, a College Preparatory Program will be offered. This program is designed for high school graduates whose college board scores or high school records indicate that difficulty may be encountered in college. The program will help the student to make a more adequate transition from high school to college. It will provide the students an opportunity too learn the basic techniques of English and Mathematics and their applications; to develop basic qualities and to become oriented with proper and practical techniques which are necessary for college success. No high school or college credit will be given for this program. Upon satisfactory completion of this program, a student may then register for the second summer session.

The summer session is open to Chowan College students, to public school teachers who wish to renew certifications, to students from other colleges and universities, to high school graduates who wish to accelerate their college program, and to high school graduates who wish to take the College Preparatory Program. East Carolina College will offer, on the Chowan campus, extension courses for the renewal of teaching certificates and for advanced degree programs.

Cost for the summer session is set at \$12.50 per semester hour. For a six weeks session the board will be \$60.00 and room \$30.00.

