

Physical Education Classes Stressed at Chowan College

(Continued)

ment. Every child should be able to use his body efficiently, move gracefully, and express himself creatively through movement. Skills should be taught in a variety of games, sports, stunts, etc. These skills bring satisfaction, promote safety, develop poise, and extend social relationships. You teach him team work and to take the rough and tumble, to have self control and to be a good sport.

I think that a good physical education program should have the following objectives in mind with the results indicated.

1. The aim of all education is to enable one to live an enriched and abundant life. This is the ultimate goal on which all who are concerned with education have trained their sights. Thus there should be the physical development objective, which results in the ability to sustain adaptive effort, the ability to recover, and the ability to resist fatigue. The value of this objective is based on the fact that an individual will be more active, have better performance, and be healthier if the

organic systems of the body are adequately developed and functioning properly.

2. The mental development objective. This deals with the accumulation of a body of knowledge and the ability to think and to interpret knowledge. Physical activities must be learned; hence, there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. The individual should not only learn coordinations but should acquire a knowledge of such things as rules, techniques, and strategies involved in physical education.

3. The motor development objective. This objective is concerned with making physical movement useful and with as little expenditure of energy as possible and being proficient, graceful, and aesthetic in his movement. Effective motor movement is dependent upon harmonious working together of the muscular and nervous systems.

4. The human relations objective. This is concerned with helping an individual in making personal adjustments, group ad-

justments, and adjustments as a member of society. Activities in a physical education program offer one of the best opportunities for making these adjustments, providing there is proper leadership.

PE Classes

(Continued)

to sacrifice one's personal self-interest for the greater welfare of the group. We learn to cooperate as members of a team by doing so and not by reading or listening to lectures about it. Competitive experience also teaches respect for differences in people. Respect for an individual because he is a human being not because his father has money or his family is listed in the social register are lessons which can be and are being learned in athletics today.

Participation in a game establishes principals of sportsmanship, fortitude and fair play and at the same time puts a premium on stamina.

Athletics develop confidence, leadership, and the ability to make decisions. To excel in athletics, one must live clean, be preoccupied with wholesome things, and learn to take both victory and defeat graciously.

Kids love sports. The sports world has a way of creating confidence in a person. When one excels in a sport, he gets the feeling he can excel in a lot of other things.

A competitive spirit can be cultivated in a good athletic program. A truly great athlete is one who can be motivated to compete in all endeavors and not just in athletics.

We think our athletic program is geared on a high level and it is in good perspective in relation to the entire college program. We hope that our entire student body as well as our athletes learn some of the lessons which are made possible by participation in athletics.

Chowan Grad Honored On 94th Birthday

THE CHOWANIAN is indebted to Miss Eunice Evans for the following news story concerning the former Miss Minda Chamblee who graduated from Chowan College about 1890.

From the Winston-Salem Sentinel of March 4 came the following:

"Birthdays and new officers shared the spotlight at a Crafton Heights Club luncheon at the Woman's Club today.

"Twenty-two members and guests were present for the club's 45th birthday, but the celebration really centered on a charter member who also is observing a birthday today—her 94th. She is Mrs. J. R. Hankins, the club's oldest member. The birthday cake was in her honor.

"Mrs. Hankins is also one of the club's new officers."

SCOUTING ADVICE

An Ivy league football coach, faced with the prospect of playing Princeton during the era of All American Dick Kazmaier, sent his head scout out to look over the tailback the week before.

"Don't tell me what he does and can do," the coach said, just tell me how we can keep from being hurt by this guy. Just tell me how to keep him from scoring."

So the scout watched Kazmaier in action, watched him run for three touchdowns and pass for two more. He wired back the shortest scouting report on record:

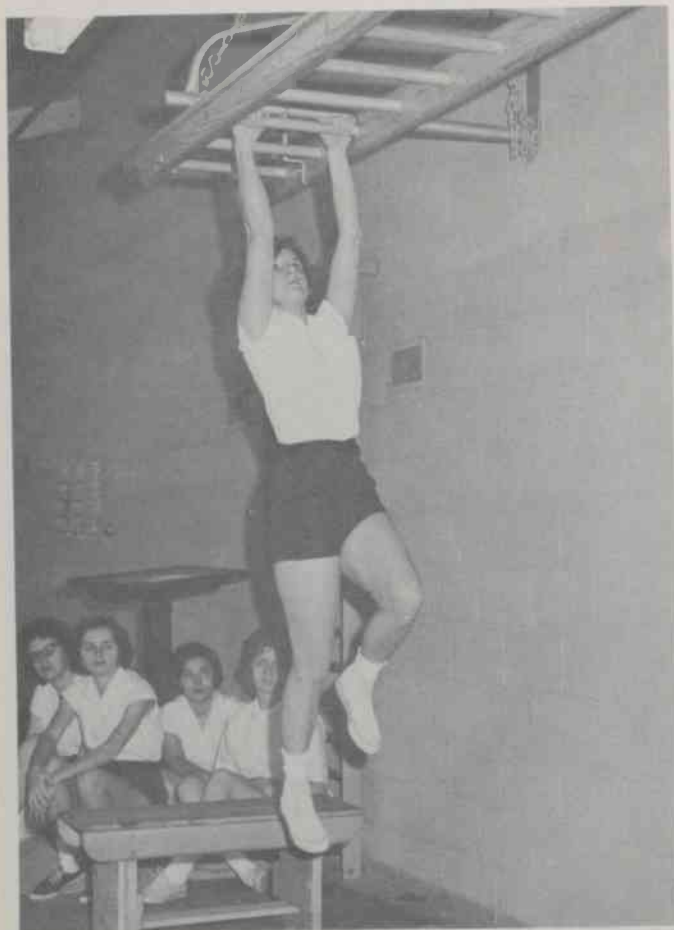
"Cancel!"



ROPE CLIMBING—Physical education classes are designed to help students build body muscles. Here Robert Massey works out by climbing the rope.



TUMBLING MATTRESS—Physical education classes help improve muscle tone, posture and confidence. Peggy Ball takes exercises on the tumbling mattress.



AERIAL LADDER—Sandra Sink has her turn of exercising on the aerial ladder, while Liz Pearson, Beverly Grady, Sandra Bray and Joan Cumbia wait.



PARALLEL BARS—Exercise is just as important for girls as it is for boys. Zora Fentress enjoys the parallel bars while Joan Woodall watches.



CLASS FUN—The trampoline has proved to be one of the favorites with students. Sandra Sink finds it a lot of fun, while classmates Liz Pearson, Beverly Grady, Sandra Bray and Joan Cumbia await their turns.