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College of  
Applied Life Studies  
1957-1982



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University of Illinois at Urbana-Champaign

OFFICE OF THE CHANCELLOR 801 SOUTH WEIGHT STREET CHAMPAIGN ILLINOIS 61820

October 16, 1982

Dear Faculty, Alumni, Students and Friends,

Congratulations on celebrating the twenty-fifth anniversary of the College of Applied Life Studies.

The College and its units, the Departments of Health and Safety Education, Leisure Studies, and Physical Education; and the Divisions of Campus Recreation and Rehabilitation-Education Services have played a major role in the concern for the fullest development of each individual in our society. The impact of the College has been felt by students on this campus, by the citizens of Illinois, and by individuals throughout the world. May the second quarter century be as productive as the first!

Cordially yours,

John E. Cribbet  
Chancellor

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October 16, 1982

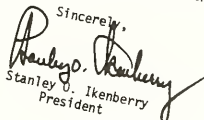
Dear Faculty, Alumni, Students and Friends:

It is a pleasure to extend greetings on the occasion of the twenty-fifth anniversary of the College of Applied Life Studies.

The commitment to integrate the intellectual, physical, and spiritual aspects of life to achieve the full human potential and enrich the living experience has deep roots in Western culture. The College of Applied Life Studies has an impressive history as a major contributor to these values.

Please accept my personal congratulations on the celebration of your anniversary.

Sincerely,

  
Stanley U. Ikenberry  
President



**Al Sapora**

*1973-1974 Acting Dean*

*1981-1982 Acting Dean*

## Statement by Acting Dean Al Sapora

I consider myself fortunate to have been associated with the College throughout its developmental stages. This Anniversary booklet is a well-researched and vivid overview of these years. It pinpoints the major events from our beginning in physical education to the various related professional areas now within the College, and reviews the contributions of many of the faculty members who were involved in its growth.

This history also shows a continuous innovation by the College in its approaches to teaching, research and service. New areas were explored to meet rapidly changing societal needs. The College exhibited clearly its flexibility by adapting its curricula to provide appropriate professional preparation in new degree programs and in the training of personnel to provide unique public services.

As in many other programs in higher education, the College is now faced with a significant reduction in resources and rising costs of operation. These limitations were met this year by adjustments in College program emphases. As in critical times in the past, however, there is an urgent need to further examine the mission and priorities of the College and to determine more specifically the direction of its efforts and the allocation of its resources to meet present as well as future needs.

Most encouraging is that as we celebrate our 25th anniversary, the College is on the threshold of a new era. The quality remains very high. The various academic departmental curricula have been ranked first or not lower than third in the nation by various peer group surveys. Both Division programs hold similar rank. The College has many nationally and internationally known scholars, teachers and specialists in public services. Illinois graduates hold many positions of leadership and its Alumni Board is active in support of the College. The curricula and services are moving closer together in their interdisciplinary relationships within and outside the College and new disciplinary knowledges to assist in preparing scholars and leaders to meet changing professional needs are being explored.

It has indeed been a rewarding experience to return to 'active duty' and play a part in this most recent phase in the history of the College.

*Allen V. Sapora*

## College of Applied Life Studies

Twenty-five years ago, 1957, the College of Physical Education was established. Even though this date is rather contemporary, the College, now titled the College of Applied Life Studies, has had an important and interesting history. Since 1867, the beginning of the University, Urbana-Champaign, there has always been a concern for the physical health of students. Programs to promote "physical health and development" were established through manual labor, military, physical culture and physical training.

As the 25th anniversary is celebrated, we can also pause to reflect back fifty years when the forerunner of the College, the School of Physical Education, was established. When the Department of Physical Education for Men, and the Department of Physical Education for Women were formed as part of this new structure, there continued to be a concern for the physical well-being of the general university student as well as an increased interest in training physical education teachers.

In 1957 the board of Trustees approved the formation of the College. Simultaneously, they also approved the establishment of the new Department of Health and Safety Education and the Department of Recreation (now Leisure Studies). A few years following this development the Division of Intramural Activities (now Campus Recreation) and the Division of Rehabilitation-Education Services received their own unit title within the College.

The University of Illinois Statutes state, "the college is an educational and administrative group comprised of departments and other units with common educational interests." (**University of Illinois Statutes**, p. 11). Apropos of this definition is the recent, Spring 1982, Mission Statement of the College of Applied Life Studies.

The College of Applied Life Studies endorses and supports the University mission of research, teaching and service by its primary focus on understanding the nature of the individual's physical being and by improving the quality of human well being in order to achieve the optimum educational potential of the individual. In realizing this dual objective, faculty are committed to the study of humankind, adopting a life-span perspective encompassing individuals of varying physical abilities. Parallel to this concern for the individual is the importance of creating an awareness within organizations and institutions relative to their responsibility for protecting and promoting the quality of individual and community life.



Emphasis is on the generation of a theoretical body of knowledge within the field, with the development of knowledge and its dissemination being of primary concern. Research emphasis includes the study of the antecedents and consequences of the affective, cognitive and psychomotor aspects of man's physical being in both formal and informal settings, and in the context of both work and leisure. Teaching emphasis is on the dissemination of knowledge about man's physical being from its kinesiological, physiological, psychological, and sociological perspectives. While the generation and dissemination of knowledge is achieved primarily through research and teaching, respectively, service is viewed as an important outgrowth of these endeavors. Such service is based on the unique application of knowledge to a professional topic, issue or concern.

Specifically, members of the faculty of the College of Applied Life Studies involve themselves with diverse bodies of knowledge, incorporating such representative areas as understanding the demands and practice of physical activity; analyzing individual motivations, attitudes and behaviors characteristic of his/her choice of involvements in work and play; planning, educating and evaluating for those health, safety and ecological factors affecting individual life patterns; and providing opportunities to meet individual needs. By endeavoring to use its various specialized bodies of knowledge, with interdisciplinary relationships, the units of the College (Departments of: Health and Safety Education, Leisure Studies, Physical Education; Divisions of: Campus Recreation, Rehabilitation-Education Services) utilize the triad of research, teaching and service to prompt the individual to more fully realize the potential for the quality of his/her life.

Each unit of the College of Applied Life Studies contributes to the ongoing mission. This will be evident as you read the following sections regarding the growth and development of each College unit.

A very special ingredient of our interesting history has been the people who have been a part of our prosperity. The well-qualified faculty and staff, many of whom are well known and respected nationally and internationally are the individuals responsible for carrying on the programs of instruction, research and public service.

Another special group of people who, throughout the years have coordinated and been responsible for the College's activities, have been the

Directors and Deans. We have prospered through the leadership of George Huff, Seward Staley, King McCristal, Cyrus Mayshark, Phyllis Hill, Kenneth Clarke, and Al Sapora.

The faculty, staff, buildings and facilities have all contributed to the excellent quality of the College's activities. But we must recognize another important ingredient of our success story, those participants of the program — the students. The academic units within the College, Health and Safety Education, Leisure Studies, and Physical Education, have seen many students graduate from their programs. The year that we became a College, 1957, through the year 1981 the following number of degrees were conferred on students in the College's program: Bachelor of Science 3,232, Master of Science 1,369, Doctor of Philosophy 263. We are jutly proud of all these graduates, many of whom have become prominent in their fields of endeavor.

It is also interesting to observe that we have over 6,500 living graduates registered with the Alumni Association. The impact of our programs has been widespread as our alums are located throughout the world.

In marking the history of our College we recognize the support given by University Administrators and Boards of Trustees, who have seen the significance of our work in a concern for the physical well-being of all people.

On this special occasion — the Twenty-Fifth Anniversary of the College of Applied Life Studies — we pay tribute to all those people who have contributed to our rich history — faculty, staff, students, and alums.

# ADMINISTRATIVE LEADERS

## *Directors and Deans*



### **George Huff**

1901-1924 Director of Physical Training

1924-1932 Director: Establishment of Department of Physical Welfare (Men and Athletics (incorporated Hygiene, Health Service and Athletics under one Department

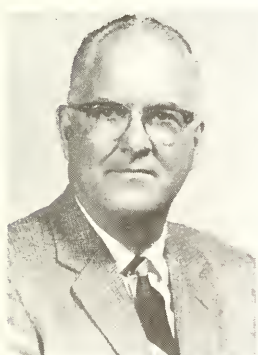
1932-1937 Director: School of Physical Education



### **Seward Staley**

1937-1957 Director: School of Physical Education and Head, Department of Physical Education for Men (Physical Education and Athletics Separated)

1957-1961 Dean: College of Physical Education



### **King McCristal**

1961-1973 Dean: College of Physical Education

# ADMINISTRATIVE LEADERS

## *Directors and Deans*



**Cyrus Mayshark**

1974-1976 Dean: College of Physical Education



**Phyllis Hill**

1976-1977 Acting Dean: College of Applied Life Studies



**Kenneth Clarke**

1977-1981 Dean: College of Applied Life Studies

## Department of Physical Education

The history of the Department of Physical Education and its predecessors antedate that of the College of Applied Life Studies (Physical Education). Gymnastic/calisthenic instruction was first provided to men in 1872 and women in 1877. Separate Departments of Physical Training for Men and Women were established in 1895. In 1914, the University of Illinois established the School of Athletic Coaches, directed by George Huff, for the purpose of offering summer instruction in methods of coaching. This program was the first of its kind in the nation and, under the farsighted leadership of George Huff, continued progress was made.

With a growing interest in athletics, the Athletic Association in 1925 granted the approval of a research project which dealt with the psychology of athletes. Dr. Coleman Griffith, designer and director of the project, was the first American to do research in the psychology of sport. Unfortunately, the laboratory, located in Huff Gymnasium, closed its door in 1932 when the Athletic Association had to withdraw its financial support because of declining revenues.

The School of Physical Education was established in 1932. The restructuring of the Department of Physical Welfare led to this new structure. The School of Physical Education included the Department of Physical Education for Men, the Department of Physical Education for Women, and the Department of Health Service. The 1932-1933 **Annual Register** stated:

The School offers professional curricula in physical education for men and for women, conducts the courses in physical education which are required for all students in the freshman and sophomore years, provides for faculty recreation, intramural sports, and intercollegiate athletics, and has charge of the work in health education and campus recreation. (University of Illinois **Annual Register** 1932-1933, p. 160)

The requirement for graduation from both the men's and women's program was the completion of 126 semester hours of work. Students enrolled in the program would be awarded a degree of Bachelor of Science in Physical Education when successfully completing the curricula in the School. Previously, degrees were granted through the College of Education.

In 1932, there was a two year (or four full semester) physical education requirement for all University students. The aims of this requirement were: "... to promote a higher standard of physical fitness, to develop habits, knowledge, appreciation and skill in desirable recreational sports; and to develop character." (University of Illinois, **Annual**

**Register**, 1932-1933). All students who were physically able, as determined by a medical examination, were to enroll in regular physical education classes. The students who were physically deficient enrolled in individual gymnastic classes.

The Board of Trustees, during the December 15, 1942 meeting, approved the offering of the degree of Master of Science in Physical Education. In anticipation of program approval, "Courses for Graduates," "open to both men and women," were listed in the 1942-1943 **Annual Register**. The graduate courses which were sponsored by the Department of Physical Education for Men were: Problems in Public Health, Problems in Safety Education, Philosophy of Sport, and Techniques of Research.

As this program was initiated during World War II, the Board of Trustees report contains two interesting statements: "This program can be inaugurated without additional expense," and "After the war, there will doubtless be a larger registration which may necessitate the addition of a full-time instructor to the staff." (Board of Trustees, December 15, 1942) The first Master's degree was awarded in 1944.

Another event which led to future graduate work and which had an impact on the physical education program was the establishment of the Physical Fitness Research Laboratory. This program, identified with the Department of Physical Education for Men, was initiated by Dr. Thomas K. Cureton in 1944.

Interest in participating in graduate programs increased as research programs gained in importance and respectability, which subsequently meant a demand for trained personnel. The Physical Education graduate program became a part of the graduate movement when, in 1948, the Doctor of Philosophy degree was approved. Paul Hunsicker was the first Ph.D. recipient, graduating in 1949.

The Department of Physical Education for Women was the official unit for offering dance courses for students. However, the first recognition given to dance as a special degree granting program took place in 1949 when a Master of Science degree in Dance was offered through the Department of Physical Education for Women. The Graduate College recognized this non-teaching program, giving approval to this research area by granting degrees for a written thesis, a dance recital, or for the development of a dance composition. Until 1959, undergraduate students specializing in Dance received a Bachelor of Science degree in Physical Education for Women. It was not until 1959 that a separate Bachelor of Science degree in Dance was awarded. However, it was still through the Department of Physical Education for Women.

Nine years later, 1968, Dance transferred from the Department of Physical Education for Women and became the Department of Dance

within the College of Fine and Applied Arts. This event occurred because of the desire of the dance faculty to be recognized and incorporated into the Krannert Center for Performing Arts. As a performing art, Dance was given a dance studio within the new center. Dance was considered one of the performing arts in the educational program which was developing in the program at Krannert.

Between the time of the establishment of the School of Physical Education, 1932, and the College of Physical Education, 1957, there were special offerings in the Curriculum in Physical Education for Men and Physical Education for Women. Appearing for the first time in an **Annual Register** (1939-1940), reference was made to preparing students in several areas. The "Curriculum in Physical Education for Men" stated: "the professional curriculum in physical education for men is designated to prepare students for teaching physical education, coaching and athletics and directing recreation." (**Annual Register**, 1939-1940, p. 183) The "Curriculum in Physical Education for Women" stated: "the four year curriculum in physical education for women is designed to train teachers in the fields of physical education, community welfare, and recreation." (**Annual Register**, 1939-1940, p. 185) By the 1940-1941 calendar year, the "Curriculum for Men" listed four fields of specialization: Athletic Coaching, Health and Safety, Physical Education and Recreation. In the School of Physical Education in 1949, students could earn a Bachelor of Science Degree in Physical Education, Recreation, or Health Education.

As student interest in the physical education programs increased and special curriculums were developed within the School, the time was ripe to consider a new organizational structure. And, so it was in 1957, that the College of Physical Education was formed. The Departments included were the Department of Physical Education for Men, the Department of Physical Education for Women, and two new units, the Department of Health and Safety, and the Department of Recreation. The Departments of Physical Education for Men and Women continued their separate programs, specializing in programs which led to acquiring a teaching certificate in addition to earning a bachelor's degree. Graduate programs offered a Master of Science degree and a Doctor of Philosophy degree. "Both programs are centered in training teachers, administrators, and research workers in the general field of physical education, including sport, dance and exercise." (**Graduate College Bulletin**, 1958-1960)

Another change occurred in 1962 when the Division of Intramurals was formed within the College of Physical Education. Previous to this, the men's intramural program, since 1937, had been supervised by the Athletic Association. Women's Intramurals had been nurtured through the

Department of Physical Education for Women.

In the late 1960's and early 1970's, there were some general concerns regarding physical education. For a number of years, it was believed that students in institutions of higher learning would benefit from participating in physical activities. In an effort to improve the quality of education received by students at the University of Illinois, they were required to take a minimum of two semesters activity. However, following an analysis of the Basic Instruction Program and programs in selected Illinois High Schools and discussions of the advantages and disadvantages of a physical education requirement, a decision was made in 1972 to change the "required program" to an "elective program." Happily, it can be recorded that students continued to partake of the varied and quality program.

Another issue which came to the forefront during this time period was the status of single Departments of Physical Education for Men and Women. The topic of separate versus merged programs was not confined to a local issue. The subject was heightened by the passage of Title IX in 1968. Here at the University of Illinois, Urbana-Champaign campus; following many physical education faculty meetings regarding objectives, programs, structure, and equality; the decision was made to consolidate the two units into one Department of Physical Education. This event of 1972 followed years of leadership within the profession and benefited from the quality of leadership exemplified by George Huff, Seward Staley, Chester Jackson, Earle Zeigler, Rollin Wright, Gertrude Moulton, Louise Freer, Laura Huelster, and Alyce Cheska. Appointed Head of the merged Department was Rollin Wright.

One cannot help but ponder as to what might have been if the following resolution was passed by the Board of Trustees in 1895. "Resolved that after the present University year, the physical training, both as to men and women, be embraced in a single department, to the end that there may be uniformity of theory and procedure upon a single subject throughout the University...", (**Board of Trustees Report, 1896, Meeting, March 12, 1895**).

Even after the merger of the Departments of Physical Education for Men and for Women, there was one activity which still continued which was unique to the Women's program. This activity, which was receiving major attention, was the women's intercollegiate athletic program. Chancellor Jack Peltason formed a Task Force Committee to deal with the issue. Under the capable leadership of Laura J. Huelster, former Women's Head, the committee worked on a viable plan for a women's intercollegiate athletic program. The recommendation presented to the Chancellor was forwarded to the Board of Trustees who, on May 15, 1974, approved the plan. The action taken was to financially support



women's intercollegiate athletics and place the program under the central administration of the Athletic Association.

The Department of Physical Education, for many years, has been an integrative part of the University of Illinois, Urbana-Champaign. This is especially important to note as we celebrate the 25th Anniversary of the College of Applied Life Studies. The Department of Physical Education has also been a very valuable unit within the College.

The undergraduate curriculum began from a coaching/teaching thrust for men and teaching emphasis for women. Through many modifications and growth, the present curriculum, while continuing to offer strong teaching preparation for both men and women students, exhibits flexibility with options in the Bioscientific and Social Scientific areas of preparation. In addition, in 1980, the faculty approved a coaching endorsement program. Each program aspect has continued to build upon our farsighted leadership; that is, it offers a firm scientific foundation upon which the program graduates can continue to build. Many graduates of the program have become leaders in physical education and closely related fields.

The graduate program has expanded, building from recognized strength in the bioscientific aspects to encompass strong programs in the Social Science of Sport (Psychology and Sociology), Human Movement Studies (Biochemics) and Curriculum and Administration. A number of individuals, recognized for their natural and international leadership, have been the recipients of the Doctor of Philosophy and Master of Science degrees from our Department.

Both undergraduate and graduate students have benefited from experiences gained from working in the laboratories in the Department of Physical Education. Presently, there are four laboratories:

1. Biomechanics - located on the second floor of Freer Gymnasium
2. Motor Behavior - located on the third and fourth floors of the North Wing of Freer Gymnasium
3. Physical Fitness - located on the ground and lower level floors of Freer Gymnasium (new location, 1981)
4. Therapeutic Exercise Research - also located in Freer Gymnasium

Enhancing the work in the Department, the laboratories, and faculty research, has been procurement of grants. Some examples of the establishments providing money for research in the last few years are: Bureau of Education for the Handicapped, National Institute of Health, National Science Foundation, Women's Educational Equity Act, Medical Sports Incorporated, United States Olympic Developmental Committee, and Archer Daniels Midland Company. In addition, some faculty members have had research projects supported by the University of Illinois Research Board.

The physical education activity program for the general university student was placed on an elective basis in 1972. This program has grown steadily, accommodating over 5,500 students per semester in 250 sections, offering 50 different activities. Due to budgetary limitations in the 1982-83 academic year, there will be an approximate fifty-percent reduction in this vital program aspect.

The success and reputation of a University is based upon the contributions of its faculty, staff and graduates. In this realm, we have much of which to be proud. Independent rankings have placed us first in terms of the number of research papers presented by any institution at the American Alliance for Health, Physical Education, Recreation and Dance Convention from 1959-1979; our Department ranks fourth with respect to the number of articles in the **Research Quarterly** from 1930-1979 and first for the 20-year period from 1959-1979. We also rank first in terms of contributions to the **Journal of Motor Behavior** (1969-1980) and to the **International Review of Sport Sociology** (1966-1980).

Many faculty, staff and graduates have earned national and international recognition for their leadership to the profession. Through their significant contributions, 25 have been elected to the American Academy of Physical Education. Two current faculty members are Fellows of this Academy.

Faculty members have also served as Presidents of national and international professional associations including, the International Committee for Sociology of Sport, the Anthropological Association for the Study of Play, the North American Society for the Study of Sport and Physical Activity, Phi Epsilon Kappa Fraternity, the National Association for Physical Education of College Women, the National College of Physical Education for Men, and the latter two which consolidated to form the National Association for Physical Education in Higher Education.

In addition, a number of faculty have served as Presidents of district and state organizations such as the Midwest Sports Medicine Association, the Midwest Association of Physical Education for College Women, and the Illinois Association for Health, Physical Education and Recreation.

It has been, and is, the capable, interested, and dedicated people — faculty, staff, students and alumni members — who have contributed to the success of the Department of Physical Education. In applauding our efforts on this memorable occasion, marking the 25th Anniversary Celebration of the College of Applied Life Studies, we can all be very proud of the role that has been played by the Department of Physical Education.

## Administrative Leaders Department of Physical Education

<b>Physical Education for Men</b>	<b>Physical Education for Women</b>
1907-1937	George Huff
	Director
1937-1957	Seward Staley
	Head
1958-1964	C.O. Jackson
	Head
1964-1968	Earle Zeigler
	Head
1968-1972	Rollin Wright
	Head
	1907-1909
	Jeanette Carpenter Lincoln
	Director
	1909-1910
	Gertrude Moulton
	Acting Director
	1910-1915
	Gertrude Moulton
	Director
	1915-1950
	Louise Freer
	Director
	1950-1951
	Laura Huelster
	Acting Head
	1951-1966
	Laura Huelster
	Head
	1966-1970
	Alyce Cheska
	Head
	1970-1971
	Laura Huelster
	Acting Head
	1971-1972
	Rollin Wright
	Acting Head

1972: Department of PEM and PEW Merged  
 1972-19\_\_\_\_ Rollin Wright  
 Head

## **Department of Health and Safety Education**

The Department of Health and Safety Education has offered programs of study in the field of health and safety education since 1957. Through the period of the 1960's and 1970's there was rapid and continuous growth of health and safety programs within the Department. The number of students majoring in health and safety education increased from approximately twenty to over one hundred and seventy with an accompanying staff increase from four to eight full-time faculty members employed by the Department. During this time period, several new options were developed at the undergraduate level to include specialization in community health and public safety. Prior to this time, options were available only in the teacher certification area in health and safety. Subsequently, graduate options in these areas were also developed and implemented. As we approached the 1980's, our faculty developed two new options in Health Administration/Planning, and Environmental/Occupational Health and Safety to meet the need for trained personnel in these areas as well. Also, opportunities became available for graduate students who desired to concentrate in additional public health areas (epidemiology, health resources management, biometrics, etc.) through the mechanism of an accredited intercampus program with the School of Public Health, University of Illinois at the Medical Center.

Recently, there has been a significant increase in support for public health and occupational health specialists stemming from a greater federal, state, and public awareness of the importance of disease prevention and health promotion efforts. This situation is reflected in recent national legislation which has supported the creation of Health Maintenance Organizations (HMO's) PL 93-461 and other legislation such as the National Health Planning and Resources Development Act of 1975, and PL 94-317, the Consumer Health Information and Health Promotion Act of 1976.

The health care industry is one of the largest and most rapidly growing areas in the United States at the present time. Concomitant with this growth has been the identification of significant problems in our present health care system. While substantial activity is underway to address and correct these problems, it is recognized that with a planned, orderly approach, there can be hope for success in these efforts. Changes in financing, training and delivery of health care have created the need for people skilled in the area of health planning and administration. Also, the realization that disease can be occupationally or environmentally induced has created a newly emerging discipline within the framework of public

health. The task assigned to this discipline is twofold; first, to ascertain the health risks associated with our constantly changing technology and second, to develop methods or processes to minimize or eliminate these risks.

All of these developments place greater emphasis on disease prevention through health education and health promotion activities. Because of a limited number of programs and graduates, the demand for health and occupational safety professionals far exceeds the supply of graduates. Thus, the Department is under strong pressure to respond to the training needs of a growing number of professionals in community health care and occupational safety agencies.

The objectives of the undergraduate program are: 1) to prepare competent graduates who can function effectively in the classroom and/or in community settings; 2) to develop, implement, and evaluate innovative methods of instruction; 3) to provide opportunities for undergraduate students to develop basic research competencies in the fields of health, occupational safety, and accident prevention; 4) to provide students with relevant community field work and school practice teaching experiences so they can effectively integrate theory and practice; and 5) to provide services to agencies and groups concerned with social needs. The Department offers a Bachelor of Science degree with three options.

The objectives of the graduate program are: 1) to provide leadership in the development of health and safety programs at the state, national, and international levels; 2) to prepare individuals with the capacity to plan, implement, and evaluate the educational component of school, community, safety, accident prevention, occupational safety and consumer health programs; and 3) to prepare individuals with the capacity to carry out applied research in health and safety problems.

To strengthen the academic and research mission of the Department, several laboratories have been created for use by students and faculty. Presently there are four laboratories: Safety and Driver Education Research, Driver Simulation Research, Health and Safety Education Materials and Health Education Research which are housed in Huff Gymnasium. In addition, the department also developed a driving range for use in our Driver Education and Motorcycle Education Programs.

During the past several years, the Department received twenty-three grants or contracts from a variety of funding sources such as the U.S. Office of Education, National Heart, Lung and Blood Institute, U.S. Department of Transportation, U.S. Department of Health, Education and Welfare, American Heart Association, American Cancer Society, American Dental Association and other agencies.

The reputation of a department is often reflected by the successes and professional contributions of its faculty and graduates. Many of our

graduates are now serving in key leadership positions with universities, industries and private and government agencies.

Faculty have received such awards as the Scholars Award for Health Education from the Association for Advancement of Health Education, the National Honor Award from Eta Sigma Gamma, the A. R. Lauer Award of the Human Factors Society, the Illinois Governor's Award for Health and Fitness and other awards from state organizations.

Three faculty received the Upjohn Award for the outstanding paper in health education 1980. This award was for their work as contributing authors in the 1979 Surgeon General's Report on Smoking and Health which was written at the request of then Secretary of Health, Education and Welfare, Joseph Califano.

In addition, many faculty and graduates have held numerous leadership positions in professional organizations such as Chairperson, National Subcommittee on Health Education, American Heart Association; Chairperson-Elect, School Health Education and Services Section, American Public Health Association, Chairperson of the Research Council of the American School Health Association; Program Chairperson of the School Health Education and Services Section, American Public Health Association, and have served on numerous committees of federal, state, and local agencies as consultants.

A 1981 study that ranked graduate programs at the doctoral and master's level in health education indicated that the Department of Health and Safety Education, University of Illinois, Urbana-Champaign was ranked number one in terms of the quality of the program and the quality of their faculty. The survey involved over 125 institutions offering specialization in professional preparation programs in health education.

Another recent study involving a reporting of faculty who present and publish papers most often in health education revealed that the Department of Health and Safety Education was ranked number one in terms of frequency of presenting papers at national conferences during the past ten years. Also, of the top ten authors who have published most often in selected health education journals during this same time period, four were either faculty or were former graduate students of the program.

We are all very proud of our faculty, students and alumni who have contributed to the distinguished reputation that the Department holds in our profession. This accomplishment can only be attributed to the scholarly efforts and dedication to excellence of our faculty, students, and alumni.

### **Administrative Leaders**

#### **Department of Health and Safety Education**

1957-1969	Howard Hoyman Head	1980 - —	Donald Stone Head
1970-1979	William Creswell Head		

## Department of Leisure Studies

The first recreational course at the University of Illinois was listed as "Recreational Activities," taught by Mr. Jack Treece, in 1932. Course offerings expanded and diversified with the increased interest in the area. From 1937 to 1949, the courses evolved to a more professional focus. These courses were taught within the Curriculum of Physical Education for Men. In 1940, the first Bachelor of Science degree with a field of specialization in Recreation was offered. Allen V. Sapora assisted with the development of the Recreation curriculum under Ralph Johnson, who served as curriculum coordinator. The first official curriculum in Recreation was listed in the 1949-50 edition of the University of Illinois Bulletin. Toward the end of that academic year, the first student was awarded a Bachelor of Science degree in Recreation from the Department of Physical Education for Men within the School of Physical Education. The continuing expansion and development of the program began with the appointment in 1951 of Charles K. Brightbill as chair of the Recreation curriculum.

In 1952 an Outdoor Education and Recreation option was initiated to enrich the offerings to the students enrolled in the curriculum. A year later, a master's degree program was established. The Department of Recreation was granted departmental status in 1957 with C.K. Brightbill named as head, and the Field Service was established in the same year. The department at that time consisted of four full-time faculty members and two graduate assistants. Five years later, the department name was changed to the Department of Recreation and Municipal Park Administration to better reflect the changes occurring in the curriculum.

With the death of Professor Brightbill in 1966, Dr. A.V. Sapora was appointed head of the department. In the same year, the Motor Performance and Play Research Laboratory was formed under the direction of Dr. Robin Herron. Upon the resignation of Dr. Herron in 1968, Dr. Michael Ellis was named as director of the laboratory. Also serving as director was Dr. Rainer Martens, who served from 1973 to 1975. To better represent the laboratory in the international arena, the name of the unit was changed to the Leisure Behavior Research Laboratory in 1974. The following year, Dr. Michael Wade was appointed director and served in this capacity until 1982. Members of the unit presently consists of four researchers and several graduate assistants, now headed by Dr. Douglas Kleiber. The group is involved in a wide range of teaching, research and service activities.

Again, with the changing and developing profession, the departmental name was altered by dropping the word "Municipal" from the title in 1967.

In 1969, the Field Service unit of the department merged with the Rural Recreation Extension Service from the College of Agriculture to become the Office of Recreation and Park Resources. This unit provides technical assistance and information services to public, commercial and private agencies delivering leisure services. The first director of the Field service was Dr. Edward (Ted) Storey, who served from 1957-1966. With the resignation of Dr. Storey, Dr. Joseph Bannon was named chief of the Field Services and subsequently the Office of Recreation and Park Resources. Subsequent chiefs of the Office of Recreation and Park Resources were Professor Elmo Maroney (1973-1974) and Dr. D. James Brademas (1974-1982). The unit continues to provide services in the areas of personnel administration and development, educational resources and community recreation services, therapeutic recreation and outdoor recreation planning and management.

The undergraduate curriculum now offers students options in Therapeutic Recreation, Outdoor Recreation, and a Program Management option with emphases in either public or commercial recreation. The master's and doctoral curricula offers options in Therapeutic Recreation, Outdoor Recreation, Administration of Leisure Services and the Study of Leisure Behavior. The first Ph.D. in the Department of Recreation and Park Administration was offered in 1972. The department has educated many of the prominent leaders of the field today.

Dr. Joseph Bannon was named head of the department in 1973 and continues to serve in this capacity. In 1975, to better reflect the units' activities and to better facilitate international communications, the department name was changed to the Department of Leisure Studies. There are today approximately 250 undergraduate students and 60 graduate students pursuing degrees in the various curricula offered in the department. In 1978, the department was accredited by the National Recreation and Park Association's Council on Accreditation. The department has enjoyed a top rating, both nationally and internationally, and has hosted numerous foreign visiting professors and scholars. The present faculty consists of eighteen full-time positions, three of whom hold joint appointments in other departments on campus.

### **Administrative Leaders**

#### **Department of Leisure Studies**

1957-1966	Charles Brightbill Head
1966-1973	Allen Sapora Head
1973-19____	Joseph Bannon Head



## **Division of Campus Recreation**

From 1921 until 1962 the Athletic Association had been responsible for the men's intramural program. The Department of Physical Education for Women had sponsored the women's playdays and intramural activities for about the same number of years.

After a Senate resolution, a space report, and a prospectus for the development of an intramural program and a recreation building, President David D. Henry decreed, in 1961 that a Division of Intramural Activities should be formed and placed as an administrative unit within the College of Physical Education. A nationwide search was carried out and Dr. David O. Matthews, of Bowling Green State University, was hired to be the first Director of the new division starting in the Fall of 1962.

Since that time, the Division of Intramural Activities (renamed the Division of Campus Recreation in 1974) has provided extensive and comprehensive programs and services including the informal use of facilities, innovative special events, sport clubs, outdoor recreation program, intramural sports, student employment opportunities, and service to the communities of Champaign and Urbana and to the State of Illinois.

With the enthusiastic support of the University administration, the Division was able to build, within ten years, what was considered to be the premier intramural-recreational sports program and largest university recreation building in the world.

Graduate students who worked in the Division programs have become outstanding leaders in the field of intramural-recreational sports. Three of these went on to become the president of the National Intramural-Recreational Sports Association to join Director Matthews who was twice president of this Association.

The staff of the Division continues to actively participate in various University committees and local, state, and national associations related to campus recreation. Several national workshops and conferences have been hosted by the Division during the past twenty years.

### **1957-1964**

Co-recreational "Stag and Drag" Friday evenings in the Women's Gym featured sports and table games for over 300 people each night. An all-day 50-mile hike April 20, 1963 found 273 entrants.

Fifteen active sport clubs including dolphin, parachute, and karate kai participated in tournaments and practices, along with eight new proposed and six temporarily inactive clubs.

A survey conducted by the Division found that approximately 3 out of 4 undergraduate men living in organized housing participated in free-time recreation programs.

Participation in men's, women's and co-rec intramurals totaled 199 football teams, 211 softball teams, 360 basketball teams, 188 volleyball teams, 216 tennis participants, and 85 badminton participants in 1964.

The first slimnastics exercise class for women was held in 1963, and has since increased to eight sessions each quarter with over 2000 participants yearly.

## **1964-1970**

Plans for the Intramural-Physical Education Building were initiated and bidding began; Dr. David Matthews, Director of the Division, was charged with the responsibility of planning the recreation building and recreation program to meet the needs of future generations of students. In 1966, the President of the University, Dr. David Henry proclaimed the College of Physical Education directly responsible for the administration of sport clubs. The Intramural Officials Association was formed in 1967 with 150 members. Intramurals expanded to include football and par 3 golf for women, the turkey run and tandem swim relays in co-rec sports, and point and non-point classifications for men.

## **1970-1975**

With the opening of the Intramural-Physical Education Building in 1971, participation in all aspects of campus recreation skyrocketed, as the number and diversity of indoor facilities increased.

The Informal Recreation Office opened the fall of 1972. Between September 1971 and April 1972, IMPE Building users totalled 411,386 students, faculty, and staff members. The record number of building users per day that year was 4,298 individuals on February 7, 1972.

The Division hosted the National Intramural Association Annual Conference April 14-17, 1972 with Ben McGuire and Larry Preo as conference hosts. All-university activities including the Chancellor's Decathlon and Quad Day began in 1971. The first annual Tennis Tournament was held on the Huff Gymnasium courts August 4-5, 1973. The first All-Nighter was held in September 1974 in which over 6800 students, faculty, and staff members participated in various recreational and cultural activities from 6:00 p.m. Friday until 9:00 a.m. Saturday in the IMPE Building. Dances were held in Gym 4 IMPE Building each weeknight during the summer.

Intramural sports participation more than doubled between 1964 and 1974, with 360 football teams, 1327 basketball teams, 811 softball teams, 577 volleyball teams, 540 tennis participants, and 235 badminton participants in 1974.

Camping equipment check-out and rental programs were first offered by the Division in the spring of 1975 and has since expanded to include a

multitude of rental camping gear, workshops, and extended trips across the country.

## **1975-1982**

Highlights of these years were the development of innovative events and activities under the leadership of Jesse A. Clements, Director of Campus Recreation since 1979. Many of these activities are popular standards at Illinois today and have spread to other college campuses throughout the nation. These events included: the Street Scene with exhibits by local artists and craftsmen, Instructional Workshops covering 24 different activities, the Bump, Hustle, Anything Goes disco dance contest, Old Fashioned Sunday at Illini Grove complete with barbershop quartets, Orchard Downs recreation programs, the Mardi Gras with the parade and outhouse races, AAU Boxing, the Eddie Gaedel Memorial Sports Trivia Bowl, Almost Anything Goes events, the Central Illinois Dance Championships, the Ski Show, the expansion of programs at the Ice Arena, and the everpopular Bong Show.

A joint project with Student Videoworks enabled the Division to produce two hours of cable television programming weekly, including the 'Intramural Game of the Week.'

Two new full-time staff positions were developed for the administration of sport clubs and the outdoor recreation programs during the 1981-1982 academic year.

A referendum for student fee funding of the Ice Arena was held in April 1982 and resulted in a positive student vote and support of continued Division operation of the facility.

The Division of Campus Recreation is constantly striving to offer quality recreational opportunities. With dedication and innovation, it is hoped that the Division will live up to the ever growing expectations of the University community it serves during the ensuing decades.

## **Division of Rehabilitation Education Services**

The University of Illinois Rehabilitation Education Program had its beginning during the 1947-48 school year on the Galesburg Campus of the University of Illinois. With the closing of Galesburg Campus in the spring of 1948, the program was moved to the main campus at Urbana-Champaign in the fall of 1949.

The program had been a part of the University Health Service on the Galesburg Campus. Upon transfer to the main campus its Director, T. J. Nugent, was on a joint appointment with the University Health Service and the Division of Special Services for War Veterans (DSSWV). He was subsequently on a joint appointment between the DSSWV and the School of Physical Education. The concept was quite new and not yet accepted. As the veterans from the Korean Conflict began to diminish in numbers, the DSSWV was gradually terminated and the program became a division within the School of Physical Education. For the past 25 years it has been 100% a function of what is now the College of Applied Life Studies.

The past quarter century has been quite dramatic, the Rehabilitation Education Program has grown from a one man operation to a comprehensive program with a dedicated staff in medicine, physical therapy, functional training, occupational therapy, prosthetics, counseling and testing, recreation and athletics, services to visually and hearing impaired, federal/state agency services, research and education, facilities, equipment and transportation. Undergraduate and graduate students from several curricula in several departments and colleges of the university are granted practicum, internships and graduate assistantships within the Rehabilitation Education Center. The Center has initiated many inter-disciplinary programs and research projects, and we frequently host fellows and interns from foreign countries and other U.S. universities.

As late as 1957, the Center was housed in World War II surplus army barracks. In 1965, a beautiful new Rehabilitation Education Center with facilities and equipment unparalleled anywhere was opened. The Center facilitates the various services previously identified as well as teaching, practicum and research in each of the services. For more than the past quarter century facilities throughout campus have been planned to be accessible to and usable by the disabled, including those in wheelchairs. Some of these have been unique innovations such as seating in the balconies and main floors of the Performing Arts Center and in the Assembly Hall, the IMPE Building and others. The University is continually upgrading its facilities on behalf of the disabled.

The Center now has five transit buses which enable ambulatory individuals or those in wheelchairs to enter and leave by the same door in a matter of seconds, running on regular routes and schedules, 16 hours a day. Four new buses have been procured within the past year. It also has an air ride highway bus adopted with an hydraulic lift, which is used for long trips primarily by the various men's and women's wheelchair and blind athletic groups. It also has a van which is used for emergencies, deliveries and ancillary services, a driver research van and a driver education automobile. This service has also been extended to disabled persons and senior citizens in the communities.

The newest innovation is the Guy M. Beckwith Living Center, officially dedicated May 12, 1982, made possible by a bequest from Mr. Guy M. Beckwith. The facility is to accommodate those individuals who need assistance, initially at least, and cannot live in any of the 20 regular residence halls that have been designed to accommodate those with disabilities, including those in wheelchairs. It is also a training center for honor students in medicine, pre-medicine and the associated health professions. These students receive in-service training, instruction with academic credit and a certificate attesting to their having had this experience and training over and above the normal curriculum. The living center is unique in many ways.

Some other dramatic happenings over the past quarter of a century include: (1) the issuing of varsity letter awards to wheelchair and visually impaired athletes in those sports that are equal in scope to varsity sports, the first university to do so; (2) the selection of a woman wheelchair athlete as Athlete of the Year and several men and women in wheelchairs as Athletes of the Month by the Tribe of Illini; (3) the initiation of pilot training for individuals in wheelchairs in cooperation with the U of I Institute of Aviation; (4) the development of the Ms. Kids women's wheelchair athletic teams, prior to the enactment of Title IX; (5) the continued growth of the National Wheelchair Basketball Association which had its origin at the University of Illinois in 1948 and now has 165 teams in 27 conferences, and Open Men's Division, an Open Women's Division and an Intercollegiate Division, and has had 34 Annual National Men's Tournaments; (6) the appointment of the Director and 2 former student-staff members of the Center to a special committee of the NCAA to recommend policies and procedures to the NCAA regarding sports for those with disabilities; (7) research in a multitude of disciplines, much of it significant enough to have enacted into legislation and into practices throughout the state and the nation, and some internationally, (examples: the original research done on the accessibility and usability of buildings and facilities by everyone, including those with disabilities, research and demonstration on public transportation, research on driver skills and

abilities and countless others of a more delineative nature); and, (8) the merging of Physical Therapy and Functional Training of the Division and Exercise Therapy of the Department of Physical Education into one comprehensive clinic and the addition of highly qualified personnel in athletic training, sports medicine and research as it relates to both the able bodied and those with disabilities.

The Center and the Division have received several state, national and international awards and recognitions as have individual members of the faculty. **FOR YOUR INFORMATION**, a publication of the National Association of State Universities and Land Grant Colleges has stated, "The Illinois program has become a national model". "The 'experiment' at Illinois became a working model for most of the program which have followed throughout the years." Over a thousand individuals with severe, permanent physical disabilities, over half of them confined to wheelchairs, have graduated from the University of Illinois and have taken responsible positions, commensurate with their training, in all professions and disciplines. Graduates of the program have assumed responsible work in their respective communities throughout the nation. Many of them have been responsible for the initiation and development of programs and services patterned after those they have experienced at the University of Illinois. Graduates of the program contribute immeasurably and very unselfishly to the program and the students it continues to serve each year.

In addition to the appropriate offices and clinics in support of those services previously identified, the Center includes a controlled environmental research laboratory in which considerable significant research has been completed and which has the potential for doing considerably more research. The Center has a recording laboratory/studio which is a branch unit of the national program, Recording for the Blind. The Center has also, through its research and development efforts, been able to make available computers that speak (for visually impaired, dyslexic, etc.) what appears on the cathode ray tube, or link to printers that output in Grade Two Braille. These computers can access computer services on campus and computer banks available throughout the nation. The Center also has a driver simulator laboratory which also serves as a laboratory for graduate students in Safety and Driver Education. The Center has an inventory of well over a million dollars of highly advanced and technical pieces of equipment which facilitate the visually impaired, the deaf and hard of hearing, the non-verbal, and other severe disabilities making it possible for them to compete with other students on the campus. Examples are various types of electronic communication devices, Optacons, variable speech cassette layers, TTY's and TTD's (telecommunication devices for the deaf), the computers previously mentioned, as well as other adaptive devices.

What does the future hold? First, and probably foremost, is the advent of the 1984 Paralympic Games at the University of Illinois, Urbana-Champaign campus. This event will feature as many as 3000 premier wheelchair athletes from as many as 75 nations throughout the world. The University of Illinois was selected over 200 other sites because of the excellence of facilities, as well as the long history of programming for those with disabilities. Paralympic competition will begin June 19 and extend through July 4, 1984.

Secondly, is the development of specific professional courses dealing with the rehabilitation education of the disabled which will not only enhance the professional training on campus, but will also require practicums and internships which will better serve the needs of various student groups on campus without additional costs to the University.

**Administrative Leader  
Division of Rehabilitation  
Education Services**

Timothy Nugent  
1949-1952 Assistant Director  
1952-1962 Supervisor  
1962-1982 Director

# FACILITIES



Kenney Gymnasium



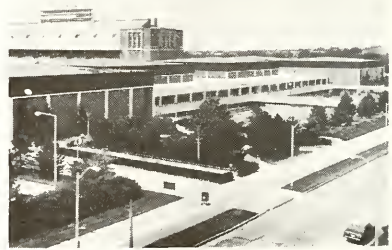
Freer Gymnasium



Huff Gymnasium



Rehabilitation  
Education Center



Intramural  
Physical Education  
Building



# UNIVERSITY OF ILLINOIS

*Urbana-Champaign*

## **HISTORY OF THE COLLEGE OF APPLIED LIFE STUDIES**

- 1867** First year of the University: called the Illinois Industrial University. Manual labor required of all students for, among other things, "physical health and development" purposes. Three hours per day; five days per week. Paid seven and one-half cents per hour.
- 1870** Women students officially admitted.
- 1871** Manual labor made optional
- 1872** "On motion, \$60 were allowed toward furnishing the Drill Hall with gymnastic equipment." ". . . apparatus for gymnastic instruction a new feature which has recently attained gratifying success." (Board of Trustees, 1872-73 and the Military Committee report).
- 1873** A gymnasium established in the drill hall - School of Military Science.
- 1874** Instruction in calisthenics offered to women, classes included lectures on health.
- 1876** Board of Trustees recommended that all women students participate in the calisthenics classes offered.
- 1877** Gymnastic classes conducted for men by military personnel.
- 1884** Illinois Industrial University name changed to the University of Illinois.
- 1889** Men's Old Gymnasium Annex opened.
- 1895** "For the position of Director of Physical Culture I recommend the appointment of Mr. Henry H. Everett. . . . For the position of Director of Physical Culture for Women I recommend the appointment of Miss Ella H. Morrison."  
"I also recommend the appointment of Mr. George A. Huff as Assistant Director of the gymnasium and coach of the athletic teams. Mr. Huff will come to the service of the University for \$1,000.00 during the next year and the athletic teams are willing to defray one-half of the expense involved. The department of physical culture and athletics has so developed as to make this step advisable, and I think we are fortunate in being able to secure the services of so good an assistant as Mr. Huff has shown himself to be." (Board of Trustees Report 1896, Board of Trustees, meeting held June 11, 1895).
- 1895** Establishment of the Department of Physical Training for Men (Board of Trustees ending 1896).
- 1895** Department of Physical Culture was authorized by Board of Trustees. Position of Director of Physical Culture for women was established and this was revised during the year to Director of Physical Training for Women. (Board of Trustees, March 1895).  
Beginning of an organized curriculum for women. The main course offered was "Gymnasium and Field Practice" and held three times a week for each of the fall, winter and spring terms for one credit for the three terms.
- 1898** "Class and prescription exercises in the gymnasium and field, three hours a week throughout the year. Required of freshmen (with Hygiene 3 hours). Hygiene - the same as Physiology 6, required of freshmen." (Cat. 1898-99).
- 1899** Physical training was required of all women students who were not physically disqualified. A total of seven hours could be earned.
- 1901** George A. Huff appointed Director of Physical Training.
- 1901** Men's Gymnasium opened (later called Men's Old Gymnasium and then changed to Kenney Gymnasium).
- 1901** A gymnasium and physical training class included in University curriculum for women.
- 1905** Women's Building with gymnasium and pool erected.
- 1907** Director for women, Mrs. Lincoln.
- 1908** A third year 'Special' course was established for women interested in teaching physical training: "Two hours practice in the public schools."

- 1909** Gertrude Moulton appointed Acting Director of Physical Training for Women.
- 1910** Gertrude Moulton appointed Director of Physical Training for Women.
- 1914** Freshmen men were required to take two semesters of physical training: two hours per week; one hour credit per semester. Included in this course, during their first semester, the Dean of Men gave six lectures on personal hygiene.
- 1914** Establishment of "The University of Illinois School for Athletic Coaches," by George Huff. Summer courses to instruct men in methods of coaching basketball, baseball, football, and track and field. The first school in the nation to offer such a program. (Board of Trustees 1912-14).
- 1915** Louise Freer named Director of the Department of Physical Education for Women.
- 1918** Requirement of physical education for sophomore women was passed, thereby establishing a four semester requirement for freshmen and sophomore women.
- 1918** Elective courses in Men's Physical Education first offered.
- 1919** First four-year curriculum for men in physical education and athletic coaching approved as part of College of Education. (Board of Trustees, 1918-1920).
- 1919** On March 15, 1919 the Trustees approved the University Senate's recommendation that the Departments of Physical Training for men and women be henceforth called the Department of Physical Education for Men and the Department of Physical Education for Women.
- 1922** All men required to swim 40 yards before graduating, unless physically unfit.
- 1922** First Male graduated with a Bachelor of Science Degree in Education, with a major in Physical Education.
- 1923** First Bachelor of Science in Education with Major in Physical Education for women offered.
- 1924** Establishment of Department of Physical Welfare and Athletics. Incorporated Hygiene, Health Service and Athletics under one Department. George Huff, Director. (Board of Trustees Report 1922-24).
- 1924** First Female graduated with a Bachelor of Science Degree in Education, with a major in Physical Education.
- 1924** Dedication of Huff Gymnasium.
- 1925** Athletic Association research project approved. Designed and directed by Dr. Coleman Griffith. The first athletic research laboratory to be established in the United States; dealt with psychology of athletes. (Board of Trustees, 1924-26).
- 1930** Women's Gymnasium opened.
- 1932** School of Physical Education established. One of only a few in United States. George Huff was the first Director. Consisted of three Departments: Physical Education for Women, Physical Education for Men, and Health Service (Board of Trustees Report 1930-32).
- 1933** Proficiency examinations introduced. Students with pronounced physical defects required to take Individual Gymnastics three hours per week instead of five; 1 hour credit. (Board of Trustees Report, April 11, 1933).
- 1933** First Bachelor of Science Degree in Physical Education awarded through the School of Physical Education.
- 1936** George Huff on leave. Seward Staley appointed acting Director of School of Physical Education and Wendell S. Wilson, Acting Head of Intercollegiate Athletics. (Board of Trustees Report 1936-38).
- 1937** George Huff dies and Board of Trustees permanently separated duties of Physical Education and Athletic Association. (Athletic Association included Intramural Sports).
- 1937** Seward Staley appointed Director, School of Physical Education.
- 1937** Annual Student Inspection Trip initiated.
- 1940-**
- 41** The first time, "Professional Courses Recommended for Students in Each of the Four Fields of Specializations" appeared in the **Annual Register** listed under the "Curriculum for Physical Education for Men." The four specializations were:

Athletic Coaching, Health and Safety, Physical Education, and Recreation. "The four-year curriculum in physical education for women is designed to train teachers in the fields of physical education, health education, community welfare, and recreation."

- 1942** M.S. Degree Program in Physical Education.
- 1942** "There shall be no exemptions from the physical education requirements other than those granted by the University Health Office, except that in cases where adjustments of this requirement to a student's schedule of required study or to his other necessary obligations present a critical problem, the several deans and directors shall have authority to exempt." (Board of Trustees Report March 27, 1942, pp. 168-169).
- 1944** First M.S. degree in Physical Education awarded.
- 1944** Organization of Physical Fitness Research laboratory. Approved under the directorship of Thomas K. Cureton.
- 1944** Freshmen and sophomores required to take four semesters of physical education; one hour three times per week or two hours two times per week; one hour credit per semester. Accepted as academic credit. (Board of Trustees Report Sept. 29, 1944).
- 1946** "All entering students are required to take a health examination given by the Department of Health Services before registration. The Department of Health Services, acting on the findings of this examination, is authorized to (a) permanently excuse students from physical education; (b) temporarily excuse students from physical education; (c) prohibit students from registering in specific courses; (d) assign students to registration in specified courses." (Board of Trustees Report April 18, 1946).
- 1947** First Driver Education Course for Teachers. Introduced by A. E. "Joe" Florio.
- 1948** Doctor of Philosophy Degree Program in Physical Education.
- 1949** First Ph. D. Awarded in Physical Education.
- 1949** Health and Safety and Recreation curricula established separate from Physical Education.  
B.S. in Recreation established.  
B.S. in Health and Safety established.
- 1949** Master of Science Degree in Dance established within the Department of Physical Education for women.
- 1949** Physical Education Library established.
- 1949** Rehabilitation Program for disabled students was established. The Rehabilitation-Education Services program was begun at Galesburg, Illinois in 1948 to provide physical therapy and recreation for physically disabled students, and moved to Urbana when the Galesburg Center closed in 1949.  
Timothy Nugent transferred to the campus with the program. Timothy Nugent was the Assistant to the Director of the Division of Special Services for War Veterans, while serving as Director of the Rehabilitation Education Program.
- 1950** Laura J. Huelster named Acting Head of the Department of Physical Education for Women.
- 1950** First B.S. degree awarded in Recreation.
- 1951** Charles K. Brightbill appointed Chairman of the Recreation curriculum in the School of Physical Education.
- 1951** Laura J. Huelster appointed Head of the Department of Physical Education for Women.
- 1951** Therapeutic Exercise Clinic opened. (Department of PEM). Bob Shefton
- 1951** Experimental Sports Fitness Summer Day School for Boys.
- 1951** Picnic and recreation center known as Illini Grove established.
- 1951** M.S. Degree program in Health Education.
- 1952** First B.S. and M.S. awarded in Health and Safety.
- 1952** Sports Psychology Laboratory.
- 1952** Outdoor Education and Recreation Program.

- 1953** Master of Science Degree offered in Recreation.
- 1953** Department of Physical Education for Women Alumni Association organized (organized reunions since 1930).
- 1953** The Student Rehabilitation Center was given a new home in the School of Physical Education, when the Division of Special Services for War Veterans was dropped. Timothy Nugent continued with the program and was the Supervisor of the Student Rehabilitation Center. Also, at this time Tim Nugent became an Assistant Professor in Physical Education for Men.
- 1955** Ph.D. program with a major option in Health and Safety.
- 1956** Health minor in professional preparation program approved.
- 1956** Ph.D. program organized with a major option in Recreation through the Department of Physical Education.

**1957**

OFFICIAL BEGINNING  
of the  
COLLEGE OF PHYSICAL EDUCATION

"The Board of Trustees on June 20, 1957 approved, as recommended, the administrative changes in the organization of the School of Physical Education, effective September 1, 1957. ... The name of the School shall be changed to College of Physical Education."

Seward C. Staley was appointed the first Dean of the College and Head of the Department of Physical Education for Men.

Departments within the College: Department of Physical Education for Men, Department of Physical Education for Women.

and two New Departments: Department of Health and Safety Education, and the Department of Recreation.

- 1957** Charles K. Brightbill appointed Head of the Department of Recreation.
- 1957** Howard Hoyman appointed Head of the Department of Health and Safety Education.
- 1957** "Men and women entering the University with less than 60 semester hours of credit are required to secure four semester hours of credit in physical education including the amount transferred. Those entering with 60 or more semester hours are exempt from the requirement in physical education." (Cat. 1957-58).
- 1958** College of Physical Education, Alumni Association organized.
- 1958** C. O. Jackson named Head of the Department of Physical Education for Men.
- 1959** Bachelor of Science degree with a major in Dance offered through the Department of Physical Education for Women.
- 1960** First Ph.D. awarded in Recreation.
- 1961** King J. McCristal named Dean of the College of Physical Education.
- 1961** Department of Physical Education, Alumni Association affiliated with the University of Illinois Alumni Association.
- 1961** Program in Dance leading toward a Bachelor of Science degree in Dance organized.
- 1962** First Ph.D awarded in Health and Safety.
- 1962** Department of Recreation name changed to Department of Recreation and Municipal Park Administration.
- 1962** Men's Intramural Athletics transferred from the Athletic Association to the College of Physical Education.
- 1962** The Women's Intramural Program of the Department of Physical Education for Women was added to the Men's Intramural and Co-recreational program.
- 1962** Intramural Athletics name changed to Intramural Activities, and was given Divisional status in the College of Physical Education. David Matthews appointed Director of the Division of Intramurals.
- 1962** The Student Rehabilitation Center name changed to Rehabilitation-Education Services, and was given Divisional status in the College of Physical Education. Tim Nugent given title of Director.

- 1964** Earle Zeigler appointed Head, Department of Physical Education for Men.
- 1965** February 2 Open House to celebrate the opening of the new College of Physical Education Library, located on first floor in the General Library. (opened in 1964).
- 1965** Rehabilitation Education Center opened. (Dedication October 28, 1966).
- 1966** Allen V. Sapora appointed Head of the Department of Recreation and Municipal Park Administration.
- 1966** Alyce Cheska appointed Head of the Department of Physical Education for Women.
- 1966** Establishment of the Motor and Play Research Laboratory.
- 1967** Department of Recreation and Municipal Park Administration name changed to Department of Recreation and Park Administration.
- 1968** Program in Dance dropped from the curriculum in the Department of Physical Education for Women, and added to the College of Fine and Applied Arts.
- 1968** Rollin Wright appointed Head, Department of Physical Education for Men.
- 1968** Women's Gymnasium name changed to Freer Gymnasium.
- 1969** Establishment of Office of Recreation and Park Resources.
- 1970** New addition to Freer Gymnasium, housing swimming pool complex and a research unit, opened.
- 1970** Laura J. Huelster named Acting Head of the Department of Physical Education for women.
- 1970** William Creswell appointed Head of the Department of Health and Safety Education.
- 1971** Rollin G. Wright named Acting Head of the Department of Physical Education for Women.
- 1972** The new Intramural-Physical Education Building opened.
- 1972** Departments of Physical Education for Men and Physical Education for Women merged.
- 1972** Rollin G. Wright named Head of the newly merged Department of Physical Education.
- 1972** Basic Instruction courses made elective: Department of Physical Education.
- 1972** Ph.D. is offered in the Department of Recreation and Park Administration.
- 1972** Options at the Master's level in Community Health and Public Safety Education established.
- 1973** Girls admitted to the Summer Sports Fitness Program.
- 1973** Allen V. Sapora named Acting Dean of the College of Physical Education.
- 1973** Joseph J. Bannon named Head of the Department of Recreation and Park Administration.
- 1973** Motor and Play Research Laboratory name changed to Motor and Leisure Behavior Research Laboratory.
- 1973** Inter-campus Master's Degree program of study in Public Health Education between the Department of Health and Safety Education and the School of Public Health at the Medical Center, University of Illinois - Chicago, established.
- 1973** "H. E. Kenney Gymnasium," new name for the Men's (OLD) Gymnasium.
- 1974** Motor and Leisure Behavior Research Laboratory name changed to Leisure Behavior Research Laboratory.
- 1974** Division of Intramural Activities name changed to Division of Campus Recreation.
- 1974** Cyrus Mayshark named Dean of the College of Physical Education.
- 1975** College of Physical Education name changed to College of Applied Life Studies.
- 1975** Department of Recreation and Park Administration name changed to Department of Leisure Studies.
- 1976** Phyllis Hill named Acting Dean of the College of Applied Life Studies.

- 1977** Kenneth S. Clarke named Dean of the College of Applied Life Studies.
- 1979** Jesse Anthony Clements named Director of the Division of Campus Recreation.
- 1980** Coaching Endorsement Program approved: Department of Physical Education.
- 1980** Revision of existing options in Public Health and Community Health Education from a one year to a two year program: Department of Health and Safety Education.
- 1980** Received accreditation from the Council on Education in Public Health of the inter-campus Public Health Education option: Health and Safety Education.
- 1980** Donald Stone appointed Head of the Department of Health and Safety Education.
- 1981** Allen V. Sapura named Acting Dean of the College of Applied Life Studies.
- 1981** Beckwith Living Center opened. The Center is designed and dedicated to serving severely physically disabled students.
- 1982** Established an Occupational Health and Safety option and an option in Health Planning and Administration undergraduate program, Department of Health and Safety Education.
- 1982** 25th Anniversary Celebration of the College of Applied Life Studies.



Compiled by the 25th Anniversary CALS Committee:  
Members:

Joe Florio  
Janet Floyd  
George Lowrey  
Dave Matthews  
Mary-Margaret McHugh  
Marianna Trekell, Chair



July, 1982



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