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Health, Physical Education and Recreation

LaVernia M. Jorgensen

University of North Dakota

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HEALTH, PHYSICAL EDUCATION,
AND RECREATION

By LaVernia M. Jorgensen
1883--Old Main--situated midst wheat fields and freshly plowed earth, no walks, fences, trees, shrubs. 1884--seventy nine students attended classes, ate, slept, and studied in the confines of Old Main. The life of a student was very structured, and each had to pledge to obey the rules. Social life was also very limited. Supervised "socials" consisted of games, songs, and talk in the public parlor.

It is to be wondered that these young men and women (many from farms and ranches) could tolerate the narrow confines of space and regimented time. Perhaps long walks on the prairie or in the mud or through the snow were enough to eliminate any frustrations or signs of rebellion. Physical fitness may not have been the phrase of the day; however, most physiologists and educators would agree that physical activity was (and continues to be) an essential component for proper growth and development of the body.

The first form of organized physical activity was military training, which had its beginning during the Sprague administration in 1887. It was a popular activity for the men; and, before the novelty wore off, the women organized their own military company in 1889. Cora Smith also conducted a daily class in girls' calisthenics during this period of time until her graduation in 1889. Sprague (something of an athlete himself) introduced the first organized athletic program. He was convinced that physical benefits could be derived from sport participation. "Well-exercised students were not so likely to give way to the 'baser passions' nor as likely to become involved in riots or destructive mischief." Space in the basement of Old Main was utilized as a gymnasium during the winter 1887-88. It was equipped with dumb bells, Indian clubs, trapezes, and bars. Later the "gym" was moved to the attic. It was described as "one of the grandest gymnasium rooms to be found in any educational institution in the Northwest." President Merrifield disagreed a few years later. It was not only drab and low-ceilinged, but far too many students (exercising on the horizontal bar) fell through the thin floors to the rooms below!

Sprague was also responsible for the formation of the Olympic Athletic Association in 1888. The students were very enthusiastic; and nearly every one participated in such activities as croquet, baseball, tennis, cycling, and track/field events.

Military training, calisthenics, attic-gymnasiums, and an athletic association gave students (1887-91) opportunity to socialize as well as participate in physical activity. They were activities in which the students were interested as well as needed. However, there were no requirements. There was no credit for participation hours. There was no curriculum. There was "physical culture" or "physical training," but "physical education" was a term to come later.

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The period (1887-91), though, has to be determined as very significant in the history of women's and men's physical activity at the University of North Dakota. The women were placed in activities of a more formal and organized nature, whereas the men became involved in sports and athletic competition. The direction was to become apparent in later years.

1893--Cora Smith—a woman destined to leave her "mark" on women's physical education as well as the University. Cora Smith was one of the members of the first graduating class in 1889. She was graduated from Boston University School of Medicine in 1892. She returned to Grand Forks as Dr. Cora Smith Eaton and practiced medicine. Aside from her profession, and a life-long interest in women's rights, Cora Smith had a number of hobbies. She not only rode horse back, but she also won an award for mountain climbing and published an article on mountaineering. The department of women's physical education was a result of Cora Smith's efforts. Her work was done under very trying conditions, and she was paid very little. (Ed. note: Does this sound familiar?)

The department of women's physical education was established in 1883 and had more success than a conservatory of music and a commercial course established the same year. The physical education course was required of all women students. It was patterned after the Sargent system used at Harvard and included the best features of the Swedish, German, and French/Delarate systems. The activities included drills, calisthenics, marching accompanied by piano music, breathing exercises, "Swedish movements," "esthetic movements," and exercises with wands, dumb bells, and Indian clubs.

A uniform was required and perhaps was a "first." It was described as "simple, artistic, and inexpensive," had a "full divided skirt, pleated at the waist band and gathered above the knee into Turkish trousers." The "shirt" was buttoned to the blouse and worn with a sash, black hose, and gymnasium slippers. "No corset or other stiff garment" was allowed. The Catalog also suggested that the women should wear their gymnasium clothing all day, with an ordinary dress skirt added, in order to be ready for drill with little trouble!

There was no proper gymnasium for the first physical culture classes. A makeshift gymnasium was set up in a large room in Ladies' Hall, which doubled for a parlor and exercise room. The objectives were (1) to promote the health of the young women and (2) to enable them to lead better lives. Someone must have done some research on the value of systematic drill as "preventive medicine." According to the Catalog in 1888-99, "never before in the history of the University has a Ladies' Dormitory been so free from sickness as it has been since the introduction of this drill."

Not all exercise for young women was done indoors. A skating rink, used for free skating rather than instruction, was provided during the winter months.

Ethelyn F. Wilcox taught girls' physical culture from 1889 until 1902. The work of the classes deviated little from the program Cora Smith used. Activity was designed "to promote freedom and development of all parts of the body," and Wilcox believed all students should leave the floor of the gymnasium with a feeling of having spent a pleasant hour. There was not a wide variation of sports taught for women at this time. Tennis was played during spring term on outdoor dirt courts. Basketball was played during winter term. The teams were coached by a man, and the women played a series of games with like teams of neighboring schools.

Available records were rather vague in regard to leadership and status of physical training for men during the early years of the University. Although there were no requirements, it could safely be assumed that young men were expected to participate in military training. This program, which began in 1887, continued to be very active until 1904. Young men were encouraged to participate in gymnastic activities in the attic-gymnasium. However, it was sports activity that captured the interest of young men. Both Sprague and Merrifield encouraged college sports, but nothing concrete developed until some of the faculty felt that became the "chief contributor to the collegiate atmosphere." Other than football, the only other intercollegiate competition for men in the 1890's was the annual state track and field meet.

This trend, or direction, of sport activity for young men and physical culture for young women at the University was the same for other American colleges and universities during the 1880's and 1890's. The trend would influence the physical education curriculum at the University for many years after 1900.

1907--Gymnasium. It took President Merrifield nine years to get a new gymnasium. His report to the Governor of North Dakota in 1906 resulted in action. Merrifield felt "there was no work to which educational institutions throughout the civilized world have devoted more careful attention at the present time than to providing for adequate physical training of the young people under their charge." He ended his plea for a facility as follows: "North Dakota wants her coming citizens to be not only morally sound and intellectually well balanced but to be physically vigorous and robust, to have in short, in the aphorism of Horace, "sound minds in sound bodies." Future administrators seeking new additional gymnasium facilities might well read Merrifield's report for inspiration and example.

The first gymnasium, erected in 1907, was a combination gymnasium and assembly hall. Its finished dimensions were 100 feet by 53 feet. It contained an office for the men's physical director, lockers, shower baths, running track, gymnasium space, and other appliances of a well-equipped gymnasium. Although school officials knew the University would outgrow the facility in a few years, it was adequate for that period of time.

Weekly convocations and other meetings were held in the Assembly Hall of the Gymnasium. The purpose was to cultivate a feeling of institutional loyalty and solidarity of interest. Occasionally the speaker's topic was involved with physical education! The Gymnasium was in constant demand and used night and day. Formal dances, senior proms, weekend dance parties, and semi-formal dances were all held in the Gymnasium.

As a response to national needs during World War I, a vocational training center was established in the Gymnasium in 1918. The trainees were quartered in the Gymnasium in July. By late August a National Student Training Corps was formed and soldiers arrived in September. The war ended in November, so the crowded barracks living was discontinued.
The Armory was erected in 1919. It had been intended for a drill hall, but the war ended before its completion. Unfloored and practically unusable as it stood, it was equipped and finished as a gymnasium for men.

Records and accounts concerning joint use of the Gymnasium during the period of the early 1900's were vague. One thing was clear—the women's department did move around a great deal and occupied various buildings. It appeared that the women shared the Gymnasium from 1907 until 1913. The women's department moved to the basement of Woodworth Hall in 1913. Woodworth Hall was erected in 1910. It housed the School of Education, Model High School, and associated work. It was a four-story building that boasted an auditorium, women's gymnasium, and classrooms. Enrolment in the women's physical education department grew from 28 in 1917 to 381 in 1919. The women's gymnasium became known as the "Women's Gym." It perhaps became a term through general usage and for purposes of identification, since the men's department of physical education was located in the Armory.

The relative importance of facilities versus curriculum might be difficult to justify, however, in the area of physical education, it is rather difficult to have one without the other. The additions of the Gymnasium and Armory to the campus of the University were significant events. Not only was the quality of the program in physical education improved, but the lives of the students had to have been enriched socially and academically as well.

Following the departure of Ethelyn Wilcock in 1902, there was no woman physical education director until the fall of 1906. The program did continue under the direction of Walter Kempel for one year. John Sweetland, a medical doctor and professor of hygiene, became the director for both men and women in 1904. He held this position until the fall of 1906.

Physical training was required of all young women residing in dormitories, unless specifically excused by the faculty. They had to attend regularly for two years. Those women who failed to pass a satisfactory examination at the end of two years were required to continue the classwork another year.

Physical training was not required of the young men, but they were expected to take part in it. Young men were also encouraged to engage in such sports as tennis, baseball, football, and track/field athletics.

It was rather interesting to note that the following paragraph appeared in the University Bulletin for several years until 1910:

The University encourages athletics because it believes that, properly controlled and conducted, they promote both physical and moral health. Naturally it desires that its students win in whatever contests they engage, but, at the same time, it impresses upon them that, while victory honorably won is always praiseworthy, victory bought at the price of dishonor is too dearly paid for.

Sweetland was responsible for the elimination of the military training course in 1904. He was also responsible for the requirement by 1906 of one full year's work of all young men rooming in University dormitories. The emphasis of the program continued to be in the area of athletics, although "the physical condition of each student was carefully looked after and suitable work arranged."

The University Bulletin of 1905 revealed Sweetland's concern for the young women: "It is often found that those with little inclination for exercise are the ones needing it the most." A lengthy description of exercises (including physiological lines), contests, games, calisthenics, and facilities was given. A special class in corrective gymnastics was to be formed for those women suffering from postural deformities.

M. Esther Pike became the physical director for women in 1906, a position she held until 1917. She was fortunate enough to arrive at the time of the erection of the Gymnasium. A year later the athletic field was revamped. The field included a football field, running track, baseball diamond, and tennis courts. These facilities were to influence the enriched curriculum for women that Pike developed over the next ten years.

There was no physical director for men for the year of 1908 after Sweetland left in 1907. D. L. Dunlap was appointed as physical director for men in 1909. His assistant was A. W. Chow. Dunlap continued in this position until 1913.

The University Bulletin of 1910 revealed a new and shortened statement of the requirement in physical training. No longer were detailed descriptions given under "Young Men" and "Young Women." Physical training was required of all students during the first two years of residence. Two hours a week, three credits for two years, was required. Students could elect an extra two semesters of credit. Young women had to take an additional year if they lived in dormitories the year before the first time the title and number of the course were listed. Instructor of the course, amount of credit, and content of the course.

New activities for the women (not listed previously) included field hockey, folk dance, and "fancy steps." New activities for men included boxing, wrestling, and a "study of the effects of exercise on the various organs of the body."

Pike added fencing (elective for juniors and seniors) and a Teachers' Course—"theoretical and physical training for public school teachers." In 1911 Dunlap also added a "Teachers Course." The addition of teachers' courses in physical education led to a direct result of a law passed by the North Dakota Legislature in the early 1900's. The law required all students in North Dakota public schools to take classes in physical education. Dunlap offered a new course in Personal Hygiene in 1912 and retitled a course, "Physiology of Exercise and Mechanical Therapeutics." Pike also added a new course, Personal Hygiene.

The Bulletin in Ioaxes 1911 also indicated that physical examinations were given and measurements taken of each student at the beginning of the year. A careful record of improvements of each student was kept. Corrective exercises for physical defects were prescribed and 'insisted upon.' The practice of yearly examinations continued at least through the year of 1919.

Assistant Professor Thompson and Mr. Archer succeeded Dunlap in the men's department in 1913. The required program for men shifted emphasis from exercise, apparatus work, and calisthenics to sport activity. Elective courses included kinesiology, formal diagnosis and anthropometry, and theory and
practice of teaching physical education in secondary schools. The required program for women remained the same as in previous years. Pike did introduce one new course, "Playgrounds," and retitled the teachers' course, "Theory and Practice of Teaching Physical Education in Secondary Schools."

Thompson added two new courses in 1914. One was titled 'High School Practice of Teaching Physical Education in Secondary Schools.' and the other was entitled "Principles of Physical Education." Pike added "Aesthetic Dancing" as an elective in the required program. Future teachers of girls' physical education were also to enroll in "The School Festival" and/or "Plays, Games, and Folk Dances."

Curricular offerings in both departments remained virtually unchanged during the years of 1915, 1916, and 1917. Mr. Gill was the new assistant in the men's department. Miss Pike continued to be the sole instructor in the School of Education, school, and even added a new course, basketball, in 1916. The term Physical Education had replaced the earlier terms of Physical Culture and Physical Training. It was also interesting to note that physical education continued to be required of all students in 1915. However, the students in the Law School and the second, third, and fourth year students in the Engineering Divisions were exempted from this requirement. In 1917, the students from the School of Medicine were also exempted from the requirement.

Nell Martindale replaced Esther Pike in the women's department in 1918. Mr. Thompson and Mr. Gill continued as instructors in the men's department in 1918. Mr. Caldwell replaced Thompson and Gill in 1919.

The Department of Physical Education of Women was placed under the jurisdiction of the School of Education in 1919. Physical education, before 1919, was taught in the Preparatory Department of the Normal School and was part of the College of Liberal Arts. When the women's department was placed in the School of Education, the women's physical education departments were separated. The men's department remained in the College of Liberal Arts. The reason for placing women's physical education in the School of Education was "for no better reason than that women's physical education had occupied the basement of Woodworth Hall for a half dozen years."

Perhaps Nell Martindale could not have arrived on the University campus at a more propitious time. Within two years the women's department was a separate department in the degree-granting School of Education. The need for a new physical education faculty was considered critical. Martindale's "new" gymnasium was thoroughly renovated, offices redecorated, and equipment moved. It was the "first really all-their-own gymnasium."

Women's physical education was to grow and expand every year thereafter.

Physical education requirements were expected to be met by all first and second year women. There was continued concern about the health of women. Exceptions to the requirement were made by the director and University physicians. Martindale also required the women to wear uniform gymnastics suits "which should UNDER NO CONDITION be ordered before consulting the instructor."

One of Martindale's greatest contributions to physical education at the University was the annual pageant she presented. Pageants were given as early as 1907 under the direction of Esther Pike. However, they did not receive the fame or reach the heights of Martindale pageants. The majority of the pagents were held at the Bankside Theatre and were called May Fetes. Weeks and months of preparation were required, elaborate sets were erected, and as many as 500 persons participated. An estimated 5,000 people attended the May Fetes of 1926. The fetes ended abruptly when Miss Martindale resigned in 1927 to be married. Her successor looked upon them (fetes) as luxuries, of little use for physical education, and turned to an annual dance or ballet performance in the Gymnasium.

The Women's Physical Education Department, under Nell Martindale's guidance, expanded in other areas besides pageantry. A women's physical education minor was introduced in 1919. It included such courses as: physiology, hygiene and sanitation, physical training, festivals and pageantry, playgrounds, first aid, and the theory and practice of teaching physical training. Sports courses included field hockey, basketball, volleyball, tennis, and hiking. A Women's Athletic Association was formed which increased enrollment in those sports. Martindale also increased the participation of women in sports. It was a period of development for a women's athletic field. Martindale reported in 1924 that the women's department had placed approximately 24 teachers in physical education throughout the state within the period 1922-24.

Gradually the number of teachers and assistants increased in the women's department. There was also a large turnover of teachers during this time. Records showed four women teaching in 1914 and five teaching in 1915. Nell Martindale was promoted to Associate Professor in 1922. Women instructors/assistants during the Martindale era included: Miss Isensee, Marion Gay, Irene Tihen, Mabel Nestor Moore, Doris Lusk, Dorothy McNall, Margaret Tooe, Miss Hancock, Miss MacMillan, Helen Wheeler, and Agnus Pederson.

The Men's Department of Physical Education moved to the Armory in 1919. The department remained in the College of Liberal Arts. Mr. Caldwell was the director and the only instructor. He taught the required physical education courses and the "Teaching of Physical Education." Paul J. Davis succeeded Caldwell in 1920 and taught only the required courses. Paul Davis was promoted to Full Professor in 1922 and continued to direct the men's division until 1928. Arthur Palm was an instructor in the men's division during the years of 1922 and 1925. Advanced gymnastics, advanced athletics, boxing, and wrestling were elective courses added at this time. In 1925, L. Wallace Rusness was hired as an instructor, and Edgar T. House was a graduate assistant. In 1926, C. W. Letich was engaged as an instructor, and in 1927 Letich was promoted to Assistant Professor and basketball coach. F. A. Rockwell was named 'Head Coach.' The curriculum in physical education continued to be the required courses. The advanced athletic courses were designed for juniors and seniors contemplating teaching careers in the public schools. It would prepare them to coach school athletics." Davis, Rockwell, and Letich remained in the same positions in 1928.

Construction of the Memorial Stadium began in 1927. It was completed in 1928. It was in use a few hours after completion. Memorial Stadium was truly a public, student, and University project. It prospered the young men and women at the University a very fine facility in which to work.
Della Marie Clark became head of the women's physical education department when Neil Martinzak resigned in 1927. Clark joined the staff as an Associate Professor and continued to direct the department until 1943. She continued a tradition of teaching summer school classes until 1931. Under Clark's guidance and direction, the physical education curriculum was to expand vastly. Opportunities for women to participate in team and individual sports also grew. New and better fields plus new curricular offerings helped tremendously in the expansion of intramural and extramural activity for women.

An historical occasion occurred during the year 1929-30—the first major program in physical education for women was offered. Several new courses were added to "round out" the major. They were: Music in Relation to the Dance, Applied Anatomy and Kinesiology, Anthropometry and Physical Diagnosis, and History of Physical Education. The program of physical education was also divided into junior and senior divisions at this time. Miss Clark was instrumenal in the initiation of the first co-educational class—Folk Dance. This course became a requirement for men minoring in physical education in 1933. Playgrounds also became a requirement for women minoring in physical education. Later the men were required to take Applied Anatomy and Physiology in the women's department.

Della Clark added many more new courses before her reign ended in 1943. She enriched the curriculum, which was divided into lower and upper levels; a new major program for women, and co-educational classes formed a sound foundation for growth and development. Although there have been many course additions and deletions and changes in titles, the academic curriculum for physical education in the 1980's still included many of those same courses.

According to Margaret Milne's "History of the Women's Physical Education Department at the University of North Dakota" (Master's thesis, 1968, UND), Della Marie (Clark) Cone organized the first physical education major program for women. The addition of new better fields and curricular offerings helped tremendously in the expansion of intramural and extramural activity for women. The separation of the men's and women's divisions of physical education in 1919 (sentimentally known as "The Barn") was demolished in 1974.

The curriculum for a minor in physical education for men was offered in 1930. Four new courses in men's physical education department and in other departments. Six hours in coaching methods were required.

A men's sport that enjoyed widespread support and popularity was ice hockey. Outdoor skating rinks provided a facility for ice hockey and pleasure skating as early in the century as 1902. Thirty plus years were to pass before a Winter Sports Building was erected in 1956. Money was obtained from the Works Progress Administration and supplemental funds awarded after approval by President John C. West. It was an unheated structure with natural ice; yet it was a real improvement over the outdoor facilities of this building not only provided a home for the UND hockey team, but it also provided space for student skating classes, indoor football practice, and some track meets.

Artificial ice was installed in 1954.

Hazel Braithwaite (Women's Physical Education Department) produced three ice shows in the building during the 1950's. The old Winter Sports Building certainly o...
was enriched with the addition of new courses such as swimming (taught in the YMCA pool), skating, modern dance, adapted physical education, technique courses, officiating courses, and others. Many of these "new" courses were offered because of the special talents new instructors possessed as they joined the faculty.

Both men and women undergraduates were influenced and inspired by Mrs. Rhonemus. They will long remember and use the skills and knowledge she taught in Square Dance, First Aid, Graded Activities, and Playgrounds. Many returned to campus after graduation to seek additional information, help, and guidance.

Grace Rhonemus was active in professional organizations at the state and national levels. She conducted many workshops during the summer, especially in the area of elementary physical education. She resigned the chairmanship in 1955 because of her interest and desire to obtain a graduate program for women. Rhonemus felt that a person with a doctoral degree would be more capable of obtaining the program and guiding it. This was made possible when Dr. Phoebe Scott joined the women's physical education faculty in the fall of 1955. Dean Cushman (College of Education) felt this was "an magnificent appointment as I have ever seen anyone in any college or university department voluntarily assume."

The many women instructors who taught during the Rhonemus era included: Eunice Way, sports instructor; Judy Graham, dance instructor; Maldean McLaughlin; Lee Abbott; Margaret Thorne; Mary Lou Keener; Barbara Flebbe; Ada Loveless; Joyce Shamley; Bertha Weyrauch; and Hazel Braithwaite.

The Department of Men's Physical Education was thoroughly reorganized and greatly expanded in 1946. Leonard Marti was appointed to head the academic physical education program. The new curriculum that Marti developed, which included the first offerings leading to a Master's degree, was actually almost entirely new from top to bottom. Until C. A. West retired as Academic Director, nearly all the formal academic courses in physical education (for men as well as women) had been taught in the women's department.

L. R. Marti joined the faculty August 15, 1946, as head of men's physical education along with Glenn Jarrett, who was also the Athletic Director. Not only did Marti revise the total physical education program for men, but as the years progressed he assumed many other responsibilities. In addition to instructing duties, Mr. Marti coached men's gymnastics for 15 years. He was appointed head of men's physical education in 1951. Leonard Marti also helped in the plans for the new Fieldhouse, which was patterned after the fieldhouse at the University of Michigan State University. Marti was very instrumental in the erection of the "new" Winter Sports Building. Not only did he help plan the building, but he was in charge of raising funds so that it might be built. Other facilities which were developed under his guidance and direction included: the Ray Richards Golf Course, the baseball field, tennis courts, and intramural fields. Marti's influence was also seen in the key personnel he appointed to academic positions in the department. John Quaday was the first person Marti hired in the academic physical education program in 1948. Quaday remained in the department until he retired in 1979. Dr. Eugene Stish was appointed head of the academic physical education program in 1946. Quaday remained in the department as was Henry Lasch three years later. Walter Koenig was appointed to head the graduate division in 1957. Koenig was to remain in the department and was named chairman of the Health, Physical Education, and Recreation Department in 1973. Other appointments Marti made included William Bolonchuck, in 1967, as director of the physical education laboratory, and Harold "Pinky" Kraft as intramural director. Mr. Marti's new curriculum and innovations were much stimulated by the completion of the new Fieldhouse in 1952. Although the men's department was unable to move from the Armory into the building until the winter of 1962, the first basketball game played in the new building was in December 1951. The gymnasmium, fieldhouse areas, and swimming pool gave the University its first complete athletic plant. A dance studio, which was used by the women faculty, was also included in the new Fieldhouse. It greatly enhanced the offerings in the dance area of the physical education curriculum. Women also made good use of the pool. The male faculty numbers grew from four in 1946 to nine in 1958. Student enrollment increased to 120 undergraduate majors and 30 graduate majors.

Other men who were appointed by Leonard Marti between 1948 and 1962 included: Harold Cunningham, Donald Clark, Sol Kampf, Donald Norman, Richard Miller, Frank Zanzia, Louis Bogan, Roy Hausauer, William Richter, Thomas Hughes, Marvin Helling, Robert May, Paul Roach, Barry Thorndycraft, and DeWayne Sundby.

The women's physical education department was to go through several changes of administrative personnel after Rhonemus resigned as chairman in 1955. Dr. Phoebe Scott assumed leadership in the fall of 1956 and quickly added four graduate courses into the program. The first graduate course was taught by Grace Rhonemus in 1956. Supervision of Physical Education in the Elementary School. Scott added another new undergraduate course, Tumbling and Apparatus.

Other instructors, besides Grace Rhonemus, included: Margaret Penn, Joyce Shamley, Hazel Braithwaite, Martha Patterson, Dorothy Wendt, R. Grace Frederick, Natalie Ross, and Mary Powers.

There was almost a complete staff turnover in the women's department in 1959. Dr. Scott resigned and Dorothy Wendt, Natalie Ross, Mary Powers and Rhonemus remained on staff. Kratz remained at the University for one year. Her chief contribution and involvement concerned education for the handicapped.

When Dr. Kratz resigned in 1960, Mrs. Wilma Gimmesad was hired. Gimmesad was very active in professional organizations at the national level. Few changes were made in the women's physical education department curriculum. Renewed emphasis in dance was made through the efforts of Nimi Marr, a dance specialist. Julie Moore revived interest in the area of fencing. Barbara Bowman's area of specialty was swimming. Powers continued on staff. Patricia Nauch became a member of the women's faculty in 1962.

Gimmesad took a leave of absence in 1963-64. During that period Grace Rhonemus replaced her as acting chairman. Marlo (Powers) Gade also resigned in 1962. Dr. LaVernia Jorgensen, Associate Professor, came to the University of North Dakota in the fall of 1963. She was placed in charge of the women's
physical education graduate program. Jorgensen was the third woman to teach in the women's physical education program with a doctorate degree. It was through Jorgensen's efforts and guidance that the minor and major programs in recreation were accepted and offered in the academic program of the department during the late 1960's and early 1970's. Audrey Featheringham was also hired in 1963, only to resign in 1964 to accept the position of Acting Dean of Women. Several women were graduate teaching assistants during 1963-64.

More staff changes occurred in 1964-65. Gimmestad returned to campus in the fall of 1964 and resigned in the spring of 1965. Patricia A. Warcup was appointed in the fall of 1965 as Director of Women's Physical Education. This marked the first time that the head of the women's department was given the official title of Director.

Several dramatic changes took place during the three years Warcup was director. The Departments of Physical Education for Men and Physical Education for Women were combined into one department in 1965. This was done for more efficient administration and use of staff, facilities, and equipment. According to department records, "The Department of Health, Physical Education, and Recreation formed by the merger is in the College of Education."

Another innovation/change initiated by Warcup was the extramural program for women begun in 1965. There had not been any organized formal extramural program since the early 1920's. Both team and individual team sports were stressed. Faculty women assumed extra responsibilities when they were requested to "coach" the various teams. The program grew each successive year and provided the basis for the intercollegiate competition and women's sports programs that was to evolve.

There were several staff changes during the period of 1964-68. Marilyn Ryden received her Master's degree from UND in 1965 and stayed in the department as the dance specialist. She succeeded Mimi May. Bernice Favel joined the staff in 1965 as the gymnastic specialist. She resigned in 1967. Margaret Hallett joined the staff in 1966 and Barbara Sanborn became a faculty member in 1967 as a swimming specialist and gymnastics coach. Mary Ann Engen became an instructor in 1967 and was placed in charge of the women's extramural program. Other instructors who were on staff for a brief period of time included: Joyce Clayton, Margaret Berven, and Mary Lou Wright.

Patricia Warcup resigned as director of the women's division toward the end of the 1967-68 school year. Leonard Marti temporarily assumed duties as director of the women's division in the Health, Physical Education, and Recreation Department for the balance of 1967-68 and the school year of 1968-69.

Although the departments of men's physical education and women's physical education were now (1965) merged into the Department of Health, Physical Education, and Recreation in the College of Education, separate academic curricula continued to exist through the year 1974 for men and women major students. Many men majors continued to receive their degrees through the College of Arts and Sciences until 1974. Mr. Marti envisioned the problems of growth of such a large department and appointed a curriculum committee to solve the problems of curricular growth. Their first efforts were evident in the 1970-72 University Bulletin. In addition to the majors and minors offered in physical education, the department offered a new combined major in Elementary Education and Physical Education. Two new minors were offered in Recreation and in Coaching. The University Bulletin of 1974-76 listed a new major program in Recreation and new minor programs in Athletic Training and in Health Education. This was also the first Bulletin in which all programs were listed under the newly formed College of Human Resources Development. (When the College of Education became the Center for Teaching and Learning, the HPER Department opted for the new college.) The departmental committee also produced a new physical education curriculum which went into effect in 1974. Both men and women now had the same requirements in the program. The combined major in elementary and physical education was listed in the Center for Teaching and Learning in 1976. One new minor was added in 1980—in Adapted Physical Education.

During the decade of the '70's additional steps were taken to improve building facilities. It had become apparent during the '60's that "The Barn" had outgrown its usefulness for ice hockey. Long-suffering fans, teams, coaches, instructors, and students were jubilant when the announcement was made to build a new Winter Sports Center east of the Memorial Stadium. The new Center was completed and ready for use in the fall of 1972. It was funded through bonds (underwritten by students), a local fund drive, foundations, alumni, and friends. Len Marti, President George Starcher, and current (1983) President Thomas Clifford were the planners. There was spectator space for 5,628 people. This space was expanded to 6,065 seats in 1982. The primary user of the building was, naturally, the UND "Fighting Sioux" hockey team. However, during the day recreational skating classes were scheduled. At other times the ice has been used for pleasure skating, clinics, intramural teams, private leasing (e.g. the traditional home ice hockey games between Central High School and Red River High School), and tournaments.

The University of North Dakota Sports Department was scheduled to host the 1983 NCAA ice hockey tournament. Since there were many space limitations in the Center, Cari Miller and alumni officials planned a foyer addition in 1981. The plan not only provided a real Centennial brick-and-mortar project, but it became a valuable asset to the hosts of the tournament. The space continues to be used by the crowds at all home hockey games. The upper floor of the foyer also served as a meeting room for the HPER departmental faculty meetings. It could be used for other functions such as banquets or social activity.

The reconstruction of the Department into divisions was first reflected in the University Bulletin for 1968-70. The divisions, directors, and faculty from that time on are listed below according to the Bulletin.

1968-70--Physical Education--Women's Division.
   P. Warcup (Director), Berven, Engen, Hallett, Jorgensen, Mauch, Rhonemus, Ryden, Sanborn, and Wright.

1968-70--Physical Education--Men's Division.
   R. Clayo (Director), Bogan, Bokonchuk, Dawson, Helling, Koenig, Kraft, Morrison, Marti, Murphy, Olson, Pedersen, Quaday, Rodgers, Selman, Waugh, and Zasula.
Mr. Marti resigned from his position as chairman of the Health, Physical Education, and Recreation Department in the spring of 1974. The duties of administering such a large department and the Athletic Department as well were proving to be a large burden. Marti felt he could not do justice to both departments. Marti remained as Athletic Director until 1976. Dr. Walter Koenig was named as director of the HPER Division. The divisions remained the same as previously indicated through 1976. However, the University Bulletin of 1976-78 revealed the following new structure: I Physical Education Division, II Graduate Division, III Recreation Division, and IV Athletic Division.

Beginning with the 1974-76 Bulletin, all faculty were listed as a total departmental faculty rather than by divisions.

1974-1976
W. C. Koenig (Chairman), J. Quaday, L. Ochs, Anderson, Bjorkman, Bogan, Bolonchuk, Edwards, Gasparini, Gienger, Gunther, Jorgensen, Joseph, Kraft, Manfull, Marti, Mauch, Murphy, Olson, Peterson, Rhonemus, Smiley, Stiles, Tatham, Warcup, and Zazula.

1976-1978
W. C. Koenig (Chairman), Anderson, Behrens, Bjorkman, Bogan, Bolonchuk, Edwards, Gasparini, Gienger, Gunther, Jorgensen, Kraft, Mauch, Mondt, Murphy, Ochs, Olson, Peterson, Quaday, Ramey, Smiley, Stiles, Warcup, Watson, West, and Zazula.

1978-1980
W. C. Koenig (Chairman), Anderson, Behrens, Bjorkman, Bogan, Bolonchuk, Edwards, Gasparini, Gienger, Gunther, Jorgensen, Kraft, Mauch, Mondt, Murphy, Ochs, Olson, Peterson, Quaday, Ramey, Smiley, Stiles, Warcup, Watson, West, and Zazula.

1980-1982
W. C. Koenig (Chair), Anderson, Behrens, Bogan, Bolonchuk, Diercks, Edwards, Gasparini, Gunther, Johnson, Jorgensen, Kraft, Lehnus, Mauch, Miller, Modisett, Mondt, Molesky, Nelson, Noland, Ochs, Peterson-Margaret, Peterson-Marilyn, Smiley, Stiles, Stoner, Thompson, Warcup, Watson, West, and Zazula.

1982-1984
W. C. Koenig (Chair), Anderson, Behrens, Blais, Bogan, Bollinger, Bolonchuk, Boyd, Cokee, Diercks, Edwards, Gasparini, Gunther, Johnson, Jorgensen, Lehnus, Mauch, Miklesh, Miller, Modisett, Mondt, Molesky, Noland, Ochs, Peterson-Margaret, Peterson-Marilyn, Stiles, Stoner, Warcup, Watson, and White.

During the period of 1968 to the present (1982) there were a number of academic faculty changes and appointments. Dr. Robert Clayton was appointed as director of the Men's Division of Physical Education in 1968. He resigned in the fall of 1971. Dr. Lois Krueger was hired to direct the Women's Division of Physical Education in 1969. She resigned in the spring of 1971. Helen Joseph joined the Women's Division in 1970. Her main responsibility was to direct the Women's Recreation Association in addition to instruction. When Joseph resigned in 1976, women's recreation/intramurals was placed in the Intramural Program for administrative purposes. Linda Ochs joined the faculty in 1969. Ochs was the director of the Women's Division from 1971-1976. Her main responsibilities (1982) included supervision of student teachers and adapted physical education. Dr. Helen Smiley was appointed to the Health, Physical Education, and Recreation faculty in the summer of 1971. In addition to instruction at the undergraduate and graduate levels, Smiley's main responsibility was becoming Women's Co-ordinator of Athletics in 1982. Dietta Watson joined the faculty in 1976 as a coach of field hockey and basketball. As a full-time faculty member in 1983, Watson has been instructing in the areas of first aid and elementary physical education. William Rothwell was appointed as the first chair of the Recreation Division in 1976; he resigned during the summer of 1977. Dr. Sandra Modisett was appointed as chair of the Recreation Division in 1976-79. Modisett's main responsibilities were administrative and instructional in the professional recreation program. Patricia Diercks (Millar), who taught dance and swimming courses on a part-time basis for several years, became a full-time faculty member in the department in 1980. Millar also directed the North Dakota Dance Consort.
Prior to 1972, all persons who were hired to coach men's and women's athletic teams were also given academic rank. All were expected to teach at least two or more courses in health, physical education, or recreation. In 1982, Daniel Gunther, the only coach in the department who held such academic and tenure rank. He was promoted to Associate Professor in 1982. Head coaches of revenue sports were still expected to teach one or more courses each semester. No attempt has been made to identify individuals or their lengths served, within the University. This information should be available in the history of athletics at the University.

It was rather interesting to note that, despite the long history of physical education at the University of North Dakota, only four academic professors have retired from the department after their years of service. Associate Professor Grace Osborne Rhone retired in 1975. Professor Leonard R. Marti retired in 1976. Professor John Quday retired in 1979, and Associate Professor Frank Zazula retired in the spring of 1982. Associate Professor Harold "Pink" Kraft was very close to retirement but unfortunately died in 1982.

The University Bulletin for 1982-84 gave information concerning many options for minors and majors in health, physical education, and recreation. The curriculum in physical education required 39 hours in such courses as movement performance, motor learning methods, biomechanics, organization and administration, exercise physiology, and evaluation of psychomotor performance. Courses required in other departments included: anatomy, biology, chemistry, and physiology. The major program in recreation required 23 hours in professional courses such as introduction to recreation, community recreation, organization courses, seminars, practicums, and first aid. The program also required recreation majors to take PLAYGROUNDS. This seemed to be the only course that retained its title since it was introduced into the curriculum by Pike in 1913. Over 50 hours of interdisciplinary courses were required of recreation majors in other departments. Minor programs were elective options for students in adapted physical education, athletic coaching, athletic training, and health.

Records of the number of young women and men who began a major program or graduated as majors in health, physical education, and recreation have been lost. The number would have to be in the thousands. The number of students enrolled as majors in the physical education program was approximately 125 in 1962. Those students earned approximately 90 in 1962. During the last twenty years over 150 men and women have received Master's degrees in the department.

After nearly 90 years physical culture/physical training/physical education was no longer a general education requirement for graduation. The University Senate voted to delete this requirement in 1972. Students could elect to take up to six hours of physical education activity courses to meet the graduation requirement of 125 hours. Deletion of the physical education requirement did not deter students from electing to participate in physical activity and earn credits. During the school year of 1979-80, 1,482 students registered in the Basic Instruction program during fall semester and 1,753 registered for credit in the spring. The number of students enrolled in Basic Instruction courses increased each semester with a record number of 4,240 registered for the school year of 1979-80.

The construction of eight new tennis courts and the recently completed renovation of bowling alleys in Memorial Union enhanced the facilities available for teaching Basic Instruction courses. Undoubtedly the number of students electing physical activity courses will increase, especially after completion of the addition to the Hyslop Sports Center.

Nearly 30 different activities have been offered each semester in the Basic Instruction programs, ranging from archery to weight control. Many activities have several class sections available to meet the demand. The most popular activities included bowling, dance, golf, racket ball, exercise, swimming, and tennis.

The Physical Education Division was chaired by Louis Bogan and the Recreation Division was chaired by Dr. Sandra Modissett in 1982. Dr. Harvey White chaired the Graduate Division and Dr. James Karabetos was appointed Director of Intramurals in 1982. Patricia Mauch continued to direct the Basic Instruction program. This was a responsibility Mauch had since the mid-1960's.

A catastrophic event took place during examination week of May 1972. Unknown vandals dared to enter the "hallowed" halls and offices of the Gymnasiurn—known in 1972 as the Women's Gym. "Molotov cocktails" were thrown in several offices and classrooms earlier in the night. Flames were not seen until nearly 4:00 a.m. It was a very traumatic experience for all the women professors who had offices in the Women's Gym, and many valued possessions, books, journals, and papers were lost. It took a great deal of work and labor by faculty women and Plant Services, but the Gymnasiurn was entirely cleaned, renovated, painted, and ready for students that fall semester. There were those who felt it never looked so good! Ten years have passed since the fire. Campus Security was never able to determine who set the fire nor why.

An administrative decision in 1978 moved the Dance Studio from the Fieldhouse to the Gymnasium (known in 1982 as West Gym). The Dance Studio needed more space for classes, practice, and performing dance companies. The Psychomotor Performance Laboratory in the Fieldhouse was running out of space for equipment as well as space for students working with lab equipment.

The Women's Physical Education Department felt the need for an expanded or new facility in the 1960's. The growing curriculum, increasing numbers of students, and few nearby outdoor facilities presented real problems for women faculty. Dr. Phoebe Scott made some changes and renovations in the Women's Gym in the 1960's. Wilma Gimmestead developed architectural plans for a new building in 1960, but the state managed to place a new women's gymnasium on the priority list of new state campus buildings. Patricia Warcup and Lois Krueger (succeeding directors of the Women's Division) continued the "agitation" for a new building as well as continued development of plans with the women faculty as late as 1970.

There seemed to be little enthusiasm for a separate building after the resignation of Lois Krueger, Director of the Women's Division of Physical Education. Somehow the building was dropped from the "priority" list. This was perhaps due to the merger of the women's and men's departments, rumbles of "Title IX," the question of where to place the building, and suggestions that anything new might well be an addition to the Fieldhouse.
An addition to the UND Fieldhouse (now known as the Hyslop Sports Center) became a reality on the "priority" list during the 1970s. President Thomas Clifford began an earnest plea for state funding. The single most effective justification for the addition was, "The students need it." Student enrollment had risen to over 10,000. The ratio of men to women was nearly 50-50, compared to 70-30 in the early 1950s. The number of physical education class sections had grown three-fold.

The 1981 legislature agreed with this assessment of need and included the addition in its capital construction bill. Ground breaking took place in April 1982. The completion date was set for August 1983. Although some facilities and offices were ready, it may be summer 1984 before all construction is completed. Dedication of the building was set for March 1984. The planning committee was composed of the following: Henry Tomasek, Dean, College for Human Resources Development; Walt Koenig, Chairman, Department of Health, Human Resources Development; Walt Koenig, Chairman, Department of Health, Human Resources Development; Carl Miller, Athletic Director; Helen Smiley, Physical Education, and Recreation; Carl Miller, Athletic Director; Helen Smiley, Physical Education, and Recreation; and Gordon Kroeber, Assistant to the President for Facilities.

The new Hyslop Sports Center addition will include two large multiple-use areas (tennis, basketball, volleyball, etc. courts), a natatorium, locker/shower areas for men and women, and two classrooms on the main floor. Locker and shower facilities, faculty offices, graduate teaching assistant offices, and a gallery will be located on the second floor. A martial arts area, general purpose room, three offices, and a dance studio will be located on the third floor. Twelve racquetball courts have been built on the fourth floor. There is no doubt that the addition will definitely enhance the recreation/physical education curriculum as well as the opportunities for student participation in intramural activities. Yet, there will be those alumni and faculty who will long remember the "Women's Gym" and regret that it no longer will be a part of the physical education/recreation complex.

Outdoor space for physical activity and practice has always been a significant factor in planning physical education curriculums and team practice. There was generally sufficient space around the West (Women's) Gym (across the Coulee), Armory, Fieldhouse, and Memorial Union so that outdoor activities could be conducted. However, the growth of the University campus (though gradual in the beginning) during the past 25 years has been tremendous.

Many new buildings and new parking lots, in addition to the Columbia Road Overpass, have been erected on former playing/practice fields. During the fall of 1983, physical education instructors and athletic coaches were teaching/coaching in an area often referred to as the Bronson Property, located west of Columbia Road and north of Sixth Avenue North. Eight new tennis courts have been constructed in this area. There were also fields for softball, touch football, field hockey, and rugby. The "Pinkie" Kraft baseball diamond may be located here one day.

All golf classes were taught at the Ray Richart Golf Course, located south of the campus and Demers Avenue. The course is also used for golf-team practice, cross-country practice, and other running for conditioning.

Two professional fraternities were organized for undergraduate students within the department. Grace Osborne Rhonemus sponsored the Alpha Nu Chapter of Delta Psi Kappa, which was installed in 1949. L. R. Marti and John Quaday organized a chapter of Phi Epals Kappa in the early 1950s. Both chapters were still active in the department in 1982. Both chapters have open membership for men and women. LaVernia Jorgensen was the sponsor of Delta Psi Kappa and Dale Anderson advised Phi Epals Kappa (1952).

The heritage of the Health, Physical Education, and Recreation Department is long and rich. The leaders were knowledgeable and inspirational. The students graduated with an excellent background and joined communities in the state of North Dakota (and neighboring states) and several Canadian provinces. Here they became successful teachers, coaches, and leaders as well as good citizens. Perhaps these graduates felt the same as President Merrifield (and Horace) that "North Dakota wants her coming citizens to be not only morally sound and intellectually well balanced but to be physically vigorous and robust, to have in short, 'sound minds in sound bodies.'"
HEALTH, PHYSICAL EDUCATION, AND RECREATION FACULTY--1982-83

The following departmental faculty members were assigned academic teaching/administration loads of more than 50 percent during the school year of 1982-83.

Anderson, Dale
Bogan, Louis
Bolonchuk, William
Cooke, Carol
Grandall, Michael
Jorgensen, LaVernia
Karabetsos, James
Koenig, Walter
Mauch, Patricia
Millar, Patricia
Modisett, Sandra
Ochs, Linda
Peterson, Margaret
Peterson, Marilyn
Stiles, Robert
Warcup, Patricia
Watson, Dietta
White, Harvey