

SABBATICAL LEAVE

SEPTEMBER 1, 1978 - JUNE 1979

R E P O R T

BY

JOHN T. NORTON

TO

BOARD OF TRUSTEES

MT. SAN ANTONIO COMMUNITY COLLEGE

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I. ACKNOWLEDGMENT

I would like to take this opportunity to thank the Board of Trustees, the Administration and the Faculty Association Leave Committee for affording me the opportunity to avail myself of this Sabbatical Leave after serving the Mt. San Antonio Community College District for nine years. It was without question one of the most valuable educational experiences that I have had since entering the teaching profession. The results have been a desire to more effectively serve in my responsibility as teacher and coach. I'm anxious to implement some of the innovative ideas, and programs that I found while traveling across the United States and Canada.

## II. PURPOSE

I requested a sabbatical for the 1978-79 school year, so I could travel extensively throughout the United States and Canada.

I spent the first part of my sabbatical, which included the Summer and early Fall, visiting several National Parks in the Northwest portion of the United States and Canada. Along with my travels I took in the British Commonwealth Games which were held in Edmonton, Alberta Canada. I also visited three colleges. Then during the late Fall and Winter months my travels and attention turned to visiting Community Colleges, Universities and historical sites in the South and the Southeast. I talked with Department Chairmen and Track and Field Coaches to get a better understanding of their programs and philosophies.

In the Spring, I moved North once again visiting Community Colleges, Universities, historical sites and taking in track and field meets whenever possible. The three major meets were: Dogwood Relays, Penn Relays, and the Big Ten Championship.

### III. REPORT

#### A. COMMUNITY COLLEGES VISITED

One of the important aspects of my travels across the United States and Canada was to visit different Community Colleges. I reviewed their Physical Education curriculum, as well as their Track and Cross Country program. I was also interested in their physical layout as to Physical Education facilities. I found these visits to be very rewarding and enlightening. The following is a summary of my visit to each of the Community Colleges.

AMERICAN RIVER COLLEGE, at Sacramento, California, is a large college located in the Northeast section of town. I visited with Al Beata who is the President of the Track and Field Association for California Community College Coaches. He showed me around the campus, and he explained with great enthusiasm his Track and Cross Country program. We discussed the effects of Proposition 13 and what effects it had on their program.

I observed two of his jogging classes, and found it to be very interesting. It was the first part of the semester, and he was checking pulse rate, then dividing them into groups according to present condition. After a short 1 - 3 minute run, he would immediately check their pulse once again, and would let them run again until the individual's pulse rate dropped below 120 beats per minute.

ANDREW COLLEGE, at Cuthbert, Georgia, is a small private college with an enrollment of approximately 1,200 students. This United Methodist Church

sponsored college is located in a beautiful, wooded campus west of town. This is one of the oldest community colleges, and the second oldest educational institution that was given the right to confer degrees upon women. The college opened its doors in 1854 as the Andrew Felmale College. Andrew College was also the first women's college in the South to include Physical Education in its curriculum (1867).

I met with James T. Gilbert the Chairman of their Physical Education program, and he gave me a tour of their facilities. The most striking thing about their facilities was that they had a 4-wall handball court, which was in use constantly.

They have their own golf course, and have inter-collegiate teams in tennis and soccer. Their main push though is in their intramural activities. Since most of the students live on campus, it plays a big role in the social life of the student body.

The cost per student to attend Andrew College for one year is \$2,573, or about \$856 per quarter. They do have financial assistance which they can receive if entitled, such as loans, grants, work study, courtesy and merit scholarships. Another interesting point is that they don't have out-of-state fees, and at least 60% of the students come from surrounding states.

They have a very small Physical Education program, and offered nothing new or different from our program.

ABRAHAM BALDWIN AGRICULTURAL COLLEGE, at Tifton, Georgia, with an enrollment of approximately 2,470 full time students. The college is located in south central Georgia on a 448 acre plot of land. The college offers a specialized program in Agriculture, Forestry, and Home Economics.

I met with their Physical Education Department Chairman, Fred Reuter, and he showed me around the college and the Physical Education facilities. They had a new modern gymnasium, in which they conducted Physical Education classes, as well as their strong Basketball program. The Chairman was an internationally famous square dance caller, and had just returned from a trip to Russia. They have a very strong and popular dance program, and I stayed to observe a couple of his classes.

A couple of interesting points about their program and facilities include their 18 hole golf course for their strong Golf program, and that each Coach and Physical Education instructor negotiates his or her own contract.

Abraham Baldwin Agricultural College requires a minimum of two hours of physical education each week beginning with their first quarter of college enrollment and terminating upon completion of six quarters of physical education with a satisfactory grade.

The college had no Track or Cross Country program, or facilities for the sport. They also offered no new courses, but I found it interesting to see the high degree of classes in the area of dance.

The cost per quarter for a student who lives on campus is about \$543. There is an additional charge of \$150 for non-resident tuition.

ALABAMA CHRISTIAN JUNIOR COLLEGE, at Montgomery, Alabama. This private college operated by the Church of Christ is located in the Southeast section of Montgomery.

I met with their Physical Education Chairman and had a brief talk with him. This is a very small college with less than 900 students. The cost to the students per year is approximately \$4,000 - \$5,000.



The school's main athletic interest is in Basketball, and they do have scholarships available to them in this area. Their main physical education facility is their Basketball gymnasium which seats about 2,000 people.

I found this school to be the least friendly, and the most difficult to get any information from that I ran across on my sabbatical.

They had no Track or Cross Country Coach, and had a very limited program as well as facilities. I did not get a chance to look at their Physical Education curriculum, so I don't know if they had any new or interesting classes. But I tend to doubt that possibility.

ALBANY JUNIOR COLLEGE, at Albany, Georgia, is a medium size college with an enrollment of approximately 3,500 full time students.

I talked with the Physical Education Chairman, and he showed me around their beautiful facilities. They have an indoor pool, handball courts, and a huge grass area for their physical education classes.

They no longer have an athletic program, and they have seen their enrollment at the college drop steadily over the last couple of years. Their neighboring college with an athletic program has grown. They do not have on campus dorms, so the cost to the student per quarter runs around \$148. An additional \$150 is charged to out-of-state students.

BREVARD COLLEGE, is a small community college, owned and operated under the auspices of the Western North Carolina Annual Conference of the United Methodist Church. It is located in the Southwest corner of North Carolina in the town of Brevard.

I met with Norman Witek, Brevard's Head Track and Cross Country Coach, who took me on a tour of the campus and its physical education facilities.

Brevard has one of the finest track and field programs in the Southeast, and has a student body of only 300 students.

I attended one track workout with the coach, and spent some time discussing his philosophy of distance training. Coach Witek explained to me also that the school provides 1 1/2 full scholarship per year which helps his recruiting somewhat. The expenses at the college are very high, running around \$2,600 for tuition, room and board, and \$3,200 for non-North Carolina residents.

Physical Education requirement at Brevard College is for each student to complete three courses, in health, recreation, and physical education. At least two must be an activity class. In studying their physical education curriculum I found no new classes, or ideas for facilities. They did have an excellent 6 lane, all-weather track.

BISHOP STATE JUNIOR COLLEGE, at Mobile, Alabama, is a small college with an estimated enrollment of 1,200 students. It is located in the downtown area of Mobile. It is an older campus with most of the buildings in poor condition.

In talking with a Physical Education instructor, William Bell, I learned that they have very little physical education facilities. They have a track program, but no track or facilities to practice other than a large, rough grass area that doubles as a parking lot.

The tuition can be figured roughly at \$8 per credit hour, with a \$15 charge per hour for foreign students. There is no campus housing, so most students are from the Mobile area.

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The tuition can be figured roughly at \$8 per credit hour, with a \$15 charge per hour for foreign students. There is no campus housing, so most students are from the Mobile area.

The Division of Education takes in the following areas: General Education, Health, Physical Education, Recreation, Library Assistant, Elementary/Secondary, Military Science, and Teacher Assistant. All students pursuing the Associate in Arts or the Associate in Science Degree are required to complete three quarter hours of Physical Education, preferably in the required activity courses; Orientation to Physical Education, and General Motor Activities I & II.

They offered a class called HPR 101 Orientation to Physical Education, which we do not offer. During the students first quarter in school they take this orientation class, and engage in a basic program of physical fitness, training, testing, learn body mechanics, posture and a brief study of the objectives and history of Physical Education. This is a prerequisite for other Physical Education activity classes.

CHATTAHOOCHEE VALLEY STATE COMMUNITY COLLEGE, at Phenix City, Alabama, is a small college located in the Northeastern section of Alabama, right on the Georgia line. It's a college of approximately 1,500 students, and located on a new site with new buildings and Physical Education facilities. Many were still under construction.

I talked with Clarence Key, a Physical Education teacher, Athletic Director and Head Basketball Coach. Their athletic teams get excellent community support, with many contests broadcast on the local T.V. station.

They had a track program advertised in their school catalog, but at this time they have no program, coach or facilities. The college works in conjunction with another college, Troy State College, a four-year institution. They share facilities, instructors and some basic problems.

They maintain a physical education requirement of 3 quarter hours before they can obtain a degree from Chattahoochee Valley.

The school offered several new and interesting programs. First, a class called Survival Education. It's designed to introduce the student to the tasks and methods of what to do in the face of an emergency, whether natural or man caused. The disasters they deal with range from a car wreck to tornadoes, or atomic warfare. The course is heavily Civil Defense oriented.

The second course is called Recreational Games. It provides basic instruction in a variety of recreational areas including: bowling, golf, tennis, and other similar activities.

The third course "Firearm Safety & Utilization" is a course that studies the safety procedures involved in the use of fire arms, including an examination of various types of weapons with an emphasis upon utilization for hunting and for marksmanship purposes.

The last class is listed in the area of Community Service. This course, "Bridge for Beginners", is a study in the elementary and intermediate system for point count contract bridge.

The cost to attend this commuter school is \$8 per hour, with a \$5 application fee.

DURHAM COMMUNITY COLLEGE, at Durham, North Carolina, is a small college with an enrollment of about 675 students. It was formerly McCauley's Business School and became a licensed community college in 1972.

It is 80 percent Black school with the other 20 percent made up of other minority students.

I visited with the Physical Education and Athletic Director, Ralph Hawkins. He taught most of the physical education classes, and coached most of the athletic teams, including a track and field team. Their only physical educational facility was a small all purpose gym.

The cost to attend Durham for one year is around \$1,623 for non-boarding students. It costs about \$3,198 for those who wish to use the housing facilities on campus.

The school offered a couple of new classes which we do not provide. One was listed as "Areas and Facilities". It includes the history of park and recreation facility planning; with emphasis on the planning principles involved in the design and layout of recreation areas and buildings.

The school also offered a course in "Therapeutic Recreation". This course included concepts in program planning, leadership, and adaptation of activities in recreation for the ill, aged, disabled, and disadvantaged.

The coach was very unhappy with the school, and the support he received. They had a very small budget, and he felt unable to provide the students with an adequate program.

FLORIDA JUNIOR COLLEGE, at Jacksonville, Florida, is a large college, that has four campus sites. I had the chance to visit two of the college sites. First, I drove out to the South campus, which was located on the South edge of town. It was a beautiful new campus, with a small lake on the front entrance to the campus. It had a beautiful new tennis courts, and soccer area, located in the back section of the campus. I met with Kenny Drost, and he gave me a short tour of the campus. I asked him about the track program and he directed me to the Fred H. Kent Campus.

The Fred H. Kent Campus is under construction, and a very small campus. I located the physical education office, which houses the Track Coach.

They have one of the more successful programs in the state, but their facilities are very poor. They have to travel to an off-campus site to train, as the college has no track facilities. The coach's office was a combination of class, film room and weight room all wrapped into one. The coach was very enthusiastic about his program, and worked very hard to maintain the best programs possible under a very difficult situation.

The tuition cost at Florida Junior College is \$12.00 per semester hour for Florida residents, and \$24.00 for all non-residents.

They offered two classes in the field of physical education that we do not offer at Mt. San Antonio College. First, "Supervision of Elementary Children at Play". This class gives the student classroom instruction and experience in childhood play supervision for students interested in becoming teachers and teacher aides.

The second course is called "Recreational Games". This course is designed to introduce the student to the basic skills, rules, and strategy of a variety of recreational games, such as table tennis, deck tennis, horseshoes, paddle tennis and croquet.

GLENDALE COMMUNITY COLLEGE, at Glendale, Arizona, is a large college located in the city of Glendale which is Northeast part of the greater Phoenix area. The college now has over 11,000 students enrolled in its day and evening programs.

I visited with the Track and Cross Country Coach and he give me a brief run down on his program and a short tour of the campus. Glendale has a very

fine track and field tradition, as all the Arizona community colleges. They have a Grasstex track, and a good all around track and field facilities. They have a large, three wall, outdoor handball facility with approximately 12 courts. They also have a large grass area, and excellent tennis, swimming and baseball facilities.

The tuition charges for county residents is \$20.00 per semester hour. The out-of-district student who is full time pays \$475, while the out-of-state student pays \$715.

There is open recruiting within the county, which makes for a very competitive and often bitter fight over local talent. There is a waiver for out-of-state and district athletes, which helps their recruiting program.

Glendale College has two classes in physical education and recreation that I found new and interesting. Projects in Community Service is a course that permits the student to gain work experience in an area of community service which helps related academic interest to real-life situations. Students and instructor select assignments from available list of community agencies or organizations which have indicated a need for volunteer workers. Students attend a one hour seminar weekly and, in addition for each credit in special projects must devote a minimum of 60 hours each semester in their assigned area.

The second course is called, Leisure and Society. This course looks at the recreation and leisure movement in American society, definition, history of organized recreation and socio-economic implications.

GORDON JUNIOR COLLEGE, at Barnesville, Georgia, is a small college with a student enrollment of less than 1,200.



This small college offers on-campus housing, with tuition and fees costing \$106.00 per quarter for a full time student who is a resident of the State of Georgia. Non-residents' tuition runs \$158.00 per quarter. The meals and housing costs run around \$360.00 per quarter.

There are scholarships available in men's baseball, women's basketball, golf, and tennis. This makes recruiting easier.

In looking over their class selection in the area of physical education, I found the following course new and interesting: Recreational Games. This is a basic course in individual and dual recreational games including chess, checkers, darts, croquet, etc.

The second class was Canoeing. It is a basic course emphasizing equipment selection and maintenance, techniques of white water, trip planning and water safety.

They did not have a track or cross country program at that time.

GULF COAST JUNIOR COLLEGE, at Gulfport, Mississippi, is a large community college, with three campuses. The enrollment for the three campuses is over 25,000.

I visited the Jefferson Davis Campus in Gulfport, which was a beautiful but small campus. I was unable to locate the athletic or physical education Director, so I took a self directed tour. They have a beautiful new gym, with an outdoor basketball court that is open but covered. They had a swimming pool, and several tennis courts in excellent condition.

In the Gulf Coast Junior College District, every student is required to take two hours of physical education.

The tuition cost is \$174 per semester, while the cost of room and board runs an extra \$400.

The college did not have a track or cross country program, but I did find a couple of interesting courses. They offered a course called "Health Concepts of Physical Activity". The course gives a thorough investigation of contemporary health fitness concepts as they pertain to the individual student. This course contains three phases: (1) scientific information concerning values and preventive medical benefits of exercise; (2) individual evaluations and experiments to determine present health fitness status; (3) development of a personal exercise program based on a student's needs.

They also have a course called "Sports Appreciation" which is a survey course designed to develop spectator awareness and appreciation of the major spectator sports in our society today. Covered is a brief history of the sport, rules, equipment and etiquette associated with the sport.

The third course, "Recreational Sports", is a course designed to acquaint the student with the less vigorous individual and dual type recreational activities. Included will be a brief history, rules, etiquette of the activity, along with participation in the various activities including ping-pong, horseshoes, deck tennis, darts, shuffleboard, etc.

INDIAN RIVER COMMUNITY COLLEGE, at Fort Pierce, Florida, serves the counties of Indian River, Martin, Okeechobee, and St. Lucie.

I visited the school during the weekend so I found no one around to answer my questions, but I had a chance to view the campus. They had a beautiful tennis court area, as well as swimming pool.

They did not have any track & field facilities, but had a large grass area, and baseball area. This school had a good size gym, but I didn't get a chance to go inside.

JEFFERSON DAVIS STATE JUNIOR COLLEGE, at Brewton, Alabama, is a state college, with a full-time enrollment of less than 1,000 students, located in Central Alabama, in a beautiful wooded setting.

I visited with Karen Perry, who gave me a tour of the campus, showing me the weight room, gym, and tennis court facilities. The college did not have a Track or Cross Country program.

The tuition cost for a full-time student per quarter is 67.50, or \$6.50 per quarter unit for the part-time student.

Jefferson Davis State Junior College offers two courses which we do not. First, a course call "Co-Recreational Activities". This is a one unit course which explores a variety of activities such as rhythms, shuffleboard, table tennis, and horseshoes.

The second course is called, "Elementary School Activities" which is three hour lecture and two hour lab course. The course covers activities that are suitable for the grades 1-6, including teaching devices.

JEFFERSON COLLEGE, at Greensboro, North Carolina, is a small Junior College of Business. It is located in downtown Greensboro, and covers about half a block. The campus includes one main building, which is a multiple story building.

The college has a very limited physical education program, but it does have a basketball team. The college doesn't have any physical education facilities, and most of the courses are fitness oriented and type of classes which don't require a lot of facilities.

The cost for tuition for a full time student is \$387.00 per quarter.

LAKE-SUMTER COMMUNITY COLLEGE, at Leesburg, Florida, is a small college located on the shore of Silver Lake in Central Florida.

I met with Delbert Hollingsworth, the Athletic Director. He showed me the campus and talked about their program. Lake-Sumter College has a beautiful campus, but very limited physical education facilities. They have no Track, Baseball, or Tennis area. They do have a small gym, with no bleachers. They do have one, 3-wall handball court.

The college fields varsity teams in Men's Golf, Men's Tennis and Women's Tennis, but the main physical education emphasis is its Intramurals programs. The students, faculty and staff all participate in the individual, dual, and team activities of their choice.

The cost for Florida residents per semester hour is \$12.00, while the non-Florida residents pay \$24.00 per semester hour.

MANATEE JUNIOR COLLEGE, at Bradenton, Florida, is a small college with a full time enrollment of 2,400 students.

The Physical Education Director was out of town, so I took a self-directed tour of the campus. They have a beautiful campus, but a limited amount of physical education facilities. They did not have a Track program or Cross Country Team.

The college fields athletic teams in Softball, Golf, Volleyball, Tennis and Basketball. The college requires every student to take a Basic Conditioning class within the first two terms of enrollment and any three Activity Courses before they can receive an Associate in Arts degree.

The tuition cost at Manatee Junior College for Florida residents is \$13.00 per unit, and for non-Florida residents the cost rises to \$26.00 per unit.

Remedial Physical Education is a course that we do not offer. This course requires three hours activity per week. Personal development through a program of exercise and activity geared to meet the capabilities of each individual student.

NEW MEXICO JUNIOR COLLEGE, at Hobbs, New Mexico, is a small college located on a 50-acre campus three miles Northwest of Hobbs. The college is situated in Lea County, New Mexico, the leading oil and gas producing county in the United States. The taxable property value of the Junior College is over \$450,000,000.

The college has a full time enrollment of 1,500 students, and is the only community college in New Mexico that offers an athletic program.

I met Larry Heidebrecht, who is the Head Track and Cross Country Coach. He gave me a tour of the Track and Field facilities, which boast a new all weather cheu. 440 track. The college also had an excellent physical education program, and facilities. Coach Heidebrecht shared with me that the college gives 15 full scholarships. He used several on the foreign athletes from England and Finland. Coach Heidebrecht is also on a 12 month contract, which helps him maintain a year round program.

The tuition cost per semester for district residents carrying 12 hours or more is \$60.00. Anything less is \$5.00 per hour. Out-of-district cost is \$120.00 or \$10 per unit. The cost rises to \$15.00 per hour up to 12 semester hours for out-of-state students.

New Mexico Junior College Track & Field team won the NJCC Track & Field Championship in 1979.

MESA COMMUNITY COLLEGE, at Mesa, Arizona, is a large college with an enrollment of 14,000 students.

I met with Athletic Director, Carvel Jackson, who gave me an overview of Mesa College's Athletic Program especially the Track & Field program, which he started and directed as Head Coach for several years. He won several National Championships in Track & Field, and gave the college a great track tradition.

The college is located on a beautiful and large new campus. It has excellent physical education facilities that are spread out over several acres. There is a large, grass area, along with beautiful Baseball Diamond, Tennis Courts, and large Gymnasium. The track is an all-weather, grasstex track, with tartan runways. The college also is blessed with 8 handball courts.

The tuition charges at Mesa College are \$20.00 per semester hour for county students. The cost for out-of-county full time students is \$475, or \$40.00 per semester hour. The out-of-state tuition is even higher, costing \$715.00 for full time students or \$60.00 per semester hour.

The college gives full scholarships to track athletes, which is one reason for their success, as they recruit several out-of-state athletes each year.

Mesa Community College offers a couple of classes that we do not offer, such as the following. "Dynamics of Play" is a course which studies the theoretical basis of play, study of factors influencing play choices and attitudes. Analysis of game structure and function is also an important part of the course of study.

Leisure and Society course gives an analysis of the human relationship to leisure. Historical survey of philosophical, psychological, and socio-economic basis for development of systems that provide leisure programs.

Nature of Human Movement course deals with the application of movement concepts as they pertain to skill analysis and activities appropriate for elementary school children.

Another interesting course is called, Theory of Coaching, which emphasizes the theory and techniques of coaching competitive sports.

Physical Education of the Atypical is an individualized activities program for students with limited physical capacities.

MIDDLE GEORGIA COLLEGE, at Cochran, Georgia, is a small college with an approximate enrollment of 2,000 full time students. Middle Georgia College is believed to be the oldest junior college in the United States. As its name suggests, the college is located almost squarely in the center of the state. The campus is spread over 160 acres on the edge of Cochran, a city of some 5,000 population and about forty miles South of Macon.

The student body is primarily residential, with some three-fourths of the full-time students living in residence halls on the campus or in college approved off campus housing.

I spent the afternoon talking with Frederick Keith, a physical education instructor, who gave me a quick tour of the campus. He showed me their new gymnasium which is part of the schools renovated program. The college does not have a track and field program, but they do have other facilities such as a swimming pool, gymnastic building, and baseball diamond. Their physical education facilities on the whole were very poor, but there is a development program in progress.

The tuition cost at Middle Georgia, is \$136.00 per quarter for resident students, and \$188.00 per quarter for out-of-state students. Room and board at their beautiful housing facilities is \$380.00 per quarter. There is some scholarships available for athletes, but they didn't share with me the number they grant each year.

The only new physical education class offered is an individual activity course called, Sport Parachuting.

MIAMI-DADE COMMUNITY COLLEGE, at Miami, Florida, is a large college with a collective enrollment, for their four major campuses, of over 56,000 students.

I visited the South Miami-Dade campus, which was opened in 1967, on a beautiful 185-acre site, just 15 miles southwest of Miami. The campus focal points, on this award winning landscape design, are lakes and the lush growth of tropical trees and foliages.

Jerry Isom, the track and field coach, gave me a first class tour of their campus, including its new gymnasium, which seats approximately 5,000 people. This was the most functional, and beautiful community college gymnasium I visited on my sabbatical. Outside the state of California, this was one of the best total program in Physical Education and Athletics I visited.

Miami-Dade College requires two credits in the area of theory and or activity for their physical education requirement.

The tuition cost for Florida residents is \$14.00 per credit, and \$29.00 for all non-Florida residents.

Skills and Concepts of Physical Activity for the Elementary School Child, is a course that we do not offer. It's an analysis of fundamental skills in rhythm, dance, sports, and movement exploration in relation to the needs of K-6 child.



The second class is an, Recreational Activities course, in this class they teach the skills of table tennis, and billiards.

The third new course is called, Advanced Skills and Practice in Selected Sports. It's in-service training course for teachers and recreation leaders presenting the latest advanced technique and procedures in one or more sports including, weight training, badminton, tennis, and jogging.

ODESSA COLLEGE, at Odessa, Texas, is a medium size college of about 4,000 full time students. This college is located in a progressive west Texas city of Odessa, which is a city of about 100,000 people. The city is located about midway between Fort Worth and El Paso.

I met James Segrest, the track and field coach, who gave me the grand tour of their physical education facilities. He is on a 12 month contract, as the other athletic coaches. He also explained that the athletic budget is aided by receiving 2 per cent from the bookstore, and received all profits from the vending machines on campus. The athletic department also raises approximately \$28,000 annually from local business men, and booster club.

ORIENTATION IN HEALTH, PHYSICAL EDUCATION AND RECREATION, is a new course that studies the aims, objectives, curriculum and the philosophical and historical orientation of physical education, health education, and recreation. The acquisition of motor skills, the relationship of education principles of practice, and the psychological, sociological, and biological aspects are also studied.

As a side note, Odessa has one of the finest track programs in the nation. They have won ten championships in the last six years, and was second in the National Junior College Championships in 1971, and third in 1978.

PATRICK HENRY STATE JUNIOR COLLEGE, at Monoeville, Alabama, has an enrollment of 2,000 full students. The campus is located on 100 acres of rolling land, with trees and shrubs making a beautiful setting.

The college has a limited amount of physical education facilities, but has a new gymnasium. The Basketball program is the strength of the athletic program. The school provides athletic grants for athletes, which helped gave strength to the program.

The college has a 3 hour physical education requirement for graduation for all students.

The two courses that the college provides that we do not offer are:

Sports Leadership, which is a course for physical education majors only. The second course is called, Spectator Sports, this is a non-activity course designed primarily for adults who wish to learn the rules and strategy of major sports. The purpose of the course is to provide the background necessary for intelligent enjoyable viewing of sports activities.

PHOENIX COLLEGE, at Phoenix, Arizona, is a medium size college of approximately 7,000 students.

I took a quick tour of the college campus, as we had a track meet there a couple of years ago, I already knew a little about the school. They have a grassy, all-weather track and stadium which seats a least 3,000 people. Their physical education facilities are fairly new with excellent handball courts, as well as tennis, and volleyball areas.

The tuition charges for county resident is \$20.00 per semester. The out-of-county students pay \$475.00 for 12 hours or more per semester. The out-of-state students pays a great deal more, costing \$15.00 for full time students, or \$60.00 per semester hour.

Phoenix College offers three classes which we do not at Mt. San Antonio College. The first course is called, Nature of Human Movement, this course includes the fundamental concepts of movement, along with the application of movement principles. At least 10 hours are spent in the elementary school. The second course, Dynamics of Play, provides activities for students majoring in recreation, physical education, or elementary education.

The third course, Leisure and Society, studies the scope of recreation in the American society. The course includes definition, history, and basic philosophy of organized recreation.

PIMA COMMUNITY COLLEGE, at Tucson, Arizona, is large college with an enrollment of 10,000 students.

I met with their Head Track and Field and Cross Country coach Jim Mielke, who was one of the friendliest and most interesting coach that I talked with on my sabbatical. He not only gave me a tour of the campus, but we spent the evening over dinner, talking about the future and direction of community college track and field. He wanted to draw in the California Colleges into the Nation Junior College Track and Field Championships. If that was not possible he was for the idea of hosting a Junior College Invitational which would bring together the California State Champs and the National Junior College winners.

Coach Mielke has a very progress program, with excellent Track and Field facilities. They have a very unique shot put area, which looks like a very large sand box. At each corner of this box there is a shot put ring. This provides a small area inwhich you can have several athletes competing or practicing. Since they have a fairly new school, all the physical education facilities are in excellent condition.

Tuition and Fees - All students pay a registration fee of \$60.00 for 10 or more hours, \$45.00 for 7-9 hours, and \$25.00 for 1-6 hours. Out-of-county students pay a tuition of \$465.00 for 12+ hours, or \$40.00 per credit for 7-11 hours. Out-of-state students pay \$730.00 for 12+ hours, or \$60.00 per credit for 7-11 hours.

The following new courses are offered at Pima Community College:

Practicum I-II-III-IV (Lab): The students experience on-the-job supervised training as an aide. Assignments are in the service activity program, intra-mural program, or other related professional posts.

Facilities for Physical Education and Recreation: This course is a survey of available facilities in Pima County. Students learn about size, space, site planning, design, construction material and techniques, costs, competitive bids, and other facility problems. Field trips are a large part of this course.

Elementary School Physical Education: This is a skills/methods class which provides the teacher with the basic skills and knowledge of materials and methods of teaching games, relays, and modified activities in team and individual sports. Students are also introduced to the theoretical basis of using the movement education approach in teaching physical education in elementary school.

RANGER JUNIOR COLLEGE at Ranger, Texas, is a small community college of approximately 500 students. It's located about 100 miles west of Fort Worth in the small community of Ranger.

This college was one of the most interesting of all the colleges I visited. If any college can be described as an athletic mill, it would have to be Ranger. The main emphasis is on athletics, as 430 of the 500 students are on

some kind of athletic scholarship. They have over 150 full football scholarships, as an example of the type of support or money they give to the athletic program. The school is also on a 4-day school week, so the students can go to town on the weekend.

I was very unimpressed by their program and their attitudes. The facilities were run down, as well as the other academic buildings. They recruit a lot of out-of-state and out-of-country athletes who are supported through State funds. I believe this type of program is damaging to the image of community college athletics. I might have gotten the wrong impression, but I don't think so. Because of the scholarships that are available to them, they have a very strong athletic program.

SCHOOLCRAFT COLLEGE at Livonia, Michigan is a medium size college with approximately 4,000 students. The school is located about 15 miles west of Detroit on a beautiful new campus. I arrived in town during the weekend, so I had to take one of my self-guided tours. I was able, however, to see their new gym facilities, which were very well designed. The gym included offices, classrooms, weight room, basketball court, handball courts and an indoor swimming pool.

The tuition fee for resident students is \$15.50 per credit, \$26.00 for non-residents and out-of-state fees run \$39.00. The physical education department rents uniforms, such as swimming suits and activity clothes.

They have no track facilities or program at the college, but they do have some outstanding physical education facilities.

They offered a course called Elementary Physical Education, which studies the use of basic movement, games, relays, stunts, plus the organization for the early and later elementary grades. Emphasis is on the organization for

physical education at these levels.

SEMINOLE COMMUNITY COLLEGE at Sandford, Florida is a large college of approximately 3,700 full time students. The college is located about 30 miles east of Orlando in central Florida.

I met the head track and cross country coach, Terry Long, and he showed me their physical education facilities and introduced me to their program. Their campus is very large and their physical education and athletic facilities were spread out over several acres. I observed a track workout and we had to drive to the track which was located on the northeast corner.

The present track was just the asphalt base and the coach did not know when they would get the top dressing. They did all their training on this hard surface. The field event men had to travel to the local high school to have a facility to train. Their facilities did not slow down their program, however, as they have an excellent record. Their coach was very knowledgeable and dedicated. I enjoyed my visit very much.

The tuition charges for Florida residents is \$14.00 per credit hours, as compared to \$29.00 for non-residents.

SOUTH GEORGIA COLLEGE at Douglas, Georgia is a small college with an enrollment of 1,200 students. The school had limited physical education facilities and no track facilities, but they did have a fairly new gym.

Tuition fees including room and board are \$1,473.75 for in-state students and \$2,022.75 for out-of-state students.

The one course that South Georgia offered that we don't is called Current Problems and Issues. This is a course for physical education majors, and it deals with the current issues that affect physical education and athletics.

B. FOUR YEAR COLLEGES AND UNIVERSITIES

CLEMSON UNIVERSITY at Sumter, South Carolina is a large university located at the northwest corner of South Carolina.

I met with their track coach, Sam Colson, who allowed me to observe Clemson's track and field practice. He was an Olympic javelin thrower and shared with me his views on the javelin, including several training tips. Their track was about a quarter mile from their gymnasium and locker room facilities. They have several excellent areas for physical education and their facilities are first class. They had some of the most beautiful indoor handball courts I've seen.

DUKE UNIVERSITY at Durham, North Carolina is a beautiful old university that is loaded with tradition. The old brick buildings with the ivy covered walls, provides a beautiful setting.

I met with coach Al Beuhler, track and field coach, who gave me a tour of the physical education facilities. They have a huge gymnasium which houses their basketball team. They are in the Atlantic Coast Conference, one of the strongest basketball conferences in the nation. Their basketball stadium has a seating capacity of 28,000. They were in the process of installing a new "Pro-Turf" all-weather track. This track has hosted many outstanding meets in the last several years, including the USA vs Russia meet.

Duke University has three gyms. One is used solely for physical education, one for intra-murals, and the third is the gym I mentioned before. They have two pools - one for swimming and the other for water polo. They were playing while sitting in inflated inner tubes. They have beautiful tennis courts with official judges' stands between each court.

Duke does not have physical education majors, but does offer several interesting courses. First is a course in Adapted Physical Education. This program is supervised by a physical therapist for students with medical and physical problems. The second is called Methods and Materials in Elementary Physical Education. This course covers the theories and practice in teaching basic skills, rhythms and games to young children in grades K-6.

Tuition, room and board costs \$6,060 per year.

EASTERN MICHIGAN UNIVERSITY at Ypsilanti, Michigan is a large university in central eastern Michigan.

The tuition cost for Michigan residents is \$24.00 per unit and \$60.00 per unit for non-residents.

The one course they offer that I found interesting or new to Mt. San Antonio College is called Motor Development. The course studies the continuous process of motor development. Skill in observation and analysis of locomotive, non-locomotive manipulative patterns will be stressed as a basis for planning and directing movement experience appropriate for the pre-school and elementary school child. Supervised lab experience is offered.

FURMAN UNIVERSITY at Greenville, South Carolina is a small university located at the base of the Blue Ridge Mountains. Furman was founded in 1826 and is one of the 64 oldest colleges in the nation and the oldest college affiliated with the Southern Baptist denomination.

They have excellent facilities for a school of their size. They have a 30-acre lake for boating, fishing and swimming, as well as a 18-hole golf course and 20 tennis courts. Among the recreational facilities is a new physical activities center with an Olympic-size swimming pool, two gymnasiums and six handball courts. They have a new feature in their intra-mural



program called CO-REC, in which men and women participate together in various tournaments from inner tube water polo to volleyball, softball and touch football.

I met with their track and cross country coach, Stan Narewski, who gave me a run down on their program. He is a young first year coach who received his experience at Auburn and Kansas University. They have a beautiful all-weather track and program.

I found two physical education classes which we do not offer. First course is called, Physiological Concepts in Health and Physical Education. This course provides a dynamic and individualized set of experiences which demonstrates concepts of health and fitness as they relate to physiological adaptations to physical activity. The second course is called Movement Exploration, which is a course that studies movement exploration of the pre-school and primary school age child as it relates to learning, especially perceptual motor learning.

UNIVERSITY OF NORTH CAROLINA at Chapel Hill, North Carolina is a large university located in the beautiful hills of North Carolina. This university probably has one of the most beautiful settings of any college I visited. They have outstanding physical education facilities for football, basketball, tennis and swimming.

Their track and field facilities include an indoor field house for track and field with a four lane, 180 yd. track. Their outdoor facilities are excellent with a beautiful new all-weather rubberized asphalt track. I spent the afternoon visiting with the coach and watching their track practice. The coach had to leave early, so I worked with their shot put and discus throwers.

UNIVERSITY OF NOTRE DAME at South Bend, Indiana is a small university with a huge tradition. I walked through their field house which includes an ice hockey arena, as well as indoor tennis courts and handball area. The tradition is so powerful, you can feel it as you walk through the field house and college, in general.

I visited with their track coach, Joe Plane, and he gave me a tour of the area and talked with me about their program. They have an all-weather rubberized asphalt track and excellent track and field facilities.

UNIVERSITY OF PENNSYLVANIA at Philadelphia, Pennsylvania is a large university and the home of the Penn Relays Carnival. I spent the weekend watching the world's oldest relay meet. I've explained my experience later in my report.

SOUTHERN OREGON STATE COLLEGE at Ashland, Oregon is a small college of about 5,000 students. The college is located in the southern most part of Oregon and 10 miles south of Medford.

I met with their head track and field coach, who is a new coach from the University of Kansas. He gave me a tour of the physical education facilities which were only fair. They have an all-weather track which is in poor condition. The college is located in a beautiful area and there is plenty of space for running.

UNIVERSITY OF TENNESSEE at Knoxville, Tennessee is a large university and the host for the Dogwood Relays. I spent two days observing the Relays and report on this visit later in my report.

UNIVERSITY OF VIRGINIA at Charlottesville, Virginia is a beautiful university founded by Thomas Jefferson in 1819. Small in size for a state university, the University of Virginia today enrolls approximately 16,100

students. The university fields 13 intercollegiate sports for men and seven for women.

I met with coach Dennis Craddock who is the head track and field coach. He showed me their track and field facilities and I talked with him about their program. They have excellent facilities, not only in track and field but in all areas of physical education.

WAKE FOREST UNIVERSITY at Winston-Salem, North Carolina was founded in 1834 by the Baptist State Convention of North Carolina.

I met with Coach William Dellastatious, who was a very gracious host. He showed me the campus and their W.N. Reynolds Gymnasium. The gymnasium is equipped with classrooms for instruction in physical education, courts for basketball (4), a swimming pool and offices for the department of physical education, intercollegiate athletics for men and women and military science. Adjacent are tennis courts, sports fields and a track.

I worked with Coach Dellastatious for one week, coaching his pole vaulters, javelin and discus men. At the end of that week I started his home track meet and a high school invitational which followed.

During my week at Wake Forest, I also met with William L. Hottinger, the chairman of physical education. I spent several hours observing his class in Early Childhood Motor Development. He has a class of children between the ages of 1-1/2 and 4 years of age. The parents work with their children as they play on climbing equipment. The floor is covered with pads so that children would not hurt themselves. There are several different kinds of climbing equipment, such as ropes, ladders, swings, small trampoline, stairs, etc. A record is kept on the child as to when they first conquer one of the pieces of equipment.

Each student at Wake Forest must take a Foundations of Physical Education class. Text: Fitness: A Lifetime Commitment. Statement of purpose: The purpose of foundations of physical activity is to introduce Wake Forest freshmen to selected concepts and principles relative to the field of physical education, which will enable them to make value judgements about the type and degree of physical activity in which they engage to maintain quality physical fitness.

The other class is Early Childhood Motor Development. Objectives: To help the student understand the developmental sequence of fundamental motor movements. To present theories to the student concerning the relationship of motor development with self-concept, social development, emotional development and cognitive development. To help the student understand how to establish environments that will facilitate motor learning and cognitive learning through movement experiences.

THE COLLEGE OF WILLIAM AND MARY at Williamsburg, Virginia was founded in 1693 as the second institution of higher education in the country. Today it is a small, residential, full-time, co-educational university.

The college is located at the east end of the famous restored historical town at Williamsburg. It is a beautiful campus, with a new gymnasium and enough space to have an indoor track. They also have an all-weather track and other excellent physical education facilities.

#### C. FAMOUS TRACK AND FIELD MEETS

DOGWOOD RELAYS at the University of Tennessee. This was a three-day meet, with the first two days dedicated to the decathlon and prelims. The last day is the finals. This meet attracted the best colleges and universities in the South and East. Universities from as far away as Villanova and

and the University of Michigan.

The most impressive device used at the Relays was their photo-electric timer. It's connected to the score clock and you get an immediate print-out for each team or athlete's time and finish place.

PENN RELAYS at the University of Pennsylvania. It was interesting watching this oldest of Relays Carnival at the University of Penn. This carnival started in 1895 and has had an excellent record of promoting track and field for these 85 years. It's a very highly organized meet and they do an excellent job.

They try to run as many races as possible and have one going off within 1 minute after the conclusion of the last race. The way they do this is to not use starting blocks. It's very good for crowd, not too great for the athletes. I recorded 6 sections of the 400 meter hurdles in less than ten minutes. Runners taking the athletes to race area carried passing zone sticks. Electric score board gives the results in 1-2 minutes. Each zone leader has a checker flag to show when relay teams are ready. Sweats are removed before they enter the track area.

XI COMMONWEALTH GAMES, Edmonton, 1978.

History of the Games: In August, 1891, a young Yorkshireman, named J. Astley Cooper, wrote an article in Great Britain proposing a festival "to draw closer the ties between the Nations of the Empire"

Richard Coombs, who was president of the Amateur Athletic Union of Australia from 1897 to 1943, supported Mr. Cooper's idea, and in 1911 the first Festival of Empire was held in London. It was held in conjunction with the coronation of King George V. There were five athletics (track and field) events, two swimming events, one boxing and one wrestling event,

Organization of the Games: The Commonwealth Games Federation, based in London, England, is the governing body of the Commonwealth Games.

The Federation, under the presidency of His Royal Highness Prince Phillip, comprises 51 members which includes all Commonwealth nations, colonies, associated territories and dependent territories of Commonwealth countries.

As the ruling body, the Federation decides which member will host the Games. This is decided six years before the Games, after all interested parties have submitted their bids.

Financing of the Games: The Commonwealth Games is a \$51 million project. The capital program, the cost of building new facilities for the Games, costs \$36 million. The operational program, the cost of staging the Games themselves, is budgeted at \$15 million.

Commonwealth Stadium - Athletics: Commonwealth Stadium was the site for the Opening and Closing Ceremonies, as well as for track and field.

Commonwealth Stadium is the third largest in Canada, with seats for 42,500 and room to expand to 50,000.

The eight-lane 400 m track is a synthetic called Pro-Turf. All runways and approach areas for jumping events are also surfaced with Pro-Turf. The field is natural grass and is depressed almost 11 m below street level. The sound system made the acoustics first class. It was a cluster suspended 20 m above mid-field and it weighs 4.5 tons.

The track timing equipment for the Games was installed by Omega Electronics of Bienne, Switzerland. The stadium's scoreboard is a 10-line, 33 character alpha numeric one. The scoreboard displayed the official times, distances and heights. A 40-character news broadcasting line at the bottom of the scoreboard kept the spectators up-to-date with results and activities from other sports activities.

#### D. TRAVELS

During my sabbatical year, I was able to travel over 40,000 miles. While travelling through 41 states and six provinces of Canada, I was able to view, and experience, a great number of National Parks, historical sites, natural wonders, beautiful vistas and other interesting points. Without this year, I would not have been able to expose myself or my family to these wonderful and educational sites. I was able to take and collect more than 3,000 slides that I hope to use in my Camp Leadership class and other classes that I will teach in the future.

To organize these experiences I divided them into States and Provinces. The following is a review of my sabbatical year of travel, other than colleges or universities.

##### Alabama

Eufala - this is a beautiful town located on the east central border of Alabama. The town is loaded with old ante-bellum homes. Each April a Dogwood Festival is held at which time they open these homes to the public. The town is also located on the edge of Lake Eufaula, which is known as the "Big Bass Capitol of the World."

Bellingrath Gardens - The French influence is felt in Alabama through their architecture and their traditional azalea gardens. The Bellingrath Gardens is the most highly publicized of these gardens in Alabama. Spread over 800 acres are thousands of showy flowering shrubs and bushes. Industrialist Walter D. Bellingrath began the nucleus of these noted gardens in 1917 when he and his wife bought this large tract of land as a hunting preserve. Their travels, however, prompted them to create, instead, a garden shrine rivaling some of the well planned properties they had seen abroad.

Dauphin Island - This small island is located 28 miles to the south of Mobile. It is reached by travelling across the Gordon Persons overseas highway. Dauphin is a small resort island, whose salt-sprayed stretch of sand makes it an ideal place for wading or sunning or just plain relaxing.

### Arkansas

Pea Ridge National Military Park is often referred to as the Gettysburg of the West. It was here that the Union army defeated the Confederate soldiers and a 1,000 Cherokees to gain an undisputed control of Missouri. Exhibits describe the campaign as you take a free self guided tour of the Park.

Blanchard Springs Caverns - This is listed as one of the ten most beautiful caverns in the world. Under the hills and hollows of the beautiful Ozark Mountains in north central Arkansas lies some of the most splendid formations and rooms that can be found anywhere. The lighting was expertly done as it compliments and enhances the natural beauty of the cavern.

Hot Springs National Park - These 1,000 acres in the Ouachita Mountain of central Arkansas have 47 thermal springs flowing at temperatures of an average of 143<sup>0</sup>. Famous bathhouses on "Bath house row" along with a number of fine old hotels make it a very interesting and delightful trip. We spent our Christmas in this beautiful and interesting town.

Ozark National Forest - Eureka Springs - Looking east from this quaint little town, you can see the magnificent Christ of the Ozarks statue atop Magnetic Mountain. It is 65' tall and depicts Christ standing with outstretched arms. The statue is said to be larger than the Christ of the Andes. It was commissioned by the Elna N. Smith Foundation and designed and erected by the famed Wyoming Cowboy turned sculptor, Emmet-Sullivan, who assisted Gutzon Borglum in the carving of Mt. Rushmore.



## Connecticut

Mystic Seaport - A maritime museum re-creates a typical 19th century seafaring village with all the excitement and craftsmanship of the 19th century age at sailing. It's a living maritime museum that recalls New England's lusty sailing and whaling days.

## District of Columbia

Smithsonian Institution - Founded in 1846 with money willed by Englishman James Smithson, "the nation's attic" today encompasses art galleries, museums, and research facilities. The National Museum of History and Technology views American culture and inventive achievements, including Whitney's cotton gin and Franklin's printing press. The National Air and Space Museum displays famous "firsts" in aviation and space flight.

Lincoln Memorial - In 1867, 2 years after Lincoln's death, Congress organized the Lincoln Memorial Association to plan a monument to his memory. Carved on the marble walls is Lincoln's Gettysburg Address.

Arlington House and National Cemetery - National cemetery across the Potomac River from Washington has received interments from all our wars and military conflicts.

White House - Official residence of every president except George Washington.

Washington Monument - In 1833, the Washington National Monument Society was organized "for the purpose of erecting a great national memorial to Washington."

## Florida

Key West - As the southern most city of the continental U.S., Key West has been an important military and naval base since the 1820's. Defended by

Fort Zachary Taylor, Key West was the only southern city controlled by the Union throughout the Civil War.

St. Augustine - Established in 1565, St. Augustine is the oldest continuously inhabited European settlement in the United States. The San Agustin Antiguo Historical District comprises more than 50 restored or reconstructed buildings, including homes, craft shops, and a military hospital. The Cathedral of St. Augustine National Historic Landmark overlooks the Plaza de La Constitucion (1958), oldest public square in the country. Castillo de San Marcos National Monument, a massive fortress built between 1672 and 1695, broods over St. Augustine.

Everglades National Park - This is one of the most unique National Parks in the United States. The combination of climate, geographical location, and ocean currents have provided America with its only true subtropical wilderness. The park covers an area of 2120 square miles, consisting of 1,400,533 acres.

#### Georgia

Andersonville National Historic Site - This is the largest and most infamous of the Civil War prison camps. Andersonville, known officially as Camp Sumter, covered 27 acres. Though built to hold 10,000 prisoners, it was packed with as many as 32,000 at one time; at least 12,000 Union soldiers died here. Still visible within the stockade were holes dug by the prisoners searching for fresh water or attempting to tunnel to freedom. The site commemorates the sacrifices of all American prisoners of War and includes the Andersonville National Cemetery.

Stone Mountain Park - The world's largest mass of exposed granite, is surrounded by a 3,200 acre park which attracts nearly 4 million persons a year. A massive Confederate carving features General Robert E. Lee with General Stonewall Jackson and Confederate President Jefferson Davis.

The carving of General Robert E. Lee is 138 feet from the top of his head to his horses hoof. His face measures 21 feet, his nose 5 feet. The stars on his collar are bigger than dishpans and the sword, measuring 58 feet in length and 4 feet in width, weighs one hundred tons. This giant granite dome rises 650 feet above the surrounding plains, and can be found 20 miles east of Atlanta.

Westville Village - This is a small village with a dozen or more original buildings from various parts of Georgia, that they relocated in Lumpkin, to create the village atmosphere of the 1850's.

Plains - The home of our present President of the United States, Jimmy Carter.

Okefenokee Swamps - This is the site of the largest swamp in the United States. The swamp occupies 435,000 acres.

Providence Canyon State Park - This is Georgia's "Little Grand Canyon", and is located near Lumpkin.

Jekyll Island - Now state-owned, once was a favorite for such millionaires as J.P. Morgan, William Rockefeller, William Vanderbilt, and Joseph Pulitzer. The entire ocean side is 9 1/2 miles long. Rockefeller 25 room "cottage" is now a museum.

### Kentucky

Cumberland Gap National Historical Park - These rugged Allegheny Mountains blocked the westward spread of colonists until 1750, when Dr. Thomas Walker, surveying a land grant, discovered the Indian Warrior's path through Cumberland Gap. In 1775 Daniel Boone led a company of 30 men in blazing the Wilderness Road, opening Kentucky to settlements.

Mammoth Cave National Park - There are about 150 miles of explored trails and passages in Mammoth Cave that are now open to the public. One notable excursion is an entire day's trip - it lasts seven hours. This tour was closed when I was there.

## Maine

Acadia National Park - This is one of the most beautiful parks in the United States. It is noted for its breath taking seashore, and a smooth rockface hill known as Cadillac Mountain. From the top of this mountain you can overlook the Atlantic islands that dot the Maine coast. There are special points of interest such as Thunder Hole, Big Jordon Pond, and the unbelievable view from the 1,532 summit of Mt. Cadillac.

## Massachusetts

Boston - The Freedom Trail was our high light as we toured the downtown historic areas. We were able to see the major Revolutionary sites.

Concord - The 750 acre Minute Man National Historical Park, stretching along the redcoats' route between Lexington and Concord, and commemorates the beginning of the Revolutionary War. Concord's literary landmarks include Ralph Waldo Emerson's white brick house, built in 1820; Nathaniel Hawthorne's Old Manse; the Orchard House, where Louisa May Alcott began writing Little Women. Walden Pond is now preserved in a 150 - acre state reservation.

Plymouth - In this small city we found the site of the first pilgrim settlement in the New World. There is now a re-created settlement called Plimoth Plantation, which gives you the feeling that you are back in the 1600's. We were able to see the famous Plymouth Rock, as well as Mayflower II.

## Michigan

Greenfield Village and Henry Ford Museum - This is a Ford - sponsored restoration where you can walk through history and see the actual houses of some of our famous early Americans such as; Thomas Edison, Henry Ford, and the Wright Brothers to name a few.

## Mississippi

Beauvoir - Biloxi - Jefferson Davis, the President of the Confederacy spent the last 12 years of his life at this mansion, which is ~~now~~ fully

restored and furnished with original pieces. This is also the site where Jefferson Davis wrote - Rise and Fall of the Confederate Government.

#### New Mexico

Carlsbad Caverns - This is the site of one of the most famous caves in the world. There are caves here that are said to be large enough to contain the whole of the Capitol of Washington.

#### New York

Fort Ticonderoga - In 1755 the French leveled a mountaintop to build this star-shaped fort. This was very important outpost located on the tip of Lake Champlain. This fort fell to Ethan Allen's Green Mountain Boys during the Revolutionary War.

Hyde Park National Historical Site - This is the site of two famous houses. Franklin D. Roosevelt Home, and the mansion of Frederick W. Vanderbilt.

Adirondacks State Park - In the middle of the Adirondacks I found a quiet and pretty town of Lake Placid. It was the site of the 1932 Winter Olympics, and will be the site of the 1980 Winter Games. I visited the different sites, such as, the ski jump, figure skating arena, and the speed skating arena.

Niagara Falls - In its 36 mile run from Lake Erie to Lake Ontario, the Niagara River drops 326 feet, more than half of it in this single plunge. Actually, there are three falls: the American Falls, 182 feet high and, 1,075 feet wide; the Canadian (Horseshoe ) Falls, 176 feet high and 2,100 feet wide; and the Bridal Veil Falls. They move upstream about a foot each year.

Hudson River Valley - This is one of the countries most beautiful areas. The river valley is lined with old homes, battlefields, cherry and apple orchards, castles, and breath taking views.

Saratoga National Historical Park - The American victory here over

the British in 1777 was the turning point of the Revolutionary War.

### North Carolina

Biltmore House and Gardens - After a most extensive search for a site to build his country home, George W. Vanderbilt, grandson of Commodore Cornelius Vanderbilt, chose Western North Carolina for its climate and beautiful mountain landscape. The construction of Biltmore House was started in 1890, and was completed in 1895. The name "Biltmore" was a combination of "Bidt", the Dutch town of Mr. Vanderbilt's ancestors, and "more", and old English word for rolling upland country. The house, counting all four floors, a basement and sub-basement, contains over 4 acres of floor space.

Old Salem - The Moravian community here has been restored to its 18th century appearance.

The Blue Ridge Parkway - A unit of the National Park system, it extends, 469 miles through the Southern Appalachians, past many beautiful vistas and through a landscape full of rhododendrons, azaleas, and dogwood trees to name a few of the many natural plants the border the roadside.

Great Smoky Mountains National Park - At the North Carolina entrance I visited an excellent pioneer farmstead maintained by the rangers. This 800-square mile park has some 150 miles of roads, half of them paved and 700 miles of horseback and hiking trails.

### Montana

Glacier National Park - There are still some 40 glaciers among the beautiful peaks and ridges of this 1,600 square mile National Park. The drive we enjoyed the most was called the Going-to-the-Sun road, it was full of spectacular views as we cross the Continental Divide.

### Oregon

Jacksonville Historical District

In 1851 when gold was struck at Rich Gulch, Jacksonville attracted hordes of gold seekers. For some 32 years the town prospered as a county seat and inland trade and financial center. It is restored to once again welcome visitors.

Crater Lake National Park - Crater Lake, a 2-square mile circle of an unforgettable blue that is nearly 2,000 feet deep, is fed only by melting snows, and has no outlet. The lake was created thousands of years ago when Mt. Mazama, a 15,000 foot volcano, erupted and formed a crater now filled by the lake.

### Pennsylvania

Brandywine Battlefield State Historical Park - George Washington's crushing defeat of the Battle of the Brandywine, on September 11, 1777, left Philadelphia open to advancing British troops.

Gettysburg National Military Park - At this spot the bloodiest battle of the Civil War took place. Here Gen. George Meade's Army of the Potomac defeated the Army of Northern Virginia under Gen. Robert E. Lee, July 13, 1863.

Lancaster County - In the heart of Pennsylvania Dutch country, the "plains people" - descendants of German, or deutsch settlers, cling to their self-sufficient way of life.

Philadelphia - Independence National Historical Park. Many of America's most significant events took place in "Old Philadelphia", such as; meeting of old Continental Congress, adoption of the Declaration of Independence, ringing of the Liberty Bell, and writing of the Constitution. Some of the Historical Treasures - include Independence Hall, Carpenter's Hall, Congress Hall, Bishop White's House, Christ Church, city tavern, and Franklin's Court.

Valley Forge National Historical Park - General George Washington's starving, tattered army stayed here from Dec. 1777 to June 1778. Although 3,000 soldiers died that bitter winter, the survivors emerged as a rejuvenated

army.

### South Carolina

Charleston - The long history of this coastal city extends back to its founding as an English Colony in 1670.

Fort Sumter National Monument - The Civil War's first engagement took place at this site.

### South Dakota

Mount Rushmore National Monument - A massive, 60 to 70 foot high heads of George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln took shape on the granite face, under the direction of sculptor Gutzon Borglum between 1927 and 1941.

Badlands National Monument - This is one of the most impressive pieces of natural sculpting in the world. Over millions of years, layer upon layer of mud, sand, and gravel along with skeletons of the animals of the period - dinosaur, saber-tooth tigers, bison and tinier water marsh creatures - were built up to a depth of over 600 feet. Probably during the great land upheaval which formed the Rocky Mountains, the earth's crust rose and the action of wind and water began to form the cones, spires and jagged peaks, the canyons which now make up this colorful region. The visitors center is open year round.

### Tennessee

Historic Hermitage Properties - The 625-acre estate near Nashville was for 40 years the home of Andrew Jackson, our 7th President. The Hermitage was built in 1819, is a relatively simple structure, but it retains the columns of the Greek Revival style of its day. Nearby Tulip Grove, a antebellum house, was the home of Mrs. Jackson's nephew.



## Virginia

Alexandria - Enjoyed touring the city with many of its sections retaining its 18th century appearance.

Charlottesville Historic District - Thomas Jefferson founded and designed the University of Virginia here in 1819. Numerous other restored buildings and homes in the town reflect his architectural influence.

Monticello - The three story building has 35 rooms but looks deceptively modest because 12 rooms are in the basement and a series of out buildings, such as laundry, smoke house, dairy, stable, weaving quarters, and kitchen, is located inconspicuously beneath the long terraces terminating in two balancing chambers. Thomas Jefferson always looking for laboring-saving devices, he filled Monticello with unique features such as a tightly winding stairway, only 24 inches wide to save space, a revolving door with shelves to serve dishes from the kitchen to the dining room, a dumbwaiter to bring wine from the cellar, a folding ladder to use in winding the cannonball clock that registered hours, days, and weeks.

Ash Lawn - In a rural setting we discovered the home of James Monroe, located just 2 miles from his good friend Thomas Jefferson at Monticello.

Fredericksburg - Reminders of our first President fill this town, founded 1727. Though bodily damaged in the Civil War, many historic buildings have been restored. Fredericksburg and Spotsylvania National Military Park in and around the town includes four major Civil War battlefields. Also included in this area is the house where Stonewall Jackson died after the battle of Chancellorsville.

Michie Tavern Museum - A famous tavern of the 1700's. The tavern today shows how people lived at taverns, the hotels of that day,

Arlington House - On the top of the hill overlooking Arlington National Cemetery is the mansion where Robert E. Lee courted and married Mary Ann Randolph Custis and where they lived until the outbreak of the Civil War.

Colonial National Historical Park - A 23-mile parkway connects Jamestown, the first permanent English settlement; Yorktown, site of the last major battle of the American Revolution; and Williamsburg, the colonial capital of Virginia.

Jamestown Island - One of the most historic sites in America, marks the first successful English colony in the Newworld, dating from 1607.

Jamestown Festival Park - This park was built by Commonwealth of Virginia in 1957 to commemorate the 350th anniversary of the landing at Jamestown. The park has a reconstructed stockade enclosing fifteen residence, a guardhouse, a storehouse, and a church. Moored at the James River dock are full size reproductions of the tiny vessels the Susan Constant, Goodspeed, and Discovery -that brought the settlers to Jamestown in 1607. This was 13 years before the Priplims set foot on Plymouth Rock.

Berkley- Most historic plantation on the James River. It was as the home of the Harrison family that Berkeley achieved its greatness. It is said to be the oldest three story house in Virginia.

Sherwood Forest National Historic Landmark - Past home of President John Tyler.

Shenandoah National Park - A beautiful park that lies on the western side of Virginia. This spectacular park is an extention of the Blue Ridge, and forms the eastern rampart of the Appalachian Range from Pennsylvania to Georgia.

Petersburg National Battlefield - In June 1864, Union forces, unable to break the Confederate line at Petersburg; began a siege. For ten months, Confederate forces held the city as Union troops cut supply lines. Some 70,000 lives were lost before the siege ended April 2, 1865, with Lee's withdrawal. A few weeks later the War ended at Appomattox Court House.

Appomattox Court House National Historical Park - On Palm Sunday, April 9, 1865 General Robert E. Lee surrendered the most successful of all Confederate armies to General Grant at Mc Lean House at this site. This ended the most tragic and bitter chapter of our nation's History.

Manassas National Battlefield Park - Two major Civil War battles scarred these rolling hills near Bull Run and the Manasses railroad center.

Williamsburg - In 1699 the colonists moved their seat of government from Jamestown to Middle Plantation, which originated in 1633 as a palisade between the York and James Rivers. They renamed it Williamsburg in honor of King William III, and it served as the capital of colony whose borders reached beyond the Great Lakes to the Mississippi River and encompassed the territory of eight of our present states. In 1780, during the Revolutionary War, the capitol moved to Richmond and Williamsburg lapsed into lethargy.

In 1926 John D. Rockefeller, Jr. set in motion the restoration of eighty-eight buildings and the reconstruction of others, including the Governor's Palace, the elegant residence of seven royal governors and the State of Virginia's first two governors, Patrick Henry and Thomas Jefferson. Original inventories guided the furnishing of the Palace and other exhibition buildings. There are also 20 craft shops, such as the bakery, the print shop, the blacksmith forge, and the wig maker's shop. To set the

stage, I visited the visitor center to see the thirty-seven minute color film The Story of a Patriot.

#### Washington

Olympic National Park - A 1,400 square mile jumble of awesome forest-clad and glacier-studded mountains at the higher elevations and, below, coniferous rain forests, picture book lakes and mystic streams.

#### West Virginia

Harper's Ferry National Historical Park - This restored 19th century town was the scene of abolitionist John Brown's raid on a federal arsenal. The courthouse in nearby Charlestown incorporates the original 1801 building where John Brown was tried. This site is located at the junction of the Shenandoah and Potomac Rivers.

#### Wyoming

Yellowstone National Park - This park is so vast - about 3,472 square miles - that weeks on end are needed to explore all of its scenic and varied attractions. No other national park embraces so many of nature's masterpieces. Most outstanding among the park's many natural wonders are the world's largest geyser basins and the thundering falls and canyon of the Yellowstone River.

Nowhere else in the world is there so large a wildlife sanctuary. Powerful binoculars are useful for looking closely at bear, elk, buffalo, moose, deer and antelope.

Grand Teton National Park - 485 square miles packed with some of this country's best mountain, valley and lake scenery and can be easily reached over a 22-mile stretch of smooth highway. The magnificent scenery of the Grand Teton National Park extends continuously from the lakes and valleys

skyward to 13,000 foot mountain peaks. Snow-capped and glacier covered, the towering mountains are a backdrop to the placid, emerald lakes, to craggy canyons and pristine forests.

### British Columbia

Glacier National Park - A beautiful park with mountain peaks of 11,5000 feet, glaciers and rugged mountain peaks. The most breathtaking point is at Roger Pass.

Yoho National Park - Located north of Glacier National Park. Yoho is an Indian word meaning "how beautiful" and how true a statement.

Kootenay National Park - One of the main attractions here is the fabulous Vermillion Pass with the wonderful variety of canyons, lakes and falls. At the south end I stopped at Radium Hot Springs for relaxing mineral baths.

### Waterton Lakes National Park

Mt. Revelstoke National Park - Beautiful small, but scenic, park with massive peaks, running streams, glaciers and trees. The summit is over 8,000 feet.

### Skagit Valley Prov. Park

### Ft. Steel Historic Park

### Okanagan Prov. Park

### Mt. Robson Prov. Park

### Bowron Lake Prov. Park

Barkerville Historic Park - Once a rival to San Francisco in size during its heyday in the Gold Rush of the 1860's, it now is a restored ghost town, one of the best of its kind.

### Cottonwood Historic Prov. Park

Alberta

Banff National Park

Jasper National Park

Lesser Slave Lake Prov. Park

Icefields Parkway - The most stunning stretch of highway in Canada.

Idaho

Nez Perce National Historic Park - Located in the western part of the state and has more than 2 million acres. Attractions include Sel-way-Bitterroot Wilderness, Salmon River, Seven Devils Range. The forest has about 40 camp- and picnic-grounds.

Craters of the Moon National Monument - Visitor center shows exhibits depicting volcanic formations, plants, animals and history of the park.

New Brunswick

Fundy National Park

Kouchibouguac National Park

E. SUMMARY AND CONCLUSIONS

I've been at Mt. San Antonio College since 1961; first as a student, then as a coach and now as an instructor and coach. Through the years I've gained a great deal of respect for the College and especially our physical education department and the track and field program. This past year I've had my feelings verified.

I visited thirty Community Colleges, looking into their physical education facilities, tuition costs, course offerings and their track and field programs. I was somewhat surprised to find these colleges so far behind those in California. It was difficult to find a community college that had a track and field program comparable to ours. For example, in the State of

Florida I found only two community colleges with a track. Not being able to find any progressive track and field programs in community colleges in the South, I decided to visit universities, so I could pick up a few new ideas on track and field and physical education facilities.

After visiting the forty-two community colleges and universities, I still feel that we have the finest track and field facilities and program in the country. I know that we provide our athletes with opportunities they would have difficulty duplicating.

One of the objectives I had visiting the different universities was to lay groundwork for possible placement of future athletes. One of the questions our athletes continually ask is where is a good place to transfer to once they leave Mt. San Antonio College. I was able to talk with these coaches about their programs, requirements and took some slides so I can show them to our athletes. I can now advise our athletes about these colleges and help them make a wiser selection.

As I travelled over 40,000 miles this year and took in six Provinces of Canada and forty-one states, I was able to take over 3,000 slides. With these slides I will be able to give my camp leadership class a good view of our National Park system and other historical sites. This will aid them in selection of parks in which they might like to work or areas in which they might like to travel.

At Mt. San Antonio College we host one of the largest track and field invitationals in the country. We are the only community college in the country to attempt to host a meet of this size. That's why I found it very interesting and enlightening to attend a couple of the famous relay meets across the country. The first one I attended was the Dogwood Relays. I was disappointed

in the organization and size, but I was very impressed with their electronic scoreboard. They were able to time each runner, then flash his or her time on a scoreboard as well as their finish place. This would be a great asset to our program. One of the most difficult parts of administrating a track and field relays is to get the results back to the spectators as quickly as possible. This would be an answer to this problem that we have had for some time. The world famous meet, Penn Relays, had a similar device that gives the spectator immediate results at the finish of each race.

I was very impressed with the organization of the Penn Relays, but the type of meet they run would not fit into the philosophy of our Relays.

In visiting community colleges, I came across several courses which we could implement at Mt. San Antonio College. The one I was most enthusiastic about was the class they offered at Wake Forest University. It would fit in with our Mini-Mountie program. This class would be taught by physical education or education majors. It would be designed to instruct 2-5 year olds motor skills. A facility would be set up so these young children could learn to run, climb, jump, hit, catch, throw, etc.

This would fit in with another class that I believe we should include in our physical education program. It is a course which would instruct elementary school teachers how to establish a proper physical education class for students K-6, teaching them rhythm, dance, running, jumping and throwing. These classes are now offered in several of the schools I visited, and I think they would enhance our program.

Another course I found to be very popular is called Recreational Activities. In this course you teach the students the skills and rules of activities such as table tennis, billiards or pool. Many students are interested in



these activities but do not know how to play them. We have this equipment already on hand at Mt. SAC so the cost would be very little.

In regard to the physical education facilities I observed, the one facility that we do not have, and need, are handball courts. Every major, and not so major, college across the country has handball courts and they are in use continually. In fact, I visited a small college in Georgia which had very limited physical education facilities, but they had a handball court. I think it's about time we consider building them to strengthen and improve our already excellent program.

In closing, I would like to say that this year has been invaluable to me. I've had a chance to travel extensively throughout this country and Canada. I've spent a great deal of time visiting different colleges and universities and evaluating their programs. I've returned refreshed and rejuvenated and have a renewed excitement about teaching and coaching. I truly feel that I've returned with a lot more to share with my classes, new ideas to implement in our track and cross country program and a commitment to becoming a better instructor and coach.