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Learn To Play

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Archery attracts many women as they relax from books and classes.

Learn To Play

by *Floramae Gates*

Technical Journalism Junior

YOU'RE so busy with studies, activities, and social life that you've forgotten to learn how to play. You'll be the first to admit that play is important in your life, but have you really learned how to play?

When we talk about play, we mean the active kind in the form of sports that give you a chance to exercise muscles not used in walking to class.

A purpose of college is to help you learn how to enjoy your life. Educators recognize that an important part of your life is physical activity. That's why Iowa State has such a complete program of physical education classes, intramurals and inter-collegiate sports for both men and women.

One of the persons responsible for that program is Dr. Germaine Guiot, head of the Department of Physical Education for women. Dr. Guiot says, "We don't teach basketball, swimming, or tennis, *we teach individuals*. We supply the tools with which our women can learn sports. Then it's up to them to learn to enjoy playing."

"But," you say, "I'm not good at sports. I'd rather play bridge or canasta."

That's when you need to learn how to play.

Develop Motor Skills

Motor skill, like anything else, is developed by practice; and, the better you are, the better you like it. Learning a skill and afterwards being able to use it with complete confidence is a morale builder.

You become discouraged with studies at times. One of those times you go to the gym and play a game you know something about. Here at last is something you can do well, and that helps you feel better. Dr. Guiot points out that even a little progress in a motor skill brings self-confidence and poise. It's good for you psychologically.

More and more, a skill in at least some of the popular sports is socially necessary. Haven't you been asked for dates to bowl, swim or play tennis? Men enjoy the company of women who can offer them some competition or enjoy participating in sports.

Attract Men

Men also appreciate women who are intelligent about sports—know what's happening out on the basketball or tennis courts. They like to believe you are able to figure out the strategy of the game. You'll find too that participating in lively sports requires mental alertness and quick thinking.

From study you should be aware of the physiological benefits of exercise. You'll be able to feel the difference too, for there's nothing like a good game of volleyball, or even ping pong, to relax you after a busy day of classes or other activities.

The trend is toward more sports for women. At Iowa State that's proved by the increasing number

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Hardships

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State position, Catherine had taught in the YWCA at Minneapolis for one year and had then become supervisor of Domestic Science in the public schools of Winnepeg.

In 1912, following Miss Purmor's marriage, Catherine MacKay was made head of the Domestic Science Department at Iowa State. A year later, by action of the State Board of Education, the Domestic Science work was reorganized and it became the Division of Home Economics with Miss MacKay as Dean.

During her administration, enrollment in the department jumped from 95 to 800, and the number of degrees granted multiplied 60 times. In 1916, Dean MacKay was elected president of the American Home Economics Association.

Dean MacKay's contribution to the field of home economics and Iowa State College are unsurpassed in the college's history. She was ideally equipped for her chosen work—the instruction of the younger generation in the greatest vocation on earth—the making of a home.

Learn to Play

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of you taking part in the athletic program. Since 1940 the number of intramural tournaments for women has increased from 9 to 12, and the women participating in those tournaments from 663 to 1466 according to Dr. Guiot. It's no longer fashionable to be so feminine you can't catch a baseball.

Improve Your Ability

Here's what you can do to improve your sports ability and enjoy it. Take advantage of the athletic facilities offered to you on the campus. Represent your dormitory or house in intramural tournaments. Join any of the WAA clubs, Winter Sports Club or Fencing Club. Gym classes are open to everyone, and give an hour of credit to upperclass women. Take advantage of recreational swimming at the gym. Or take time out to bowl or play ping pong once in awhile.

Look again at the way sports benefit you—psychologically, socially, intellectually, and physically. What other activity can do that much for you?

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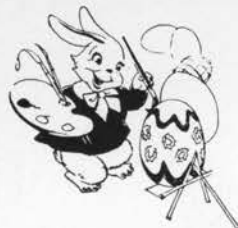
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