1953

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She Emphasizes

Good Fun

by Doris Jirsa
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We point to Dr. Germaine Guiot for her "Living and Growing" work, the Iowa State physical education program for women.

When Dr. Guiot 13 years ago formed the foundation of the present women's athletic program, emphasis was placed on good fun. She planned a program to develop skills for personal and group enjoyment, for today and tomorrow. She in no way wanted to stimulate imitating men and their activities but rather wanted to encourage a wholesome development through sports or rhythmic activities without losing femininity.

Feminine, Yes

This, then, is Dr. Guiot; feminine, yes; a personality with positive enthusiasm for women's sports activities.

Dr. Guiot, who was voted a fellowship by the American Association of Health, Physical Education and Recreation for her distinguished service to her profession, still fondly looks to the past. A petite woman with softly-curl gray hair, she recalls the days when, as a fascinated girl, she was truly an outsider of the sports world, poking her nose through the tennis court fence, watching enviously those fortunate enough to play.

With this beginning interest in tennis, she began to build on dreams and discovered in her first formal physical education classes a broad new field open before her. Her zeal and vivacity, inspiring in itself, reflects the joy she has found in her work.

She received her teaching diploma and went on to get a masters degree at the University of Michigan and her doctorate degree in physical education at New York University. She was tapped by Mortar Board, as an honorary member, in 1953.

Since her appointment as head of the Iowa State physical education department for women, Dr. Guiot has watched the department expand to carry out a four-point program. This includes required credit classes, outside recreation groups, the minor in physical education and the intramural program.

Last year about 1,800 women participated in 12 intramural tournaments representing women's residences on campus. For the women interested in particular phases of the intramural program, WAA clubs (Women's Athletic Association) have been organized. Among them are Naiads, Rackets, Camp Counselors and Officials Club with a total membership of 500 women.

To accompany the growing student program, Dr. Guiot administers an increasing number of activities which extend beyond the regular program. Over 9,000 persons use the gymnasium for these services. Splash parties are often scheduled for co-recreational swimming.

Dr. Guiot was chosen for Mortar Board in 1953.

Dr. Guiot reports the enrollment in the physical education minor is increasing. She particularly encourages students to consider public school instruction. Women with a minor in this field take 23 credit hours of physical education, assist in conducting classes and often practice teach in the Ames public schools.

To relieve a near "splitting at the seams" condition, Dr. Guiot hopes for an addition to the present gymnasium. She is planning for a recreation room with a fireplace and facilities for coeducational programs and a special section designed for handicrafts. A second floor would house a sports room.

New Golf Course

Blueprints have been drawn up for construction of a 4-hole beginners golf course on part of the 14-acre play field east of the building.

As set up, the guiding objective of the physical education program is "to help the individual meet her physiological needs by instructing the college woman in activities which she can play and use in later life; not only for herself but in comradeship."

Keeping this in view, Dr. Guiot explains that "emphasis is placed on acquiring fair to good skill, gaining a knowledge of basic strategy and developing an intelligent appreciation and a useful vocabulary for a variety of recreational areas. Superior performance is not an ultimate goal."

The future plans which Dr. Guiot devises for the physical education program must meet the modern demands brought about by more leisure time, the widening scope of socially accepted recreational activities such as bowling and billiards, and the 45.2 per cent increase in the last decade of persons living to be over 75 years of age. Sedentary activities in addition to individual and team sports are becoming new and very important areas for instruction.

To carry out the full program, Dr. Guiot can be proud to admit "Iowa State College has available one of the best equipped and well-rounded athletic departments for women in our country."