

REPORT  
OF  
PROVIDENCE COLLEGE  
PHYSICAL FITNESS PROGRAM  
FOR  
ARMY SPECIALIZED TRAINING UNIT  
TERM ENDING  
OCTOBER 30, 1943.

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## PHYSICAL FITNESS REPORT

The following is a detailed report of the Physical Fitness Program for the Army Specialized Training Unit at Providence College.

Each student was required to take six hours of Physical Fitness each week. These hours were divided into four one-hour periods and one two-hour period. We set our schedule up this way because we believe that the above arrangement of hours not only suited our facilities and personnel, but also served to keep the interest at a high level. This proved much more beneficial to the individual and to the unit as a whole, since there was no slackening in the intensity of activities.

The one-hour period permitted from thirty-seven to forty-three minutes of physical activity. The remaining time of each hour was allowed for showers and dressing. The program consisted of calisthenics, individual and group combatives, competitive relays, running the obstacle course, cross-country running, and wind sprints.

The two-hour period consisted of one-hour and forty minutes of activity. The program was of supervised recreational activities in which the students (excepting non-swimmers who were required to report to the Metcalf Pool for instruction) had the choice of the following activities: Softball, Baseball, Outdoor-Basketball, Volleyball, Swimming and Football.

Army Physical Fitness tests were given to all students when they entered in July. They were tested in the following events:

Push-ups  
Pull-ups  
Squat Jumps  
Sit-ups  
Burpees  
100 Yd. Pick-a-back  
300 Yd. Run

This battery of tests is standardized by the Army for all Army Specialized Training Units. Achievement in these tests is a valid indication of the general Physical Fitness of the individual. The results were used as a guide in determining the type of the program necessary to get these men in the best possible physical condition. We also tested again at the end of the first semester in order to check the improvement.

Screening tests in swimming were given to the members of the Unit. Students were graded in A, B, and C groups. The A group was comprised of experienced swimmers, B group of Beginners and C group of non-swimmers. By the term "Beginners" was meant those who could swim some but not sufficiently well to pass the necessary tests.

The results were as follows:

A group	338
B group	60
C group	80

The members of B and C groups were sent to the Metcalf Pool once a week for further instruction under Mr. Roy. Watmough, nationally known swimming instructor. After 12 weeks of instruction 125 qualified as experienced swimmers and 15 failed to meet the minimum requirements.

The program was kept as competitive as possible with each section competing against the other in all activities. We believe that this spirit of competition is not only necessary but that it is the backbone of any sound Physical Fitness Program.

The following charts are intended to give a graphic picture of the improvement of the physical efficiency among the Providence College Unit during the first term of participation in the Army Specialized Training Program.

AVERAGE SCORES BY SECTION IN THE PRE-COURSE TESTS, JULY 1943

Section	Push-ups	Squat Jumps	Sit-ups	Pull-ups	100 Yd.		300 Yd.
					Pick-a-back	Burpee Run	
1	19.9	25.3	31.9	5.7	28.8	10.9	51.5
2	21.4	25.3	33.3	6.5	26.5	10.9	48.6
3	19.1	30.8	35.	4.4	27.5	10.4	50.1
4	20.1	34.9	30.8	6.2	26.7	9.8	49.5
5	19.	29.	32.2	6.1	28.1	9.9	51.8
6	17.1	30.4	31.4	6.1	26.3	10.3	47.1
7	18.8	30.4	33.6	4.7	27.5	10.2	51.7
8	20.9	35.6	32.8	6.2	26.4	9.9	50.
9	17.4	28.	28.4	6.2	30.1	11.1	58.1
10	19.5	26.1	28.9	6.2	27.7	10.1	53.4
11	20.2	31.9	27.9	6.5	26.8	11.0	53.
12	18.1	27.1	26.4	5.7	25.5	9.9	50.9
13	16.	27.5	24.	5.7	26.5	9.9	52.1
14	19.9	34.8	30.9	8.	26.5	10.2	52.2
15	17.5	32.2	27.2	6.1	25.6	10.3	49.5
16	19.1	30.	30.2	5.7	27.2	10.7	51.3

AVERAGE SCORES BY SECTION END OF FIRST TERM, OCTOBER 1943

100 Yd.  
300 Yd.

Section	Push-ups	Squat Jumps	Sit-ups	Pull-ups	Pick-a-back	Burpee	Run
1	29.1	54.3	56.	10.5	24.7	13.5	42.
2	28.3	51.9	55.2	11.	23.8	12.	40.6
3	28.7	49.8	52.3	12.4	23.9	12.6	41.7
4	25.2	49.5	41.2	11.1	23.8	12.8	42.5
5	26.5	48.5	49.	12.	23.4	13.1	40.8
6	25.9	47.3	46.6	10.7	24.1	13.1	41.7
7	26.3	45.9	39.5	9.9	25.6	12.5	43.6
8	28.4	53.3	50.2	11.4	23.7	12.6	41.2
9	26.4	45.2	43.7	10.1	23.7	12.7	43.5
10	26.9	49.2	42.4	9.4	24.9	11.7	43.3
11	28.1	50.6	43.5	11.6	24.1	12.4	42.4
12	28.1	48.6	39.9	10.8	24.4	12.3	43.5
13	25.8	41.3	35.8	10.8	25.8	12.4	44.8
14	29.8	44.7	45.1	13.	24.6	12.8	42.7
15	25.9	41.	39.5	10.8	24.5	12.6	42.8
16	26.4	55.4	43.4	11.7	24.8	13.2	43.1

## CHART I

### Sections Scoring Highest in all Events

1st. Place	Event	2nd. Place
Section 1 Score 29.1	Push-ups	Section 2 Score 28.3
54.3	Squat Jumps	51.9
56.0	Sit-ups	55.2
10.5	Pull-ups	11.0
24.7	100 Yd. Pick-a-back	23.8
13.5	Burpee	12.0
42.0	300 Yd. Run	40.6

## CHART II

### Section Showing Greatest Improvement in all Events

<u>Section 1 Event</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
Push-ups	19.9	29.1	9.2	46.2
Squat Jumps	25.3	54.3	29.0	114.6
Sit-ups	31.9	56.0	24.1	75.5
Push-ups	5.7	10.5	4.8	84.2
100 Yd. Pick-a-back	28.8	24.7	4.1	14.2
Burpee	10.9	13.5	2.6	23.6
300 Yd. Run	51.5	42.0	9.5	18.4

CHART III

Section Averaging Highest in Each Event

<u>Event</u>	<u>Section</u>	<u>Score</u>
Push-ups	14	29.8
Squat Jumps	16	55.4
Sit-ups	1	56.0
Pull-ups	14	13.0
100 Yd. Pick-a-back	5	23.4 sec.
Burpees	1	13.5
300 Yd. Run	2	40.6 sec.

CHART IV

Sections Showing Greatest Improvement in Each Event

<u>Event</u>	<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
Push-ups	12	18.1	28.1	10	36.3
Squat Jumps	1	25.3	54.3	29	114.6
Sit-ups	1	31.9	56.	24.1	75.5
Pull-ups	3	4.4	12.4	8.	181.8
100 Yd. Pick-a-back	9	30.1	23.7	6.4	27.0
Burpees	5	9.9	13.1	3.2	32.3
300 Yd. Run	9	58.1	43.5	14.6	25.1



## CHART V

### Individuals Scoring Highest in Each Event

#### Push-ups

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Mikitka, J.	3	55
2. Kuntz, I.	14	54
3. Blackshear, R.	14	53

#### Squat Jumps

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Preslock, G.	2	110
2. Dunbar, D.	16	105
3. Sebesta, J.	10	101

#### Sit-ups

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Reardon, R.	3	130
2. Lear, W.	1	128
3. Blinder, A.	6	127

#### Pull-ups

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Kraft, D.	1	32
2. Klesdges, R.	1	24
3. (Dunbar, D.	16	22
(Kuntz, I.	14	22

#### 100 Yd. Pick-a-back

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Cowie, P.	4	18 sec.
2. LaChapelle, E.	6	18 sec.
3. Keefe, J.	1	19 sec.
Brady, J.	7	19 sec.
Kaufman, H.	2	19 sec.
Mikitka, J.	3	19 sec.

#### Burpees

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Porter, G.	16	15½
2. Parker, R.	16	15
3. Lehman, W.	5	15
LaChapelle, E.	5	15
Gornall, J.	8	15
Graybill, F.	11	15

#### 300 Yd. Run

<u>Name</u>	<u>Section</u>	<u>Score</u>
1. Keefe, J.	1	34 sec.
2. Brady, J.	7	36 sec.
3. Preslock, C.	2	36 sec.
Rinear, T.	2	36 sec.
Klesdges, R.	1	36 sec.

CHART VI-A

Comparison of Pre-Test and Post-Test Scores Made by  
Each Section in Each Event

PUSH-UPS

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	19.9	29.1	9.2	46.2
2	21.0	28.3	7.3	34.7
3	19.1	28.7	9.6	50.2
4	20.1	25.2	5.1	25.3
5	19.0	26.5	7.5	39.4
6	17.1	25.9	8.8	51.4
7	18.8	26.3	7.5	39.9
8	20.9	28.4	7.5	35.8
9	17.4	26.4	9.0	51.7
10	19.5	26.9	7.4	37.9
11	20.2	28.1	7.9	39.1
12	18.1	28.1	10.0	55.2
13	16.0	25.8	9.8	61.2
14	19.9	29.8	9.9	49.7
15	17.5	25.9	8.4	48.0
16	19.1	26.4	7.3	38.2

CHART VI-B

SQUAT JUMPS

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	25.3	54.3	29.0	114.6
2	25.3	51.9	26.6	105.13
3	30.8	49.8	19.0	61.6
4	34.9	49.5	14.6	41.8
5	29.0	48.5	19.5	67.2
6	30.4	47.3	16.9	55.6
7	30.4	45.9	15.5	50.9
8	35.6	53.3	17.7	49.7
9	28.0	45.2	17.2	61.4
10	26.1	49.2	23.1	88.5
11	31.9	50.6	18.7	58.6
12	27.1	48.6	21.5	79.3
13	27.5	41.3	13.8	50.1
14	34.8	44.7	9.9	28.4
15	32.2	41.0	8.8	27.3
16	30.0	55.4	25.4	84.6

CHART VI-C

SIT-UPS

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	31.9	56.0	24.1	75.5
2	33.3	55.2	21.9	65.7
3	35.0	52.3	17.3	49.4
4	30.8	41.2	10.4	33.7
5	32.2	49.0	16.8	52.1
6	31.4	46.6	15.2	48.4
7	33.6	39.5	6.1	18.1
8	32.8	50.2	17.4	53.0
9	28.4	43.7	15.3	53.8
10	28.9	42.4	13.5	46.7
11	27.9	43.5	15.6	55.9
12	26.4	39.9	13.5	51.1
13	24.0	35.8	11.8	49.1
14	30.9	45.1	14.2	45.9
15	27.2	39.5	12.3	45.2
16	30.2	43.4	13.2	43.7

CHART VI-D

PULL-UPS

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	5.7	10.5	4.8	84.2
2	6.5	11.0	4.5	69.2
3	4.4	12.4	8.0	181.8
4	6.2	11.1	4.9	79.0
5	6.1	12.0	5.9	76.7
6	6.1	10.7	4.6	75.4
7	4.7	9.9	5.2	110.6
8	6.2	11.4	5.2	83.8
9	6.2	10.1	3.9	62.9
10	6.2	9.4	3.2	51.6
11	6.5	11.6	5.1	78.4
12	5.7	10.8	5.1	89.4
13	5.7	10.8	5.1	89.4
14	8.0	13.0	5.0	62.5
15	6.1	10.8	4.7	77.0
16	5.7	11.7	6.0	105.2

CHART VI-E

100 YD. PICK-A-BACK

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	28.8	24.7	4.1	17.9
2	26.5	23.8	2.7	10.1
3	27.5	23.9	3.6	13.1
4	26.7	23.8	2.9	10.8
5	28.1	23.4	4.7	16.7
6	26.3	24.1	2.2	8.3
7	27.5	25.6	1.9	6.9
8	26.4	23.7	2.7	10.2
9	30.1	23.7	6.4	21.2
10	27.7	24.9	2.8	10.1
11	26.8	24.1	2.7	10.0
12	25.5	24.4	1.1	4.3
13	26.5	25.8	.7	2.6
14	26.5	24.6	1.9	7.1
15	25.6	24.5	1.1	4.2
16	27.2	24.8	2.4	8.8

CHART VI-F

BURPEES

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	10.9	13.5	2.6	23.8
2	10.9	12.0	1.1	10.0
3	10.4	12.6	2.2	21.1
4	9.8	12.8	3.0	30.6
5	9.9	13.1	3.2	32.3
6	10.3	13.1	2.8	27.1
7	10.2	12.5	2.3	22.5
8	9.9	12.6	2.7	27.2
9	11.1	12.7	1.6	14.4
10	10.1	11.7	1.6	15.8
11	11.0	12.4	1.4	12.7
12	9.9	12.3	2.4	24.2
13	9.9	12.4	2.5	25.2
14	10.2	12.8	2.6	25.4
15	10.3	12.6	2.4	23.3
16	10.7	13.1	2.4	22.4

CHART VI-G

300 YD. RUN

<u>Section</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
1	51.5	42.0	9.5	18.4
2	48.6	40.6	8.0	19.7
3	50.1	41.7	8.4	16.7
4	49.5	42.5	7.0	14.1
5	51.8	40.8	11.0	21.2
6	47.1	41.7	5.4	11.4
7	51.7	43.6	8.1	15.6
8	50.0	41.2	8.9	17.8
9	58.1	43.5	14.6	25.1
10	53.4	43.3	10.1	18.9
11	53.0	42.4	10.6	20.0
12	50.9	43.5	7.4	14.5
13	52.1	44.8	7.3	14.0
14	52.2	42.7	9.5	18.2
15	49.5	42.8	5.7	11.5
16	51.3	43.1	8.2	15.9



### CHART VII

#### Average Performances in Pre-Test and Post-Test for Entire Class

<u>Event</u>	<u>Pre-Test</u>	<u>Post-Test</u>	<u>Gain</u>	<u>% of Gain</u>
Push-ups	19.0	27.2	8.2	43.2
Squat Jumps	29.9	48.5	18.6	62.2
Sit-ups	30.3	45.2	14.9	49.2
Pull-ups	6.0	11.8	5.8	96.7
100 Yd. Pick-a-back	27.1	24.4 sec.	2.7	10.0
Burpees	10.3	12.6	2.3	22.3
300 Yd. Run	51.3 sec.	42.5 sec.	8.8 sec.	17.2

### CHART VIII

#### Comparison of Scores of Providence College Unit with Sample Scores of 2500 Trainees as Listed in Army Specialized Training Bulletin No. 2

<u>Event</u>	<u>P. C.</u>	<u>2500 Army Trainees</u>	<u>P. C. Gain in Comparison</u>
Push-ups	27.2	22.8	4.4
Squat Jumps	48.5	38.6	9.9
Sit-ups	45.2	41.4	3.8
Pull-ups	11.8	7.1	4.7
100 Yd. Pick-a-back	24.4 sec.	24.6 sec.	0.2
Burpees	12.6	11.8	0.8
300 Yd. Run	42.5 sec.	44.4	1.9

### Conclusion

1) We believe that the improvement in the 300 Yard Run, 100 Y rd Pick-a-back and Squat Jumps should be accredited to running the cross country course twice a week, and intersectional competitive relays in these events.

2) High correlation existed between poor performances and lack of proper gym equipment. Participants wearing fatigue and dress uniform performed poorly in comparison with those wearing athletic equipment.

3) Pre-tests showed the entire group to be low in achievement in Pull-ups. We stressed this event including it in every day activity with the result that the post-tests showed a 96.7 per cent gain in performance.

4) The post-tests showed such a sharp improvement in Physical Efficiency that we feel that next semester's program should be broadened to include more competitive activities of the running game type which will tend to maintain this high peak of Fitness and at the same time develop health, neuro-muscular skills, competitive spirit, and desirable reactions.

PHYSICAL EDUCATION STAFF

1. E. J. Crotty
2. D. J. O'Grady
3. A. C. Dunn
4. W. D. Goulding
5. Rev. A. B. Begley, O. P.
6. Miss Ruth A. Coffey, Secretary

Edward J. Crotty  
Director of Physical Education