

CEASELESS

Have you been through the circuit? "What is the circuit?" you ask. For the answer we give you Dr. Max Howell of the U of A Physical Education department. He says in an article in the June, 1961 edition of Health magazine (on which Prof. W. R. Morford of the University of California collaborated): "A circuit consists of a number of carefully selected and simple-to-perform exercises, that are arranged in the form of a circuit, so that an individual may proceed from one exercise to another without undue local fatigue and at work rate compatible with each person's capacity. Progression on a circuit is measured, initially, by decreasing time of performance, and secondly, by increasing loads or repetitions."

The plan was originally developed at the University of Leeds and Professors Howell and Morford did joint research on it while both were at University of British Columbia last year.

Following a successful test of the program at UBC, Dr. Howell, a new staff member here this

PLAN FOR WOMEN

year, brought the plan to U of A. The circuit established here consists of thirteen exercises, and is set up for men students in the Physical Education Building. A plan for women has just recently been developed and is now in use, as well.

Although the circuit being used involves weights and other equipment, Dr. Howell stressed that these are not necessary. A plan is outlined in the above-mentioned article which could be used in the home with no equipment whatever required.

Before looking more specifically at the circuit in use here, let us again quote from the article to see just what the purpose of circuit training is.

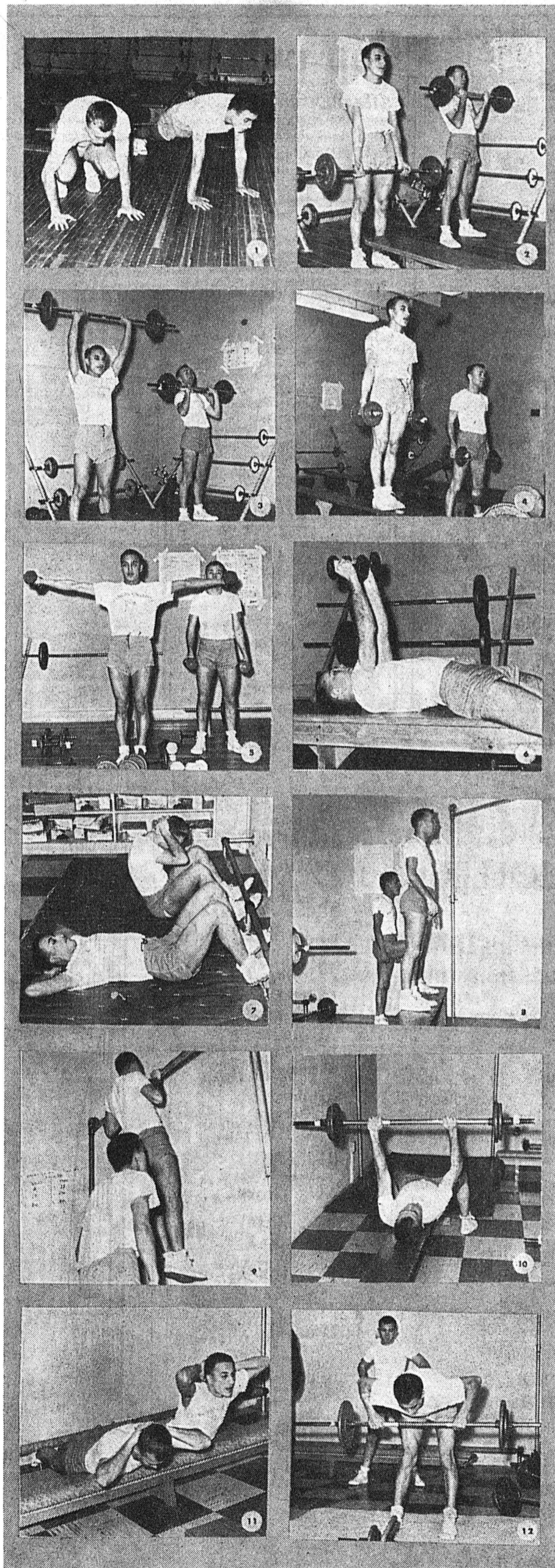
"Circuit training has evolved over the years out of a search for a method of fitness training that would appeal to individuals and would, at the same time, progressively develop muscular and circulo-respiratory condi-

TWO IN 1,000

tion. The latter can only be achieved by exercising at a progressively increasing work rate. Specifically, circuit training aims to increase circulo-respiratory endurance, muscular strength, muscular endurance, and muscular power. The importance of circuit training is that each person is permitted to develop towards his optimum capacities at his own rate."

As mentioned earlier, the Alberta circuit consists of thirteen exercises (see pictures), one of which, the stair running, is optional. A person performing the circuit starts at exercise one and does each in turn a specified number of times. He continues until he has travelled around the circuit three times. The object is to make the three circuits in twenty-five minutes or less. Once this can be achieved, the person goes on to the next level.

Six levels have been set up labeled (from lowest to highest) red 1, 2, and 3 and blue 1, 2, and 3. Red 1 is based on what the least fit students at UBC were able to do and blue 3



CIRCUIT

is set up so that it can be attained only by top athletes.

Last year at the coast, only two people of a total of about 1,000 students per week (including 300 girls) reached the top level, according to Dr. Howell. One of these was a cross-country skier and the other was an oarsman. So far at U of A only one out of some 200 to 300 men and 20-30 women has reached blue three. The strongman is Bill Zuk, a member of the Bear football team and defending western intercollegiate heavy-weight wrestling champion.

Fifty per cent of those using the plan regularly are able to advance to the blue circuit after about ten tries, Dr. Howell estimated. Once this level is reached, weights as well as

"TRAINING DOSE"

repetitions are increased on those exercises in which they are used.

The rooms housing the plan are open at 8:30 each morning and physical education students are on hand from 4:30 to 6:30 each afternoon from Monday to Friday to give advice or assistance. The system is equipped to handle about 75 to 100 students at once, Dr. Howell pointed out.

An advantage of the plan is that it is not intended to be used every day. Three times a week is a maximum, Dr. Howell stressed, explaining that it was planned to be used about twice weekly. "Even if used once a week, the circuit will produce results," he added.

A home plan, involving the same principle, can be quite easily set up, Dr. Howell stated. After a series of exercises has been carefully selected, each is done as many times as possible in a minute. One-half of this total becomes the daily "training dose" and the series is repeated three times daily. The process is timed, and when the exercises can be completed in two-thirds the time required on the first day, a new training dose is established.

It is important to change the exercises involved from time to time to prevent them from becoming boring.

"SEE YOU THERE"

Occasionally a brisk walk or a run can be substituted. The important factor to be stressed is continual improvement.

With the concern that has been expressed by political leaders on both sides of the forty-ninth parallel in the past few months about the physical fitness of their citizens, it is encouraging to see something being done by the people who should be in the best position to do something—the physical education experts.

At a university where so much time is spent in a chair with the back bent over the books, physical fitness is particularly necessary, especially among upperclassmen who do not have the benefit of the freshman service program in physical education. It is to be hoped that U of A students will realize their need and their responsibility and will make use of the facilities provided.

See you there!

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