

## Fitness test co-ordinator hopes for record results

B.F. Ferris, University of New Brunswick physical education professor, will co-ordinate the introduction of the Canadian Home Fitness Test in New Brunswick.

The federal health department made the announcement Oct. 15.

The test—a long-playing record designed to indicate to participants the state of their cardio-vascular system—will be retailed across the country beginning in early November.

Ferris described it as "a simple test men and women from 15 to 70 can administer to themselves in the privacy of their own homes."

The record will feature different bands for different ages with one side for tests for males and the other for instructions for female participants.

The participants will do a stepping exercise to the instruction and music on the album in order to determine the level of fitness of

their heart and lungs. According to Ferris, this is the best indication of individuals' physical fitness or their "general, functional health."

He said the test was "sub-maximal" and designed not to push the participant to the point of exhaustion.

"There are certain feelings and indicators which the record warns about and thus the test can be stopped if, say, the individual has a latent cardiac problem," he said.

Preliminary tests had been conducted on 2,000 people and there had been no problems reported with their health.

The test was developed by the Recreation Canada Branch of the federal health department in association with the Canadian Association for Health, Physical Education and Recreation (CAHPER). Co-ordination of the program is to be managed in each province by those in health or health-related occupations.

The program arose from conclusions made at the 1972 national conference on health and fitness when delegates decided such a test was needed to educate Canadians and promote interest in physical activity.

Prof. Ferris, a CAHPER provincial director, will work with others here to establish among health professionals—such as physicians—a group which can play an interpretive role for those who are interested and participate in the test.

The test was not designed with

the express purpose of promoting physical activity but more as a way to have Canadians evaluate their fitness level. A "Fit Kit" is included in the package, however, to provide information for those who decide to engage more in activities and especially to help newcomers "ease into" these activities, he said.

While not a method of promoting physical activity in the same mode as the federal Participation publicity campaigns, the test he said "fits quite well into the interest and awareness created by the Participation program."

He said he expected the test to attract participants representing a cross section of Canadian society.


There has been considerable international interest expressed about this test since Canada has been the first to develop "this very exciting step in preventative medicine," he said.

"I think it'll go over very well. A fair amount of work has gone into what I think is a safe and useful test."

ADDR

### Jeans & Casual pants

denims, casuals dress pants  
fall and winter jackets,  
suede jackets sweaters  
and all other accessories



## MEN'S WEAR

Fredericton Mall

clothes with your mind in mind

## Lecture to deal with maintaining feminism

"Lest We Forget," a guest lecture suggesting ways to maintain interest in the status of women beyond International Women's Year, will be presented Thursday, Nov. 6, at the University of New Brunswick in Fredericton.

The public lecture will begin at 7:30 p.m. in room 105 of MacLaggan Hall by Norma V. Bowen, professor of psychology at the University of Guelph.

A member of the Status of Women Academics committee for

the Canadian Association of University Teachers (CAUT), Bowen is the author of numerous articles on the status of women.

She has served as president of the Guelph Faculty Association, as chairman of the Ontario Confederation of University Faculty Associations and as a member of the Council of Ontario Universities.

Her visit is being sponsored by the Association of University of New Brunswick Teachers (AUNBT).

# MUNTZMANIA

**RECORDS \$4.44**

**8-TRACK TAPES \$5.99**

Also on cassettes \$5.99

**EAGLES**

Desporato  
On The Border  
One of These Nights

**BRUCE SPRINGSTEEN**

**NEIL SEDAKA** Sedaka's Back

**RUSH** Caress of Steel

**WAR** Why Can't We Be Friends

**PINK FLOYD**

Meddle  
Wish You Were Here  
Dark Side of the Moon

**SUZIQUATRO** \$2.99

**JOHN DENVER** Windsong

**FOCUS** Dutch Masters \$1.99

**AND MANY MORE !!**

MUNTZ CENTRE
PROSPECT ST. WEST

EUS DANCE, SUB  
PARACHUTE CLU  
LAW SOCIETY L  
FILM, "The Awak  
Students, Tilley A  
those with depar  
STUDENT WIVES  
Memorial Studen  
INTER-VARSITY  
study-fellowship t  
Lounge, Tibbits H

RUGBY - UNB "A"  
A, College Field,  
EUS CAR RALLY  
EUS WEEK FORM

MEET THE MOR  
Room, Memorial S  
welcome.

UNB DRAMA SO  
Hall, 8:00 p.m. A  
CINE-CAMPUS p  
ST. THOMAS CH  
INDIA ASSOCIAT  
RED 'n BLACK p  
NB PC's, Rm. 103

UNB DRAMA SO  
p.m. Admission f  
HOPE, the discov  
a.m. Everybody v  
UNB SRC meetin  
Chess Club, Rm.  
BRUNS MEETING

UNB DRAMA SO  
p.m. Admission  
CINE-CAMPUS p  
LABOUR EDUCA  
Reception Rm. 6  
STU SRC meetin  
POLITICAL SCIE  
CHESS CLUB me

LABOUR EDUCA

GUEST LECTURE  
McMaster Univer  
between the Fir  
HOPE - the disco  
a.m. Everybody  
MODERN LANGU  
SUB PUB, Canad  
SPECIAL IN THE  
Yorkshire Puddi

the  
BR

If you are

A