

Test Center will measure your fitness

The Faculty of Physical Education is pleased to announce the opening of Physical Fitness Testing and Consulting Center to the students, staff and general public again this year. The center is located in the East Wing of the University of Alberta, Physical Education Building, fourth floor, Room E-412. It is open every Tuesday, 5:00-8:00 p.m. and Thursday, 3:00-6:00 p.m.

The primary purpose of the center is to inform individuals about their present level of physical fitness and offer suggestions for personal improvement.

Anyone desirous of knowing his/her level of Physical Fitness can make an appointment (tel: Debbie or Shirley, 432-5601) and undergo a battery of tests designed to determine cardiovascular fitness, general body strength and degree of obesity. The data thus obtained will be analyzed and suggestions offered to the individual for a personal training program.

A nominal fee of \$1.00 (50 cents for students) is charged for this service by the Faculty of Physical Education.

*Medical certificates are required from registered physicians before testing can be authorized.

Hoop Bears run wild in Lethbridge

by Cliff Lacey
Bears 100 Pronghorns 66
Bears 74 Pronghorns 65

The Golden Bears Basketball team took two wins from the University of Lethbridge Pronghorns in action at Lethbridge this past weekend.

The Bears were very strong in Friday night's game. They went to work quickly and opened up a ten point lead by quarter time. The team never looked back.

It was strong defensive play that helped the Bears to their convincing win. Coach Barry Mitchelson had them switching defenses throughout the game. This strategy was enough to force turn-overs, which the Bears quickly converted into points.

Dave Holland put in an outstanding game for the Bears. His 34 points for the night made him high scorer for the game and with 17 rebounds he also had the largest chunk of the backboard action. Doug Baker accounted for 18 of the Bears points, while Dan Court pumped in 17 points against his old alma mater. Dan had an incredible 78% from the floor, revealing himself as the Bears' steadiest shooter.

The Bears team shooting percentage was an unreal 51% from the floor.

It was team play that made the difference in Friday's game. The crisp passing and tight defence made the game a pleasure to watch for the U of A fans.

Just as Friday's play was

crisp, Saturday's was sloppy. The Bears could not finish a play. Passes were dropped, shots missed and balls babbled. The Pronghorns, fortunately, could not take good advantage of the Bears' poor play. Both teams played fairly well defensively, but fell apart in their offensive ends.

The half time score was Bears 39, Pronghorns 41. In the second half the Bears slowly began to settle down. By three-quarter time they had taken away the lead and were methodically enlarging it.

Although the purist would have been disappointed in the quality of play at Saturday's game, it was a better game from the standpoint of the fans. End to end action on fast breaks highlighted the game as each team tried to outgun the other. In the dying minutes, Lethbridge tried to press the Bears, but failed and the Bears got the win.

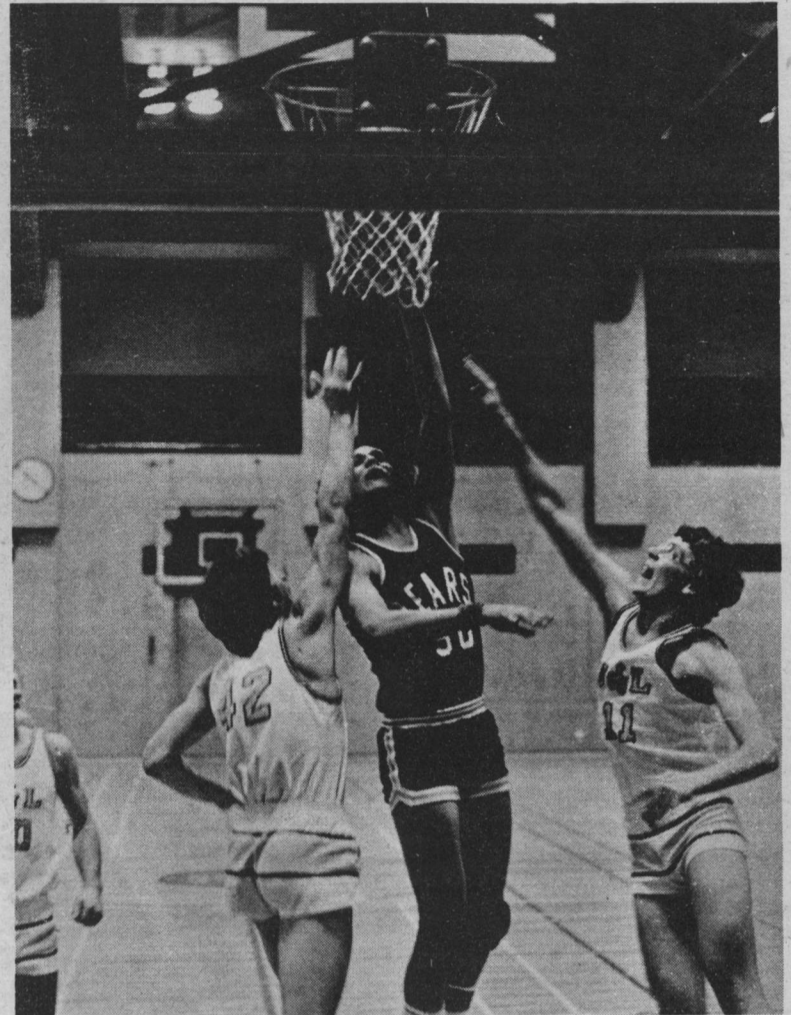
No one player was outstanding for the Bears in this game. Doug Baker had another 18 point game and ripped down 12 rebounds. Steve Panteluk played well and scored 16 points while stealing 11 rebounds. Once again, Dan Court had the best shooting percentage at 66%.

On the Lethbridge side, gunner Phil Letham pumped in 21 points Friday and 18 points Saturday to pace the Pronghorns attack. The Bears did well at supressing Richard Foggo. Richard has been a high scorer for the U. of L. this season, but sustained an ankle injury in Victoria last

weekend. He was unable to bread out on the Bears defence and did not score appreciably.

Next weekend the Bears are at home against Calgary.

Calgary has been playing well this year and will give the Bears a test before they journey west to face the league leading University of Victoria Vikings.



Dave Holland (30) scores his 100th point, against Lethbridge. Bears won both games this weekend.

Students' Union CINEMA

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