Does the PE requirement achieve its objectives?

By Gary S. Engelson

How many people here at MIT complain about the Physical Education (PE) requirement? In discussions with several people, several complaints about complacency were mentioned and a lack of stiff requirements rather than regulations which were too rigid.

The Institute wants its graduates to be aware of their need for physical activity, and to be physically fit. According to the 1976-77 course bulletin, "The Institute expects each student to gain experience in recreational athletics during his or her first two years at MIT.

This is accomplished by a point system whereby a student receives a certain number of points for sports or PE classes. Students may also receive advanced placement by taking the appropriate preliminary examinations."

The question of whether these requirements are enough is complicated by the fact that some of the classes offered exact a minimum of physical exercises from their participants. That is not to say that these classes do not provide a valuable experience for people who take them, because there are many people who have picked up a new skill or gotten deeply involved in a new activity due to the classes.

But consider the person who takes a year's worth of PE courses which do require exertion. After that year, how many of those people continue to exercise regularly? Some consider the long daily walks around the campus exercise enough. After a period of such low activity, such a person finds himself unable to participate in sports on the occasions when he wants to because he quickly becomes winded.

An editorial in The Tech in 1921 stated, "After a man has completed his freshman year, the faculty assumes he has good sense enough to look after his physique. Present conditions show that this is an unwarranted assumption." It seems that not much has changed since then.

No matter how much opportunity exists for exercise, students continue to find ways of excusing not to participate. Some who advocate stiffer regulations do so because they find that it may be difficult to make time for physical activity, but they do want to participate. When there is a requirement, a computer makes the time for it and the participants do not have to worry about that anymore.

W. V. I. A. Team force the question which will appear in next week's Time Out.

Pershing Rifles bag 3rd in individual drill routine

The Precision Drill Team of MIT's Pershing Rifle Company C-12 (ABN) was the third place finisher in the individual drill routine (squad) competition at the 1976-77 Annual California Competition Tournament held this past weekend in the Commonwealth Wellness Center.

In addition, they placed first in the Intramural Rifle Regimental Competition. Four judges scored the 12 section teams' ability successfully complete precise weapon movements incorporated into their routine routines.

The team also participated in the Outdoor Drill Competition which includes precise rifle spinning and aerial exchanges.

Indoor Track

Richardson snaps record; nab six in IC4A 3-mile

By Dave Dobbs

MIT distance ace Frank Richardson '77 raced to his finest career time in the three-mile run last Sunday at Princeton, New Jersey.

Richardson recorded two personal bests during the Indoor Track 

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