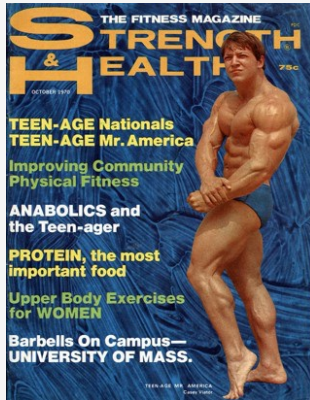




Barbells on Campus

The University of Massachusetts Weight Training



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Below find a reprint of the 4 relevant pages of the article "Barbells on Campus" in "Strength and Health":

STRENGTH & HEALTH

THE FITNESS MAGAZINE

OCTOBER 1970

75c

TEEN-AGE Nationals
TEEN-AGE Mr. America

Improving Community Physical Fitness

ANABOLICS and the Teen-ager

PROTEIN, the most important food

Upper Body Exercises for WOMEN

Barbells On Campus—UNIVERSITY OF MASS.

TEEN-AGE MR. AMERICA
Casey Viator

BARBELLS ON CAMPUS

By Paul R. Niemi

The University of Massachusetts

The University of Massachusetts—in Amherst, Boston, and Worcester—is the fastest growing education facility in New England. The Amherst campus, where the UMass story began 107 years ago with its founding as Massachusetts Agricultural College, is located on about 1200 acres of land and includes over 150 buildings and has a present enrollment of around 18,000 students. Over 3500 students are attending UMass at the interim campus in Boston while plans are to open a permanent campus there by 1972. A \$124 million Medical School is under construction in Worcester with the first students beginning classes there in September. It's expected that the Amherst enrollment will pass the 30,000 mark by 1980, while that at Boston will be at least 15,000 by the same year. From a be-

ginning of 4 teachers and 56 students in 1867 to what it is today, the University of Mass. has certainly grown. Talking about the University, President Lederle has said, "We're big, but not too big to give proper attention to any individual who wants it."

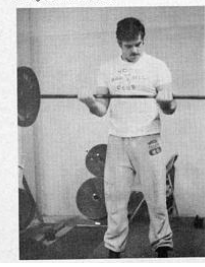
The University offers undergraduate instruction leading to the degrees Bachelor of Science, Bachelor of Arts, Bachelor of Fine Arts, Bachelor of Music, Bachelor of Science in Engineering, and Bachelor of Business Administration. The majors that are available under these degrees range from anthropology to zoology, Masters Degrees are offered in over 50 areas and Doctors Degrees in over 40. Special foreign programs are also offered. The tuition is low—\$200 a year for too many residents and \$500 for out-of-state students. The total cast for in-

state students would vary between \$1400 and \$1600 a year. This would include tuition, room and board, fees, books and supplies. For an out-of-state student it would be somewhat higher. Of course, through scholarships, loans, or work-study programs this can be reduced considerably.

Intercollegiate athletics include baseball, basketball, cross country, football, gymnastics, hockey, indoor and outdoor track, golf, lacrosse, rifle and pistol, skiing, swimming, and wrestling. The range of sports available under the intramural program includes basketball, touch football, softball, and volleyball. Individual activities include tennis, bowling, badminton, golf, squash, handball, bodybuilding, weightlifting, and powerlifting.

The weight (Continued on page 79)

Jim Whitaker gets ready to bench press as Coach Ariel gives him a hand-off.



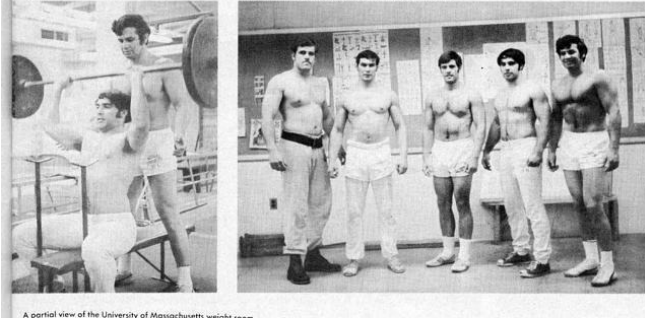
Ken Maglio performs overhead chin.



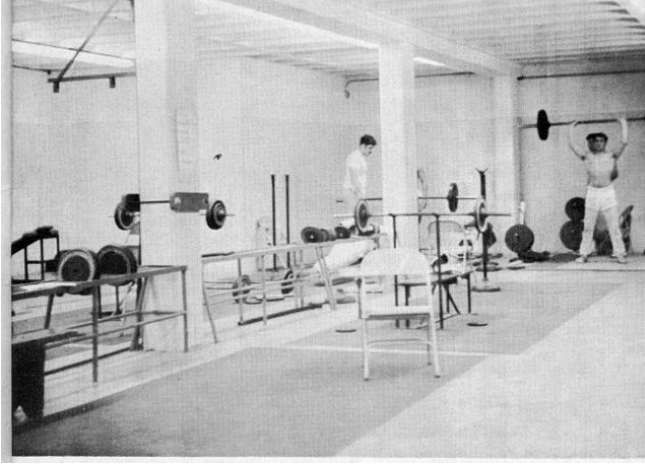
John Homan completes a set of barbell curls.



John Neri finishes a seated press as Coach Ariel spots. Left to right, John Homan, Ken Maglio, Jim Whitaker, John Neri, and Coach Gideon Ariel, some of the members of the University of Massachusetts Barbell Club.



A partial view of the University of Massachusetts weight room.



FITNESS

(Continued from page 34)

- ...prate steps to provide the necessary programs and services.
6. Identify undesirable overlapping of physical fitness programs and other duplication of effort; work out the desired adjustments.
7. Recommend means for strengthening existing physical fitness programs.
8. Secure maximum utilization of all facilities in the community, including evening, weekend, and summer use.
9. Work out a plan for the most efficient use of professional and volunteer personnel in carrying out the total community physical fitness program.
10. Initiate action for planning and financing new physical fitness facilities.
11. Develop a comprehensive plan for public interpretation of the need for physical fitness.

The community plan to emphasize physical fitness elements of recreation must be based upon a sound concept of the relationship between the two qualities. To develop and maintain physical fitness, each individual needs to commit himself to regular, planned participation in vigorous activities—consistent with his age, sex, and condition of health. Occasional exercise will not suffice. This is not to imply that other elements of fitness, such as medical care, nutrition, rest, and good health practices, are not also necessary. But, particular stress and planning for physical activity are required if most Americans are to get sufficient exercise. Organized programs of recreation should be revitalized to emphasize physical fitness. Recreation leaders should give participants as much opportunity as possible to engage in vigorous activities consistent with other recreation needs. But even this will not suffice. Many people—both young and old—do not find sufficient opportunity to participate in organized recreation consistently and adequately enough to meet their full needs for activity. They must be encouraged to find additional ways to exercise energetically through informal recreation at home and elsewhere.

One of the major problems in recreation today is not so much "when" as "where." Most Americans have ample leisure, but where are the leaders, the facilities, the equipment, and the programs to meet modern needs for physical activity and mental release? Municipal agencies, youth-serving groups, churches, private clubs, and commercial enterprises are doing their best to meet the demand, but they simply haven't been able to keep up with the influx of people into our towns and cities. The shortage of recreation resources and opportunities is critical. The same processes which have given us more time to enjoy recreation have intensified our need for it—especially our need for active and challenging forms of recreation. As work becomes more specialized and mechanical, more and more people are deprived of opportunities for exer-

UNIV. OF MASS.

(Continued from page 20)

Room is under the direction of Coach Gideon Ariel, a competitor in the discus at the Rome and Tokyo Olympics. Coach Gideon is very interested in increasing the weightlifting activities on campus, and he has the facilities to work with. The large spacious weight room contains over 5000 lbs. of York weights, 2 York Olympic bars and lifting platforms, a Power rack, leg press machine, 4 flat benches, 5 incline benches, and a couple of chinning bars. Regular classes are held in bodybuilding and the four famous York Barbell Courses are on display on the bulletin board for all to follow. Those regularly using the facilities include those like Jim Whitaker who trains mainly for fitness. Others train on the power lifts. This group includes big John Homan, who won the National heavyweight wrestling championship in York in 1965. John Neri is representative of those who train with weights to improve their performance in football. Ken Maglio is a gymnast who uses weights to aid his gymnastic ability.

Plans are underway to increase the lifting activities on campus, and with UMass growing like it is, we can expect it to become a focal point in weightlifting in the New England area.

The schools are not, of course, expected to shoulder total responsibility for recreation. In every community there are diverse groups—public and nonpublic agencies, business and labor, churches and clubs, commercial establishments and others—which can provide services, facilities, and leadership for recreation. Community-wide planning and cooperation are the keys to success.

Captain James Lowell, Consultant to the President for Physical Fitness and Sports, sums up the problem in these words, "Few people today question the importance of physical exercise. Most Americans have only to look in a mirror—or reflect on the rising toll of heart attacks, obesity and other degenerative diseases—to convince themselves of it. A simple thing like learning to swim can enrich and expand lives. It provides an additional measure of personal safety and confidence, a vehicle for developing and maintaining fitness, and a means of broadening and strengthening social contacts. We are confronted with a serious need and a great opportunity. I hope you will help us meet both of them squarely."

SUCCESS PHOBIA

(Continued from page 25)

brings on a greater feeling of acceptance from his opponent's fans. In addition, the more exciting the contest, the more apt the fans are to like you if you lose. They feel a pride in beating you, thus, a closer kinship.

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