



# Guide to the Dept. of Health, Physical Education, and Recreation Records, 1932-2012

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This collection guide was produced in **2008**.

This PDF version was created on **May 8, 2026**.

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## Summary

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**Collection Title:**

Dept. of Health, Physical Education, and Recreation records, 1932-2012

**Creator:**

Duke University. Department of Health, Physical Education, & Recreation

**Abstract:**

The Dept. of Health, Physical Education, and Recreation (HPER) was created in 1975 by the merger of the Men's and Women's Physical Education Departments. However, formal physical education at Duke University dates to 1902 when President Kilgo invited Wilbur "Cap" Card to return to Trinity College as Director of a new program in physical education. The collection contains printed material on intramural athletics, personal recreational programs, physical education, and materials related to Duke sports clubs. The John Friedrich papers series consists of administrative records pertaining to his chairmanship of HPER from 1963-1986.

**Extent:**

5 Linear Feet  
2 Megabytes

**Language:**

Material in English

**Collection ID:**

UA.25.22.0001

**Permalink:**

<https://idn.duke.edu/ark:/87924/m1pm6z>

**Preferred Citation**

[Identification of item], Dept. of Health, Physical Education, and Recreation Records, Duke University Archives, David M. Rubenstein Rare Book & Manuscript Library, Duke University.

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## **Background**

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### **Scope and Content**

The General files series in the Dept. of Health, Physical Education, and Recreation (HPER) collection contains materials pertaining to the origins and activities of HPER including material on intramural athletics, personal recreational programs, and physical education. This includes flyers, intramural handbooks, clippings, manual for the Men's Physical Education program of 1932, and issues of the Faculty Fitness Newsletter. The John Friedrich papers series contains administrative records pertaining to his chairmanship of HPER. Includes correspondence, minutes and agendas from several University committees including Academic Council, Commencement Committee, and Undergraduate Faculty Council of Arts and Sciences (UFCAS), as well as minutes from HPER departmental meetings. Friedrich presided over the HPER restructuring debates of the 1970s and early 1980s and reports, proposals, and clippings regarding retrenchment of the Dept. are present in this series. The collection also contains photographs, alumni lists, constitutions, charters, and training and exercise materials related to various Duke sports clubs.

### **Biographical/Historical**

Physical education began at Duke University when President Kilgo invited Wilbur "Cap" Card to return to Trinity College as Director of a new program in physical education. From 1902-1912, Card worked as both Director of the Gym and coach of various sports such as baseball. After the 1912 season, he stepped aside as coach to devote all of his time to being Director.

Under Card's direction all freshmen, sophomores and juniors were required to attend exercise periods. Card kept meticulous records noting the date of the examination, the student's age, weight, height, the girth, depth and breadth of several body parts (such as knees, thighs, shoulders, etc.), the color of hair and eyes, temperament, and other facts. From these measurements and observations he prescribed exercises that were best suited toward the physical development of each student. These physical examination volumes are located in Card's papers (see catalog).

Between 1926 and 1929, separate Men's and Women's Physical Education Departments grew out of the original department. During the 1930s, the Men's Physical Education Department incorporated a 1 hour classroom instruction (for the freshmen and sophomore students) into the required 3 hours a week of physical exercise for all students.

In the 1940s the Department of Physical Education and Athletics, under the direction of Wallace Wade, went through a period of growth. Due to the WWII

war effort the V-12 Program administered by the Navy was established on Duke's campus from 1943-1945. As part of this program students received vigorous physical training 5 days a week so that they would be ready for service if called upon.

The post-WWII period of the 1950s and 1960s brought a new trend in physical education towards supervised group recreation. Elective courses in physical education method and theory were added in 1950 to help meet the increasing demand for teachers qualified to coach and teach physical education. 1960 saw the development of a voluntary intramural sports program that consisted of a dozen sports and involved a large percentage of the student population.

The Department of Health, Physical Education, and Recreation (HPER) was created in 1975 by the merger of the Men's and Women's Physical Education Departments. At that time the major, which had been offered to women only, was dropped as was the physical education requirement for all undergraduates. HPER offered theory courses (set of courses dealing with various aspects of physical education or in the administrative use of physical education skills); activity/skills courses (tennis, racquetball, swimming, etc.); intramurals sports program; club sports; DUPAC (adult fitness program); and a faculty fitness program

In 1980, the Chancellor Pye recommended to the Board of Trustees that credit for courses be dropped and that the department become a "non-academic unit." HPER was restructured in July 1981 and made into a division of the Office of Student Affairs. In September of 1981 the Undergraduate Faculty Council of Arts and Sciences (UFCAS) denied Chancellor Pye's recommendation that credit for HPER courses be dropped and reaffirmed HPER's ability to offer credit for activities and theory course with the UFCAS course committee approving the courses.

John A. Friedrich, chairman of Dept. of Health, Physical Education, and Recreation (HPER) from 1963-1986, came to Duke University from Michigan State University where he had directed the physical education instruction program for nine years. Friedrich served on a number of University committees including Curriculum and Policies Committee, Commencement Committee as chairman of staff marshals, The Project Wild Board, The International Club, and The Undergraduate Faculty Council. Materials from some of these committees are located in the John Friedrich papers series below. Friedrich was also on the board of directors of several local associations including the N.C. Lung Association, N.C. Heart Association, and the Durham Cancer Association.

This note was written based on information in an independent study The History of the Development of Physical Education at Duke, by Eddie Falcone and Mike Hamschin located within this collection.

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## **Administrative Information**

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### **Publication Statement**

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Duke University

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### **Access Restrictions**

Access restricted. Collection contains Duke University administrative materials. For a period of twenty-five years from the origin of the material, permission in writing from the office of origin and the University Archivist is required for use of administrative records. After twenty-five years, records that have been processed may be consulted with the permission of the University Archivist. Contact Research Services for more information.

### **Acquisition Information**

The Dept. of Health, Physical Education, and Recreation records were received by the University Archives as a transfer in 1974, 1976, 1986, and 2023.

### **Processing Information**

Processed by Sherrie Bowser, October 2008

Encoded by Sherrie Bowser, October 2008

Accessions 74-156, 76-48, 76-189, 86-78 were merged into one collection, described in this finding aid.

Accession UA2023-0045 added and notes updated by April Blevins, September 2023

## Use Restrictions

Copyright for Official University records is held by Duke University; all other copyright is retained by the authors of items in these papers, or their descendants, as stipulated by United States copyright law.

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## Related Materials

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### Related Material

Committees Reference Collection, 1932-ongoing University Archives. Duke University. Educational Facilities Committee records, 1962-1986. University Archives. Duke University. Julia R. Grout Papers, 1916 - 1984. University Archives. Duke University. Wilbur Wade Card papers, 1876-1943. University Archives. Duke University. Women's Department of Health and Physical Education records, 1923 - 1976. University Archives. Duke University.

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## Names and Subjects

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- Physical education and training -- Study and teaching (Higher) -- United States
- Physical education facilities
- Physical education and training -- Curricula
- College students -- Physical training -- United States
- Duke University -- Students
- Duke University -- Faculty
- Griffith, William
- Duke University. Department of Health, Physical Education, & Recreation
- Friedrich, John

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## Physical Characteristics and Technical Requirements

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Access note. Some materials in this collection are electronic records that require special equipment. Contact Research Services for access.

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## Collection Inventory

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### General files, 1932-1984, bulk 1964-1975

**Physical Description:** 1 boxes

**Scope and Contents note**

This series includes material on intramural athletics, personal recreational programs, and physical education. Included are: flyers, intramural handbooks, clippings, manual for the Men's Physical Education program of 1932, and issues of the Faculty Fitness Newsletter.

Brochures, Programs, and Flyers, 1964-1984	Box 1
Clippings, 1973-1979	Box 1
Faculty Fitness Newsletter, 1973-1984	Box 1
History of the Development of Physical Education at Duke, 1974	Box 1
HPER Departmental Materials, 1964-1983 (memos, surveys, evaluation of the intramurals program by the MSGA)	Box 1
HPER Staff Manual, 1972-1975	Box 1
Intramurals, Handbooks, 1934-1984 [incomplete]	Box 1
Physical Education Manual, 1932; 1967; undated	Box 1
Physical Education Manual for Freshmen Students, 1972-1974	Box 1
Reports, 1965-1966; 1974-1975	Box 1

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### John Friedrich papers, 1975-1986

**Physical Description:** 2 boxes

**Scope and Contents note**

The John Friedrich papers series contains administrative records pertaining to his chairmanship of the Health, Physical Education, and Recreation Department from 1963-1986, and ranges in date from 1975-1986. Material present include correspondence, minutes and agendas from several University committees including Academic Council, Commencement Committee, and Undergraduate Faculty Council of Arts and Sciences (UFCAS), as well as minutes from HPER departmental meetings. Friedrich presided over the HPER restructuring debates of the 1970s and early 1980s and reports, proposals, and clippings regarding retrenchment of the Dept. are present in this series.

Academic Affairs Committee, Mary Semens sent 11/13/1980	Box 2
Academic Council, 1977-1979	Box 2
Academic Council, 1980	Box 2
Academic Council, 1981	Box 2
Academic Council, 1982	Box 2
Academic Council, 1983	Box 2
Academic Council, 1984	Box 2
Academic Council, 1985	Box 2
Annual Report for Sports Clubs, 1978-1984	Box 2
Statute of the Associated Students of Duke University Re: Card Pool, 1981-1982	Box 2
Board of Trustees, Duke University, 1980-1985 [HPER monthly report for BOT]	Box 2
Keith Brodie letters, concerns Dept. merger with DUAA, 1983-1986	Box 2
Budget Request Items, 1981-1984	Box 2
Building Fund, 1978	Box 2
Correspondence A, 1978-1986	Box 2

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B, 1978-1985	Box 2
F, 1975; 1981	Box 2
G, 1981-1984	Box 2
H, 1978-1985 (2 folders)	Box 2
J, 1978-1982	Box 2
K, 1979-1983	Box 2
L, 1978-1985	Box 2
M, 1979-1985	Box 2
N, 1978-1986	Box 2
O, 1979-1983	Box 2
P, 1978-1983 [Chancellor Kenneth Pye is a major correspondent in this folder]	Box 2
Q, 1979	Box 2
R, 1984	Box 2
S, 1978-1985	Box 2
T, 1978-1985	Box 2
U, 1979-1980	Box 2
W, 1978-1985	Box 2
X-Y-Z, 1980-1984	Box 2
Cox, Bob deceased faculty member of HPER, 1978	Box 2
De Leon (deceased), 1984	Box 2
HPER Departmental Meeting, 1976-1986 (3 folders)	Box 2
Duke Sports Club Conference, October 22, 1983	Box 2

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HPER East Campus Activity Center The Epoch Center, 1976-1978	Box 2
Equal Opportunity Material, 1977-1981	Box 2
Family, Education, Rights, and Privacy Act	Box 2
Family Night/Clinics, 1975-1979	Box 2
Fencing, [1976-1977], 1982	Box 2
Graduation, 1982	Box 2
Graduation, 1983 (contains a staff marshal ribbon)	Box 2
Graduation, 1984	Box 2
Monthly report to Trustees, 1983-1985 [submitted to Bill Griffith, V.P. of Student Affairs]	Box 2
Bill Griffiths, 1980	Box 2
Bill Griffith, 1981	Box 3
Bill Griffith, 1982	Box 3
Bill Griffith, 1984	Box 3
Health Fair, 1984-1985	Box 3
Letters/Memos from staff, 1979	Box 3
Departmental Memos, 1979-1983	Box 3
Merger of HPER with DUAA, 1979; 1986	Box 3
Outdoor Adventure Series, Virginia Cave Trek	Box 3
Personal Effectiveness Grid, 1980-1985 [Memos to HPER staff-subjects include coarse loads, meeting agendas, etc.]	Box 3
Reappointments, 1979-1985	Box 3
Retrenchment Review, 1979-1981 (3 folders)	Box 3

October 1979 [Retrenchment Review]	Box 3
November 1979 [Retrenchment Review]	Box 3
December 1979 [Retrenchment Review]	Box 3
January 1979 [Retrenchment Review]	Box 3
Future Directions, 1980 [Retrenchment Review]	Box 3
Ann Scott Meeting, February 6, 1980 [Retrenchment Review]	Box 3
Safety-Larry Blake manager, 1983; 1985	Box 3
President Terry Sanford, 1979-1985	Box 3
Semester reports-Annual reports, 1978-1985 (2 folders)	Box 3
Spring Semester CO-ordinator, 1980 [Facilities Management and Maintenance]	Box 3
UFCAS [Undergraduate Faculty council of Arts and Sciences) minutes, 1978-1979	Box 3
UFCAS minutes, 1980-1981	Box 3

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## **Accession UA2023-0045, 1980s-2000s**

### **Physical Characteristics and Technical Requirements**

Access note. Some materials in this series are electronic records that require special equipment. Contact Research Services for access.

### **Access Restrictions:**

Access restricted. Series contains Duke University administrative materials. For a period of twenty-five years from the origin of the material, permission in writing from the office of origin and the University Archivist is required for use of administrative records. After twenty-five years, records that have been processed may be consulted with the permission of the University Archivist. Contact Research Services for more information.

**Scope and Contents**

Contains lists of alumni, constitutions, charters, manuals, and calendars for men's and women's sports club teams. Also includes training and photographic materials containing images for sports events, teams, students, and faculty.

Original folder and item titles have been retained.

Ski Team Constitution Charter, 1990, undated	Box 4
Women's Club Volleyball Charter Constitution, 2009	Box 4
Women's Ultimate Frisbee Club Constitution, 1991-1999, 2003	Box 4
Women's Club Soccer Consitution, 2003	Box 4
Women's Rugby Charter and Constitution and alumni list, 2001, 2009, undated	Box 4
Racquetball Constitution Charter, 1990-1993, undated	Box 4
Women's Club Soccer alumni list, 1985	Box 4
Men's Club Soccer request for re-charter and coach application, 2002-2004	Box 4
Men's Club Soccer alumni list, 1985	Box 4
Men's Rugby SERRS, 1983-2003	Box 4
Badminton Club Constitution Charter, undated	Box 4
Sailing alumni list, 2003, undated	Box 4
Sailing instruction handouts, 1994-1995	Box 4
Women's Club Lacrosse alumni list, 1994, 2003, undated	Box 4
Women's Club Lacrosse Charter Constitution, 2003	Box 4
Women's Club Tennis Charter Constitution, 1980, 2003, undated	Box 4

Duke Frisbee Club Constitution Charter, 1991-2000	Box 4
Men's Club Volleyball Constitution Charter, 1991-2003	Box 4
Swimming Club Constitution, 1998	Box 4
Squash Constitution Charter, 2002-2003	Box 4
Club Softball Constitution Charter, 1994, 2009	Box 4
Club Softball alumni list, 1985, undated	Box 4
Water Polo Charter Constitution, 1982-1997	Box 4
Card Gym Master File, 1992	Box 4
<b>Scope and Contents</b>	
Includes photocopies of reading materials on skiing techniques, articles, exercise schedules, and a copy of Ski Racing for Children magazine.	
Ski Club alumni list, 1990, 1994	Box 4
Handbook and calendars, 1981-1983, 1986-1987, Fall 1997	Box 4
Photos, 1960s	Box 4
Photos, 1970s	Box 4
Photos, 1980s	Box 4
Photos, 1990s	Box 4
<b>Physical Description:</b> 2 folders	
<b>Scope and Contents</b>	
Contains contact sheets, negatives, and prints.	
Photos, 1993	Box 4
Photos, 1995	Box 4
Photos, 1970-1978, undated	Box 4
Recreation photos, undated	Box 4

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Photos- P.E. booklet calendar, undated	Box 4
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Photos, undated	Box 4
<b>Physical Description:</b> 11 folders	
<b>Scope and Contents</b>	
Contains contact sheets, negatives, and prints.	

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Negatives, undated	Box 4
<b>Scope and Contents</b>	
Contains black and white and color negatives.	

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Women's Water Polo alumni list, 2012	Box 5 > Disk UA25220001- USB-0001 Digital-materials UA25220001- SET-0001
<b>Physical Description:</b> 0.02 Megabytes 2 files	
<b>Scope and Contents</b>	
Contains document and system files	

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Women's Volleyball alumni list, 2012	Box 5 > Disk UA25220001- USB-0003 Digital-materials UA25220001- SET-0001
<b>Physical Description:</b> 0.07 Megabytes 2 files	
<b>Scope and Contents</b>	
Contains document and system files	

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Women's Ultimate alumni list, 2012	Box 5 > Disk UA25220001- USB-0004 Digital-materials UA25220001- SET-0001
<b>Physical Description:</b> 0.05 Megabytes 2 files	
<b>Scope and Contents</b>	
Contains document and system files	

Women's Rugby alumni list, 2012 Box 5 > Disk UA25220001-  
USB-0005  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
2 files

**Scope and Contents**

Contains document and system files

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Roadrunners alumni list, 2012 Box 5 > Disk UA25220001-  
USB-0006  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.07 Megabytes  
2 files

**Scope and Contents**

Contains document and system files

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Racquetball alumni list, 2012-2013 Box 5 > Disk UA25220001-  
USB-0007  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
2 files

**Scope and Contents**

Contains document and system files

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Duke RAAS, 2013 Box 5 > Disk UA25220001-  
USB-0008  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.02 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Women's Club Soccer alumni list, 2012 Box 5 > Disk UA25220001-  
USB-0009

Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Men's Club Soccer alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0010  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.07 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Badminton Club Constitution Charter, 2013

Box 5 > Disk UA25220001-  
USB-0011  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Sailing alumni list, 2013

Box 5 > Disk UA25220001-  
USB-0012  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.07 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Women's Club Lacrosse alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0013  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.06 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Women's Club Tennis alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0014  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.07 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Swimming Club alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0015  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Table Tennis alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0016  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.03 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Women's Club Basketball alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0017  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.03 Megabytes  
1 file

**Scope and Contents**

Contains a document file

Triathlon inventory, 2012 Box 5 > Disk UA25220001-  
USB-0018  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.01 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Men's Club Tennis alumni list, 2012 Box 5 > Disk UA25220001-  
USB-0019  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.1 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Men's Ultimate alumni list, 2012 Box 5 > Disk UA25220001-  
USB-0020  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.07 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Squash Constitution Charter, 2012 Box 5 > Disk UA25220001-  
USB-0021  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.05 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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Club Softball rosters and waivers, 2012 Box 5 > Disk UA25220001-  
USB-0022

Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.04 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Outing Club alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0023  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.1 Megabytes  
1 file

**Scope and Contents**

Contains a document file

---

Ski Club alumni list, 2012

Box 5 > Disk UA25220001-  
USB-0024  
Digital-materials UA25220001-  
SET-0001

**Physical Description:** 0.08 Megabytes  
1 file

**Scope and Contents**

Contains a document file

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