

GDHS develops fitness program

By BILL HUMPHREYS
Herald staff writer

Is your son or daughter physically fit? Are they muscle or are they fat?

These two key questions are being tested by the GDHS physical education department and they feel that the average student could, and should improve their strength and endurance.

The students that participate in gym are tested three times during a semester by seven methods.

These methods are push-ups, sit-ups, left and right leg raise, chest raises, double

leg raises and the siting tuck.

Each method run 60 seconds long with a five second rest between each move.

After the students complete this, they are then required to complete a five minute run, to improve their aerobic power. (this measures how efficient your heart and lungs work together to use oxygen).

Grant Clatworthy, a teacher that specializes in athletics and is the coach of the senior girls volleyball team feels that this isn't enough.

According to Clatworthy,

students have to be interested in what they're doing in order to improve. He has thought of a method which he feels will solve the problem of students' non-participation in improving their body functions.

"As the kids become older, muscular endurance becomes stronger, but the aerobic power becomes lower mainly because activity decreases."

"As the body grows it requires more oxygen, so that is the reason why we feel kids should participate more, to improve the heart and lungs," Clatworthy said.

Because of growing concern, the staff have introduced more running into each activity of the various units during a semester.

Problems arise here though, according to Clatworthy. It is easy to incorporate running into a unit like basketball but in such units as archery or bowling, running is non-existent.

Clatworthy has developed a fitness program for the whole school under an award system.

Clatworthy's system is an individual program. A student will do daily activities such as running two or three

miles, or playing on a school team. The student will earn points for these activities.

If a student reaches a certain point level he will win an award, like a T-shirt.

There will be different levels ranging from beginner to very difficult, so that the student can constantly improve. With this improvement he will become healthy and also feel confident about himself.

"What we are trying to do is to emphasize fitness and encourage students to become physical fit. The problem we face is that students get turned off when they think of hard work such as running, but a large majority of students feel very good

after they run a mile or so."

Clatworthy's system is still incomplete and will not be ready until next September, but he feels confident that it will work with the help of the student council and student participation.

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McCauley still hurt

It is unlikely that NHL referee John McCauley will return to his officiating duties before the end of this season.

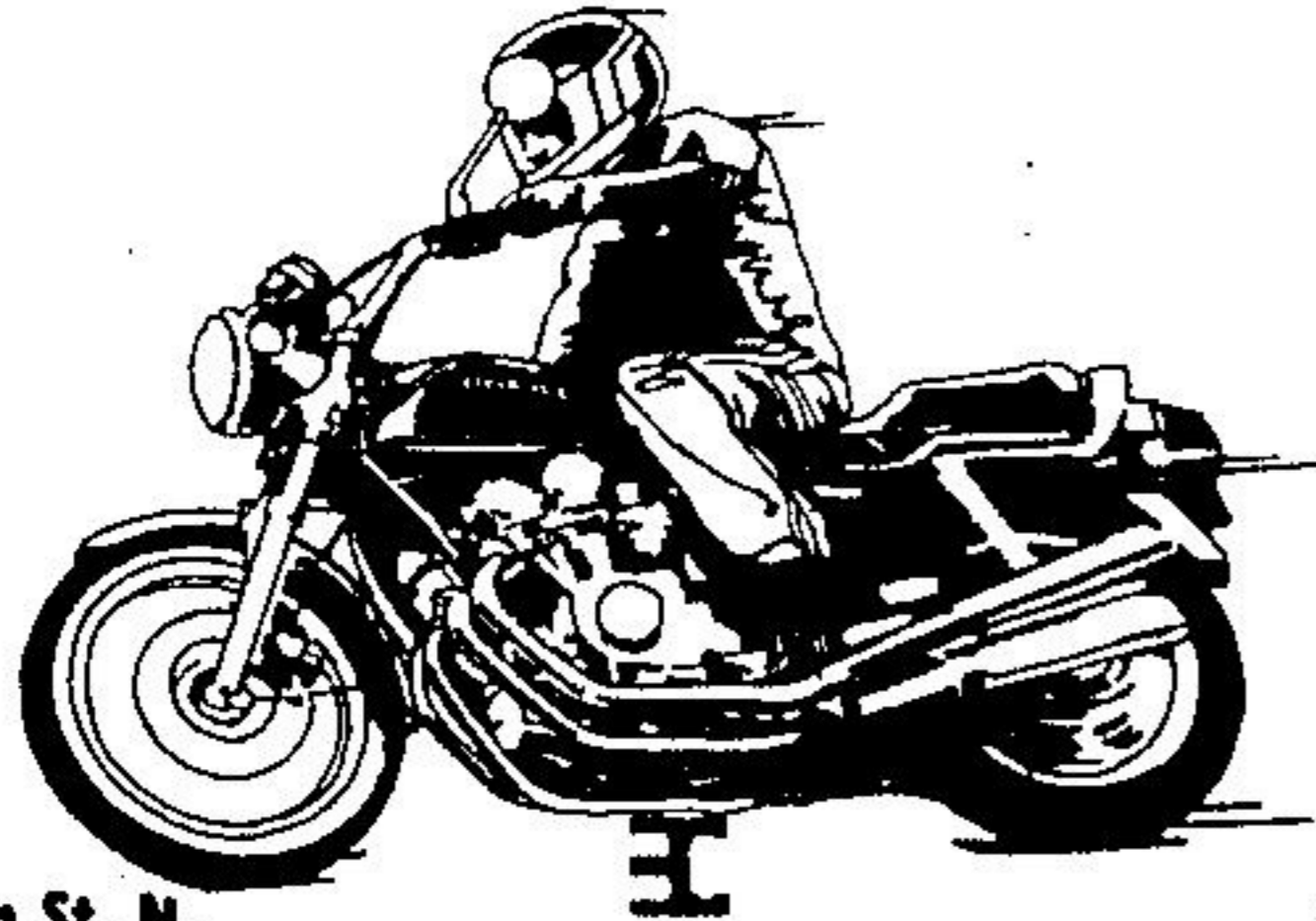
McCauley, who suffered an eye injury six weeks ago, says that he would have to make a 100 per cent improvement in his eyesight in order to see action again this season.

Although the doctors have decided to wait until the swelling in the eye subsides before determining what the exact problem is, they are sure that there is no permanent damage.

McCauley was fitted with a special pair of glasses yesterday to correct his double vision.

It is hoped that the problem will clear up by itself in time, however, more surgery may be required if it doesn't.

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