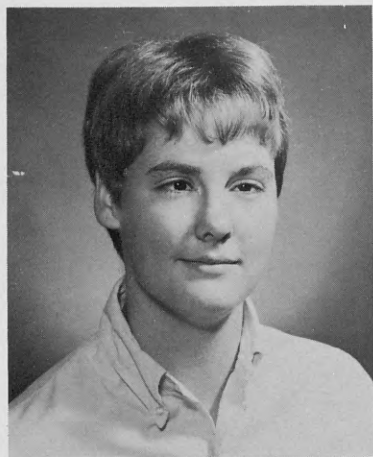


NOT FOR MEN ONLY



Holly Wilson is an instructor and athletic trainer for the Women's Physical Education Department at Indiana State University. Holly received both her BS (1969) and MS (1970) degrees from ISU.

Alpha...a beginning for women

Sports, by their very nature, invite injury. The all-out effort required, the speed of movement, the rapid change of direction are a few of the hazards inherent in sports activities. These are the hazards that are responsible for the various injuries suffered by athletes. Administrators of every sports program are morally obligated to do everything within their power to prevent injury whenever possible and to minimize the severity of the injury, by treating each injury promptly and properly with total rehabilitation as the goal. The athletic trainer has become a means by which this obligation has been met.

The entry of women into the field of athletic training is a long overdue necessity, for we too have a moral obligation to our sports programs. Although presently there are few jobs available for women trainers, the need definitely exists and it will certainly be a growing field as it becomes increasingly accepted and understood by women physical educators. The great rise in women's competition will certainly warrant the need for trained professional athletic trainers to properly care for the athletes.

Presently there are fifteen schools in the United States that offer undergraduate athletic training curricula which have been approved by the N.A.T.A. Only five schools accept women in their programs. They are Ball State University, Indiana State University, University of Montana, Westchester State College, and Western Illinois University. Indiana State has approved curricula at both the undergraduate and graduate levels and the Women's Physical Education Department offers a

Graduate Assistantship in athletic training. Information about the assistantship may be obtained by writing to Dr. Eleanor St. John, Chairman, W.P.E.

Since there is some skepticism among women physical educators as to the need for athletic trainers in their programs, it is necessary that the position of an athletic trainer be introduced gradually, with diplomacy and patience. A program cannot be successful without support and understanding and it may take some time before the role as a woman athletic trainer is fully understood by administrators and colleagues. As the level and intensity of women's competition increases however, acceptance of this role seems inevitable.

Addresses of Schools that Accept Women:

Ball State University
Department of Men's Physical Education
Muncie, Indiana 47306
(Ronald Sendre)

Indiana State University
School of Health, Physical Education and Recreation
Terre Haute, Indiana
(Mel Blickenstaff - MPE; Holly Wilson - WPE)

University of Montana
Department of Health, Physical Education and Recreation
West Chester, Pennsylvania 19380
(Philip Donley)

Western Illinois University
College of Health, Physical Education and Recreation
Macomb, Illinois 61455
(Ronald E. LaRue)

Athletic Training Workshops for Women

Summer:

June 11 - 14, 1973: Bemidji State College, Bemidji, Minn.

Undergraduate physical education majors, high school and college physical education instructors and anyone interested in obtaining knowledge in athletic training is eligible to attend.

The registration fee is \$45.00 which includes tuition.

Two credit hours are offered, either graduate or undergraduate. Each class session will run from 9:00 a.m. to 3:30 p.m. with a break for lunch.

Dormitory housing is available (\$13.00 for a double room for the four day session).

The registration deadline is May 25; however,
(con't. on page 86)

Developmental Asymmetry (con't. from page 69)

Statistical study of 37 male subjects", *J. Assoc. Phy. and Mental Rehab.*, 21:2:40. 1967.

5. Klein, K.K., *The Knees, Growth, Development and Activity Influences*, All American Productions and Publications, Greeley, Colo., ch.3, 1967, 2nd. Edition, The Pemberton Press, Austin, Texas 1971.
6. Klein, K.K., *The Knee in Athletics*, Am. Assoc. Health, Physical Education and Recreation, Washington D.C. ch. 2, 1963.
7. Klein, K.K. and F.J. Allman, Jr., *The Knee in Sports Conditioning Injury Prevention and Rehabilitation*, The Pemberton Press, Austin, Texas, ch. 3, 1969.
8. Pearson, W.M., "Early and High Incidence of Mechanical Faults", *J. of Osteo.*, XLI:5. 1954.
9. Redler, I., "Clinical Significance of Minor Inequalities of Leg Length", *New Orleans Med. and Surg. J.*, 104:8:308, 1952.
10. Strachan, W.F., "Lateral Imbalance and the Use of Lifts", *J. Am. Osteo. Assoc.*, 41:190. Dec. 1941.
11. Rose, K.D., "Congenital Anomalies of the Low Back", *Nat. Athletic Tr. Assoc.*, April 1962, p. 2 (Reprint from Medical Times, Oct. 1961)

Student Trainer Corner (con't. from page 66)

this does create a hardship in some cases but feel protection of the validity of the product is of more importance. There is no reason why an individual district might not give the examination regionally on the campus of an approved curriculum since the Board of Directors allow each district this flexibility. Should one institution have a number of candidates qualified for examination, it is entirely logical that this might be done.

Lindsay McLean
Certified Athletic Trainer
Chairman
NATA Certification Committee

Not for Men Only (con't. from Page 82)

applications will be accepted until the first of June. Register with Ms. Betsy McDowell, Women's Physical Education, Bemidji State College, Bemidji, Minnesota 56601.

July 9 - 25, 1973: Eastern Kentucky University, Richmond, Kentucky.

The workshop is open to junior, senior and graduate students.

For undergraduates the registration fee is \$15.00 per credit in-state or \$37.00 per credit out-of-state. The in-state fee for graduate students is \$22.00 per credit and out-of-state \$50.00 per credit.

Two credit hours are offered, either graduate or undergraduate. The class will meet from 2:15 p.m. to 4:30 p.m. Monday - Friday.

Dormitory housing is available and inquiries should be addressed to the director of housing.

Students may enroll during the regular registration time on June 11 or at anytime thereafter including the first day of the workshop.

Fall:

September 22, 1973: Indiana State University, Terre Haute, Indiana.

DGWS Mini-Clinic on Athletic Training for Women sponsored by the Southwest District of the Indiana Association for Health, Physical Education and Recreation.

Anyone interested in obtaining a background in athletic training may attend.

Contact Mrs. Barbara Passmore at Indiana State University (WPE) for more information.

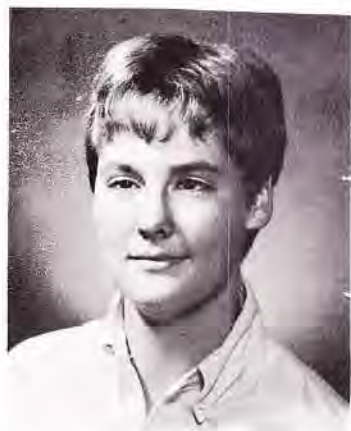
FILM AVAILABLE

A film "Facial Injuries in Football" has been produced by Dr. Wilson and Doctors Eugene and Michael Rontal of the University of Minnesota. It is available for your use at no charge. Approximately fifteen minutes in length it depicts through excellent color shots under game conditions and with diagrams the injury potential related to the various types of face masks. Also brought to attention is the necessity for use of the four-point padded chin strap and proper fitting of headgear. The film was produced as an introduction to facial injury for physicians, medical students, coaches, trainers, and athletes.

To obtain this film contact:

Dr. Kent Wilson
Department of Otolaryngology
A-605 Mayo Memorial Building
Minneapolis, Minnesota 55455

NOT FOR MEN ONLY



by Holly Wilson
Certified Athletic Trainer



Ms. Marge Albohm, who recently completed the graduate athletic training curriculum at Indiana State University and served as my assistant trainer, submitted the following article. She expresses the belief that there is a definite need for more women to enter the field of athletic training and that women physical educators should provide more adequate injury prevention and care for the female athlete.

Athletic training for women is a long overdue necessity. Upon entering the field of athletic training I found myself relatively unaware of the actual duties and responsibilities of an athletic trainer and the great importance of this person in the total athletic program. After having spent a year as assistant athletic trainer for the women's physical education department and women's intercollegiate athletic program, and having completed the athletic training curriculum at Indiana State University, I have encountered a very rewarding and necessary profession and one which has been seriously neglected in the area of women's sports. For the most part, we as physical educators and athletic coaches have been guilty of neglecting our moral obligation to our female athletes by not truly providing for their health, safety and care. Fortunately, however, I believe women are recognizing this neglect and the trend is certainly changing. However, with any change there must occur an educational process on the part of coaches and players as to the role of an athletic

trainer and the vital part he or she plays in the athletic program. This process may involve diplomacy and certainly cooperation, as we are introducing a totally new professional role into the field of women's athletics. However, when this is accomplished I feel the athletic trainer will become an indispensable part of any women's sport program.

I feel it is of vital importance that we urge women to become professionally prepared in the area of athletic training and to then enter the field to serve women. We are greatly appreciative of the training and knowledge given to us by the men in the field of athletic training, for they are truly seasoned professionals with a great deal of experience and they certainly have been very instrumental in our preparation. However, I personally feel we are still not meeting our total moral obligation to our women athletes if we remain in the men's athletic arena or if we expect the men to assume our obligations. It is **our** responsibility to serve our women and to have proper care and protection provided to our women athletes by women athletic trainers. I feel only then will our previous negligence be truly negated.

With the professional preparation of women athletic trainers and their entrance into the area of women's athletics our moral obligation for the protection, safety and care of female athletes will be met.

RECOMMENDED READING:

"Women in Sports," a three part series in **Sports Illustrated** by Bill Gilbert and Nancy Williamson (May 28, 1973; June 4, 1973; June 11, 1973).

Part I, "Sport is Unfair to Women," deals with the discrimination of the female athlete and the fact that she has been unable to acquire her fair share in the use of facilities and athletic funds, and, in the professional ranks, equal earnings with her male counterpart. The female athlete has been handicapped in the attainment of her goals by lack of funds, facilities and inadequate coaching and, even in some cases by regulations prohibiting her from participating in sports, e.g., Little League Baseball. If, after dealing with such difficulties, the female athlete still has the desire and tenacity to persist, she will no doubt meet social and psychological pressures and receive little recognition for her success.

Bill Gilbert and Nancy Williamson tell it like it is — the double standard in athletics. One area that they failed to mention was the often inadequate medical coverage provided at athletic events for women.

Part II, "Are You Being Two Faced?"—Opposition to women in sports has traditionally been based upon the belief that such participation is harmful to the reproductive organs, the menstrual cycle, and

that it complicates pregnancy. In Part II the authors dispel this popular mythology by citing research and examples where females have not been maimed by participating in even the most rigorous sports, e.g., boxing, roller derby. Only when females compete in co-ed contact sports after the onset of puberty might they be subjecting their bodies to the increased risk of injury. The last myth in the biological argument is the masculinization of the female athlete. While it is true that many females with masculine body types participate successfully in sports, sports participation is not the villain, heredity is. The authors also include a discussion of two other popular arguments: females are neither skilled enough nor interested enough in sports to have the right to demand fair play.

Part III, "Programmed To Be Losers" includes a discussion of the recent court rulings that allow females to compete on established men's teams and the consequent battle of the sexes on the athletic field. The biggest hangup, so the authors contend, is the male ego that could not withstand the embarrassment of female superiority on the athletic field. Another fear of the growing interest in women's sports is that the men will no longer have a monopoly on facilities and athletic funds. Females are no longer satisfied with the "token programs" offered to them. As the article points out, females are now willing to take a stand supported by whatever legal ammunition they can find.

Athletic Training Workshops:

September 14-15, 1973—University of Northern Iowa, Cedar Falls, Iowa.

A workshop in athletic training for men and women which satisfies the state requirements for coaching certification. Workshops in track and field and gymnastics will be run concurrently.

Contact Dr. Elinor Crawford, Women's Physical Education, University of Northern Iowa, Cedar Falls, Iowa 50613 for further details.

September 22, 1973—DGWS Mini-clinic in Athletic Training for Women, Indiana State University, Terre Haute, Indiana.

Open to anyone interested in obtaining a basic background in athletic training.

Write to Mrs. Barbara Passmore, Women's Physical Education, Indiana State University, Terre Haute, Indiana 47809 for more information.

Fellow Trainers—If you know of any workshops in athletic training for women or if you have any information that pertains particularly to women and would like it published, please send it to me at Indiana State University. I will try to include all submitted information in this section.



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It's incredible how often Ille Whirlpools "keep your players in the line-up," and they are unequalled for power and high quality.



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 For higher heat application, safely thermostatically controlled; double wall stainless steel tank.



STATIONARY UNIT
 Model THM 100-48 (S)

Ille Trainers-Aid Whirlpools are available in two basic model types: **STATIONARY UNITS** (as illustrated above) and **MOBILE UNITS** which include two (2) motors. Both basic model types are available with inside tank lengths of 42, 48 or 54 inches.



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PIONEERS IN HYDROTHERAPY



NOT FOR MEN ONLY



by Holly Wilson
Certified Athletic Trainer

Joanne Dolcemaschio is currently enrolled in the graduate athletic training curriculum at Indiana State University. When she wrote the following article she was an undergraduate student at Brooklyn College, working in the school's training program.

Although some of her statements are probably true, I have found that the greatest supporters of the entrance of women into the field of athletic training have been the men trainers. Most of the opposition today is centered in the women's physical education departments primarily because women coaches and physical educators do not fully understand the role of the athletic trainer. Over the past five years, a great deal of educating has taken place, but there is a long road ahead before athletic training for women will be completely accepted. This point is made in the second article by Dr. Eleanor St. John, Chairman of the Women's Physical Education Department at Indiana State. Dr. St. John was one of the first administrators to provide an athletic training program for

women athletes.

An athletic trainer is the link between the athlete and the doctor. He cares for and prevents athletic injuries.

A trainer has always been sex-typed as a male occupation. Since he takes care of athletes, who are also sex-typed male, he too should be a male. How could a female take care of a male athlete? What if he gets a groin injury? A woman could never understand the masculine physical and psychological rigors of sports! She is too feminine!

Males, especially athletes, have little confidence in a woman's ability to be a trainer. They feel she is not intelligent or capable enough to be in the paramedical profession. She should be home cooking not on the field taping ankles. When a female works in the training room and a male athlete (even female for that matter) comes in for treatment, they look for someone else (preferably male) to help them.

Athletic training is a career which requires years of schooling and experience, constant reading and participation, and time for

travel. Finally, friends and society as a whole put a lot of pressure on females preventing them from entering this profession. What kind of a career is this for a female? Females are too emotional for this job which requires a calmness and on the spot decisions! You won't have time to go to school, you should be getting married! You can't leave the kids to travel with the team! These are examples of how the professional and the sex-roles are not compatible.

Another problem women face in this profession is that there are few, if any, female trainers one can look up to for leadership and advice. For years it has been a male profession and this means it will take a long time for change to take place.

Women could be excellent trainers if given a fair chance. We can study just as hard and read just as much as a man can. We would be willing to put our time into school and travel if society wouldn't pressure us so much. We can be just as intelligent, calm and make on the spot decisions. There are no biological differences which make

men more able to do this than women!

There is a lack of and need for female trainers. Women teams are on the rise and they will need trainers. Women athletes have shown their worth in the Olympics and they, too, will need trainers. Women trainers are just as capable as men to work with the male athletes. Men let female nurses take care of them in hospitals, why not a female trainer on the field!

Joanne Dolcemaschio

The expanding program of intercollegiate competition for women is necessitating many changes. As a veteran of the philosophy that "girls and women were not physiologically capable of strenuous competition," I certainly never visualized that I would be making arrangements for our basketball team to fly to New York to participate in the National tournament; neither did I project that an athletic trainer would be a necessity!

The Women's Department of Physical Education at Indiana State University added an athletic trainer to its program in 1968 when a woman student needed an opportunity to complete her practicum. With the help of the men's program (they loaned us several pieces of equipment), modest facilities were developed and a schedule of the training room projected, and--the women had an athletic trainer at their service.

Utilization of the trainer is not an easy matter. We found that both coaches and players needed to explore the role of the service. All participants in the program now understand that the athletic trainer contributes to the efficiency of the athlete in the following ways:

1. Avoidance of injuries by preventive measures such as taping and conditioning.
2. Faster recovery from injuries because of rehabilitation-prescribed exercises and other measures such as the whirlpool, ultrasound, etc.
3. In-service training for the athlete who may well become a coach.

4. Greater security for the teams because of the policy that a trainer travels with all teams.

During the current year, Indiana State has 13 women, both undergraduate and graduate enrolled in the athletic training program. Projected employment of the trainers poses the traditional question concerning "which comes first, the chicken or the egg?" The **need** for trainers is present at this particular point in time; **recognition** of the need is not dominant in the women's program.

The students in the program are projecting themselves as a coach-athletic trainer which is logical and defensible. As the program of interscholastic competition for women expands (as it will), identification of the need for an athletic trainer for women must be recognized by the administration. Undoubtedly, opportunities for employment will be more prevalent at the college level. We (ISU) have an excellent men's athletic training staff and facility; however, all of the time and space is utilized by the men's program. If we are to have any service for the women, we must structure our own, which we have done successfully at Indiana State. Another alternative is that some of the men's programs are absorbing women into their staff--and that's nice work if you can get it!!!

Dr. Eleanor St. John

The results of a recent survey indicate that fifteen of the twenty-three schools with undergraduate curriculums accept women into their athletic training programs. Both of the schools with graduate curriculums accept women.

The schools that accept women are:

Undergraduate Programs

Appalachian State University
Boone, N.C. 28607 (Ron Kanoy)

Ball State University
Muncie, Ind. 47306 (Ron Sendre)

Central Michigan University (5 women enrolled in the program)

Mt. Pleasant, Mich. 48858 (Ken Kopke)

Indiana State University (12 women enrolled; 2 graduates of the program)

Terre Haute, Ind. 47809 (Mel Blickenstaff, MPE; Holly Wilson, WPE)

Indiana University
Bloomington, Ind. 47401 (Sam Newberg or Bob Young)

Louisiana State University
Baton Rouge, La. 70803 (Marty Broussard)

University of Montana (1 woman enrolled)
Missoula, Mt. 59801 (Dr. Walter C. Schwank)

University of North Dakota (3 women enrolled; 1 graduate of the program)
Grand Forks, N.D. 58201 (A.G. Edwards)

Northeastern University (5 women enrolled)
Boston, Mass. 02155 (Kerkor Kasabian)

Ohio University (3 women enrolled)
Athens, Ohio 45701 (Skip Vosler)

Oregon State University
Corvallis, Oregon, 97331 (Bill Robertson or Dick Irvin)

Southwest Texas State Univ.
San Marcos, Tex. 78666 (Bobby Patton)

University of Washington
Seattle, Wash. 98105 (Sayers Miller)

West Chester State College (8 women enrolled; 5 graduates of the program)
West Chester, Pa. 19380 (P.B. Donnelly)

Western Illinois University (2 women enrolled)
Macomb, Ill. 61455 (Duke LaRue)

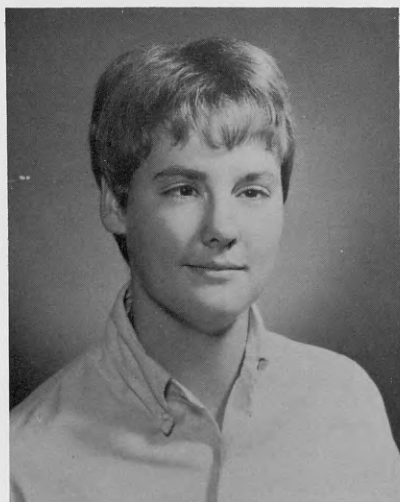
Graduate Programs

University of Arizona (5 women enrolled)
Tucson, Ariz. 85721 (Gary DeLforge)

Indiana State University
Terre Haute, Ind. 47809 (Mel Blickenstaff, MPE; Holly Wilson, WPE)



NOT FOR MEN ONLY



by Holly Wilson
Certified Athletic Trainer

An Open Letter to Women Trainers:

An Ad Hoc Committee on Women in Athletic Training was appointed by Bobby Gunn, President of the N.A.T.A., at the mid-year meeting of the Board of Directors in January. The purpose of this special committee is to identify the needs of women trainers and make recommendations on how the N.A.T.A. can provide for the advancement of women in athletic training.

Holly Wilson was appointed chairperson of the committee and the following women have consented to serve on the committee.

Marge Albohm, Concordia Teachers College, River Forest, Indiana

Marge Albohm, Concordia Teachers College, River Forest, Illinois

Kaye Cosby, Indiana State University, Terre Haute, Indiana

Linda Hammett, Lake Braddock Secondary School, 5401 Burke Lake Road, Burke, Virginia 22015

Sherry Kosek, University of Washington, Seattle, Washington

Linda Treadway, West Chester State, West Chester, Pennsylvania

Sue Schneider, Michigan State University, East Lansing, Michigan

Gail Weldon, Indiana State University,

Terre Haute, Indiana

Presently, the committee is attempting to identify our needs so that recommendations can be made. A questionnaire has been sent to AIAW schools to determine the job market for women athletic trainers. Information is being gathered on injury incidence among women athletes.

A detailed report of the committee's recommendations, including justifications for them, must be submitted to the Board of Directors by May 15, 1974. The chairperson will present a defense of the recommendations to the Board on June 8, 1974.

In view of the fact that the committee has a deadline to meet, it is imperative that we have your suggestions and recommendations as soon as possible. The future of the woman trainer in the N.A.T.A. is our responsibility. Please send any thoughts you might have on what direction women trainers want to take in the N.A.T.A. Suggestions made by the Board members to meet our special needs include the organization of a permanent women's committee and/or the appointment of women to the existing committees. Our success as a committee will be influenced by your help and instrumental in the decision of the Board of Directors in June. We women trainers will determine our future in the profession.

INTERESTING READING

"Sexual Evaluation of 'Female' Athletes," Francois, Jules and M. TH. Matton-Van Leuven. *The Journal of Sports Medicine* 1:5 March-April 1973.

DGWS Research Reports: Women in Sports, edited by Dorothy V.

Harris, Washington, D.C.: AAHPER, 1971.

Women and Sport: A National Research Conference, Harris, Dorothy V. Pennsylvania: Penn State University, 1972.

"Women in Sports: Some Misconceptions," Harris, Dorothy, V. *The Journal of Sports Medicine* 1: 5 March-April 1973.

* * *

On the Lighter Side

Ode To A Lumpy Leg
by Joyce Bachtis, Indiana State University

ODE TO A LUMPY LEG

Don't stand still!
Your "Venus pump" is nil.
Fluid leaks in tissue spaces;
Legs swell--Varicose bases.

Veins overstretch, valves do not,
Valves function all for naught.
Lumps on legs soon appear,
Ace bandages you'll don I fear.

Lumps on legs don't have to be
If you move just moderately.
Good work the valves can do
As blood returns to the heart of you.

When you're resting, play it smart--
Feet propped high above the heart.
In this position better than best,
Your valves will be the happiest.

In the event that it's too late,
Lumpy legs aren't always your fate.
Happy with stripping you can be
As you return from surgery.

So don't ignore the hand of fate--

Heed this advice e'er it's too late.
Follow instructions in the lines above
And everyone your legs will love.

REFERENCE:

Guyton, Arthur C., **Textbook of Medical Physiology**. Philadelphia and London: W. B. Saunders Company, 1966.

* * *

Athletic Training Workshops for Women:

July 8-19, 1974: University of Northern Iowa, Cedar Fall, Iowa.

Undergraduate physical education majors, high school and college physical education instructors and anyone interested in obtaining knowledge in athletic training may attend.

Two credit hours are offered, either graduate or undergraduate.

Contact Ms. Jane Mertesdorf in the Women's Physical Education Department for further information.

June 17-21, 1974: Indiana State University will hold an Athletic Training Workshop for Women. For details contact Ms. Holly Wilson at Indiana State University, Terre Haute, Indiana.

IMPROVISED EXERCISE EQUIPMENT

Many women's training programs are run on a minimal budget that does not allow for expensive rehabilitation equipment. Presented below are the plans for two inexpensive exercise machines that can easily be built by an industrial arts class or physical plant personnel.

KNEE MACHINE

This piece of equipment was made from plumber's pipe and bolted to the end of a treatment table. Its use is limited in that it can only be used for quadriceps strengthening and hold approximately thirty pounds of disc weights. Either knee can be exercised by switching the protective vinyl sponge roll.

ANKLE EXERCISER

This machine, made from plywood and dowelling, can be used for both plantar-dorsiflexion and inversion-eversion exercises in rehabilitating an ankle injury. It's only limitation is that the athlete is restricted to exercising in one plane. She cannot circumduct the ankle.

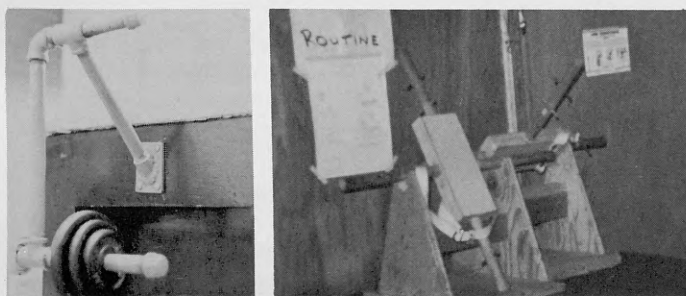


**ANNOUNCEMENT
New Drug Education Chairman**

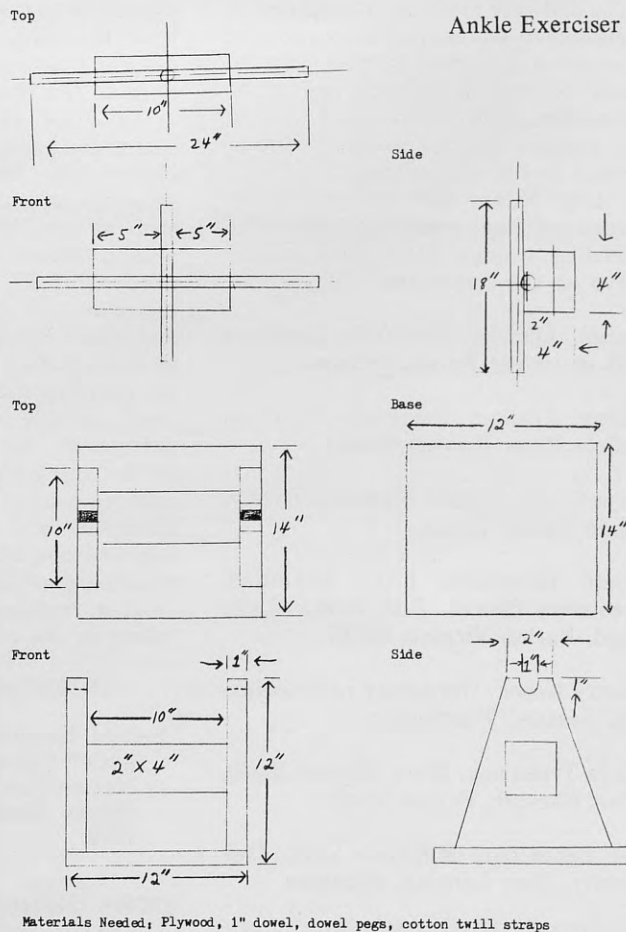
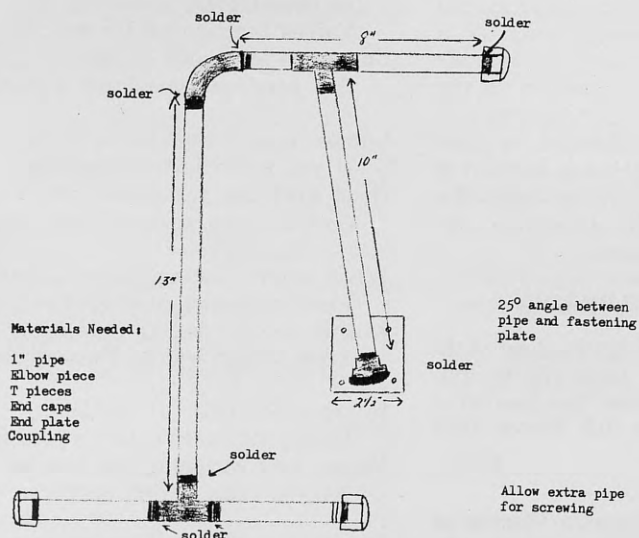
Dr. John Wells has been appointed to the chairmanship of the Drug Education Committee within the National Athletic Trainers' Association, which was formerly held by Mr. Al Hart.

John received his B.S. from Valparaiso University in 1960, his R.P.T. from Hermann Hospital in 1961, and his M.S. from Indiana State University in 1969. Two years later he completed his doctorate in Health and Safety at Indiana State University.

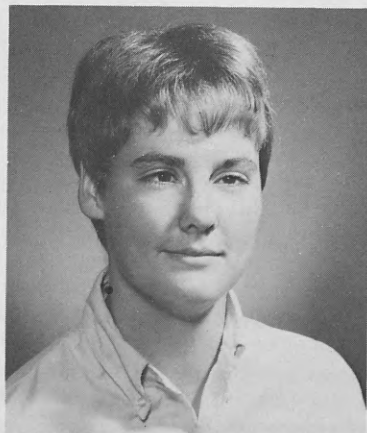
Our membership will recognize John as a frequent contributor to the "Abstracts" section of **Athletic Training**.



Knee Machine



NOT FOR MEN ONLY



by Holly Wilson
Certified Athletic Trainer

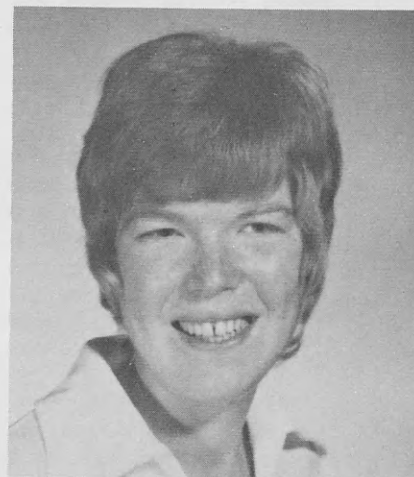
In the few years that I have been a member of the profession, the National Athletic Trainers Association has made tremendous strides in the preparation of men to care for the welfare of the male athlete. Recently similar advances have been made by women who desire to provide the same quality care for the injured female athlete. The impetus was, in part, the rapid growth and development of interscholastic and intercollegiate athletics for girls and women, and perhaps, a change in society's attitude toward the female athlete.

Evidence of the increased interest of women in athletic training can be shown by the recent influx of articles concerning the need for women trainers, the increasing number of DGWS-Cramer workshops for women, the inclusion of training sessions for women at many conventions, the increase in the number of NATA approved curriculums that now accept women, and finally the large number of women who have joined the NATA.

Rather than the typical column, I would like to focus on the women who are members of the Ad Hoc Committee for Women in Athletic Training. Besides their biographical information, some of the trainers have included highlights of their careers as well as some hints for women interested in entering the profession.

Marge Albohm received her Bachelors Degree in physical education from Valparaiso University, Valparaiso, Indiana in 1972. She earned her Masters Degree in physical education with a specialization in athletic training at Indiana State in 1973. She has been active in the profession, writing articles and conducting workshops. Marge is currently employed as a physical education instructor and trainer at Concordia Teachers College in River Forest, Illinois. In January, Marge passed the NATA's Certification to become one of the few certified women trainers in the United States.

The area of the prevention and care of athletic injuries became of interest to me during my collegiate athletic experience. As a result of injuries sustained to myself and to fellow teammates it became apparent that the health and welfare of female athletes needed to be considered to a greater degree. I became aware of the important position athletic training held in the men's athletic programs and realized that women were neglecting a vital phase of their programs. I became interested in and intrigued with the medical aspects of sport and wanted to pursue this area. I therefore entered the field of athletic training to pursue the area of sports medicine and because I felt women's athletics deserved trained professional help to



better care for their athletes and to benefit the health and safety of the individual.

Although it is difficult to cite one particular highlight of my training career I feel one of the most rewarding experiences has been the interest and responsiveness shown by female students and athletes to the field of athletic training. It has been an exciting experience to initiate and establish a training program with the full cooperation of both men and women coaches, working as a team to provide the best possible care for the athletes.

In my opinion, anyone interested in the field of athletic training should take full advantage of all the possible experience one encounters. I feel it is essential to obtain a sound educational

background in athletic training and I believe the curriculum program is invaluable in this respect. It is also important to realize that with any new program problems are unavoidable, but the need for women athletic trainers is so great that we must pursue our goals with diplomacy and determination, for the welfare of our athletes is at stake.

Marge Albohm



Linda Treadway, better known as "Twilda" to the athletes at West Chester State, recently passed her certification examination and was written up in a recent issue of Sports Trail. Like so many other women, Linda is obtaining her training background under a graduate assistantship.

I became interested in athletic training as an undergraduate major in health and physical education at West Chester State College. The required course of first aid and athletic training started it all. From there I took additional courses which led right into the NATA approved curriculum just starting at West Chester. I truly enjoy sports, participating all seasons through high school and college. With a medical flair that runs through me and my love for sports, it seemed quite natural that I should go into athletic training.

For the past year and a half I have been working as a graduate assistant at West Chester. While working on my master's degree, I teach first aid and athletic training courses and also serve as assistant athletic trainer. I have been given the opportunity of covering men's sports as well as those for the women. Consequently I have been seen at pre-season football and soccer camp, traveling with the wrestling team, and sitting in the dugout with the baseball team. Working with both men and women provides a much wider range of experiences in injuries, management, treatment, and rehabilitation. I would highly recommend a

co-ed training room for most situations at the high school and college level if facilities so permit. It is an excellent learning situation for both the female and male athletic trainer.

I was quite honored when I was asked to cover the U.S. Women's Track and Field Olympic Trials the summer of '72. Upon arriving at the scene I was quite surprised to hear they had trouble finding women qualified for the job. No problem finding men; but not too many available women trainers. Athletic training is definitely an open field for women. The way athletics for women is on the rise, the cry for certified female athletic trainers is becoming ever stronger. But not just any woman will do. It requires someone who believes in the values of athletics, can communicate and work with people, is willing to put in some long hard hours, is level headed, and is not easily upset. The hours may be long at times, but the rewards are many.

Linda Treadway

Sue Schneider has the distinction of being perhaps the only woman trainer to tape a football player's ankle on national television. She is working at Michigan State as a graduate assistant in athletic training.

This is the first year for the university to have a female trainer and I feel proud to hold the position. Now the female athlete has a trainer of her own sex to treat and care for her injuries and is able to relate with her any problems that may arise.

I first became interested in athletic training through a class offered at Central Michigan University which led to my position as a student trainer. I worked for two years with both women's and men's programs and realized that this was my career. Upon graduating in May of 1973, I was offered an assistantship at Michigan State University in athletic training. Eventually this will lead to my masters



in physical education.

Working as an athletic trainer fills my need to be with both people and sports. I feel that I have more to offer in this area because it is a relatively new field and not much has been done in the past for the care of female athletes.

My most interesting experience as an athletic trainer has been working with the MSU football team last fall. I was able to work with these athletes and see what happens "behind the scene". This was valuable experience in increasing my knowledge as a trainer.

Women interested in athletic training should not be discouraged when first starting into the field. Determination and desire are two characteristics one should possess when contemplating the career. The first few years are the toughest, but the little joys that accompany the job make it all worthwhile.

Sue Schneider



Gail Weldon works as the assistant trainer for the Women's Physical Education Department at Indiana State where she is completing her Masters Degree. Gail was awarded an assistantship in training because of her undergraduate background. Many schools are now following ISU's example of offering an assistantship to a woman with a background in athletic training.

I became interested in athletic training as an undergraduate at Northeastern Illinois University. My freshman year I fell into the role of a student trainer because my teammates needed someone to care for their injuries. During my second year Dick Hoover, the former trainer at Northwestern, was a guest lecturer. After talking with Dick there was no question in my mind that athletic training was the field for me. I worked as a trainer for the men and women at Northeastern until I graduated in 1973.

My highlight in training would have to be traveling with 'Northeastern's volleyball team to the AIAW National Volleyball Tournament at Brigham Young University in Provo, Utah.

Training satisfies my need to work in sports and my love for working with people. I would tell any woman interested in training not to be discouraged, that progress is slow but new opportunities will certainly arise with the growth of women's sports. Obtain a good background in anatomy, physiology, and kinesiology. Also, I would suggest attending a school with an athletic training curriculum and get as much experience working with the athletes as possible.

Gail Weldon

Kaye Cosby is one of the ten women graduate students enrolled in the athletic training specialization at Indiana State. She graduated from the University of Texas in 1968 and has taught physical education to high school girls prior to coming to ISU.

I went into athletic training because I saw a need in Texas for women physical educators to be better prepared for coaching through their college curriculums and clinics. I hope to eventually be a part of this "preparation". Texas high school girls deserve

good coaching to prevent many injuries and proper care of an injury when it does occur.

There has been no spectacular highlight in my brief career as a student trainer. I realize I still have a great



deal to learn, and I hope I never become so narrow in my thinking and my techniques in training that I cease to learn.

Kaye Cosby

Linda Hammett has had a very interesting and unique background as an athletic trainer. She served as the men's and women's trainer for the



University of Montevallo in Alabama before working as a trainer for the Kansas City Parks and Recreation Department. She is currently employed by the Lake Braddock Secondary School System in Burke, Virginia. Linda received her Bachelors Degree from Central Missouri State University and her Masters from Texas Women's University.

The highlights of her career include serving as the trainer for the Olympic Development Camp in Volleyball that was held in Houston, Texas and the 1973 Tour of the Quebec National Volleyball Team.

(Con't on p.82)

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(Con't from p. 63)



Sherry Kosek has the unique distinction of being the first woman to join the National Athletic Trainers Association and the first woman trainer to be certified by the N.A.T.A. Sherry is now working as a physical therapist/athletic trainer at the University of Washington in Seattle.

I attended Southern Illinois University and was graduated with a B.S. in Physical Education in 1966. While at Southern, I competed in swimming and gymnastics. It was during my junior year that I sustained an injury in gymnastics which kept me out of competition for a while, but at the same time introduced me to the field of athletic training. I was thankful for the care I received from the athletic trainer and hoped that other women on my team would benefit from his services also. However, the training room was not coed at that time, making it difficult to treat the womens' injuries.

I received permission to take the basic athletic training course and was able to assist our athletic trainer in treating the women gymnasts. I felt all women physical education majors should take the athletic training class, especially if they planned on coaching, but I was the only one interested. The athletic trainer encouraged me to join the N.A.T.A. and to attend clinics to stay current in the field after I graduated.

Because my knowledge in the field of athletic training was limited, I desired to be more qualified to take care of the injuries I saw in my teaching and coaching experiences. Consequently, I attended the Mayo Clinic School of Physical Therapy in Rochester, Minnesota for two years. I discovered during that time that my true desire was to work as a physical therapist/athletic trainer. I have seen the need for women athletic trainers during my competitive experience and I knew of the need for qualified people to care for athletes on both the high

school and college levels. I hoped that as a trainer on the college level I could help women coaches and athletes at all levels.

There have been many exciting moments in my career as an athletic trainer. I have been interviewed for TV, newspapers, and magazines. I have been asked to speak at many national and local conferences and clinics. But I think the happiest moment was when the University of Washington Women's Basketball Team presented me with a wooden plaque with the inscription on it, "With thanks, for the care and caring."

My word of advice to someone planning to enter the field of athletic training would be to gain as much experience as possible as a student trainer, especially in the area of recognition of injuries. Never lose sight of your goals.

ATHLETIC WORKSHOPS FOR WOMEN

Summer

July 8-19, 1974 — University of Northern Iowa, Cedar Falls, Iowa 50613. Undergraduate physical education majors, high school and college physical education instructors and anyone interested in obtaining knowledge in athletic training may attend.

Two credit hours are offered, either graduate or undergraduate. Coaching endorsement for Iowa instructors is also available. Contact Ms. Jane Mertesdorf in the Women's Physical Education Department for more information.

* * *

June 17-21 - Indiana State University, Terre Haute. This workshop is one of seven that will be co-sponsored by The Division of Girls and Womens Sports and Cramer Products, Inc. throughout the United States this summer. Contact Holly Wilson for more information.

July 2-19 - University of Northern Iowa, Cedar Falls. Contact Jane Mertesdorf for more information.

Cramer-DGWS 1974 Workshops

June 17-21 — Indiana State University, Terre Haute, Indiana 47809
Coordinator: Holly Wilson

June 24-28 — Madison College, Harrisonburg, Virginia 22801
Coordinator: Dr. Leotus Morrison

July 15-19 — LaSalle College, Philadelphia, Pennsylvania 19141
Coordinator: Mary O'Connor

July 22-26 — California State University, Hayward, California 94542
Coordinator: Dee Schraffa

July 28-August 3 — Western Michigan University, Kalamazoo, Michigan 49001

Coordinator: Billye Ann Cheatum

August 5-9 — Western Illinois University, Macomb, Illinois 61455.

Coordinator: Dr. Elizabeth Chapman

August 12-16 — University of Wisconsin, Oshkosh, Wisconsin 54901

Coordinator: Dr. Helen Briwa

* * *

University of Montana, Missoula, Montana 59801

Coordinator: Dr. Walter Schwank, Chairman

June 24-28 — Facilitation Exercise for Care & Prevention of Athletic Injuries (3 graduate credits)

July 22-26 — Sports Medicine for Coaches (3 undergraduate credits)

* * *

Fall

National Coaches Conferences sponsored by The National Association for Girls and Women in Sports (NAGWS)

September 18-20, 1974 — Physical Education Center, State University of New York, Albany, New York

Program Emphasis: Field Hockey and Gymnastics - Intermediate & Advanced Coaching

Conference Director: Leona Rhenish

September 27-29, 1974 — Athens College, Athens, Alabama

Program Emphasis: Athletic Training, Basketball, Volleyball, Track and Field
Conference Director: Angeline Nazaretian

October 11-13, 1974 — Women's Physical Education, Iowa State University, Ames, Iowa.

Program Emphasis: Athletic Training, Basketball, Gymnastics, Volleyball
Conference Director: Gloria Crosby

October 25-27, 1974 — Arizona State University, Tempe Arizona

Program Emphasis: Athletic Training, Archery, Tennis, Volleyball
Conference Director: Mary Littlewood

* * *

If any woman with a background in athletic training is interested in a graduate assistantship for the 1974-1975 academic year, please contact me immediately. I have a list of schools that are looking for women to start or continue an athletic training program for their women athletes.



NOT FOR MEN ONLY

by Holly Wilson
Certified Athletic Trainer



REPORT OF THE AD HOC COMMITTEE ON WOMEN IN ATHLETIC TRAINING - JUNE 1974

Members of the committee, as well as interested women trainers, met for the first time on June 10 in Kansas City. The purpose of the meeting was to discuss the objectives of women in athletic training and formulate recommendations on how the N.A.T.A. could better serve the needs of the woman trainer. Our objectives focus on education, an understanding of the role of the athletic trainer. We are seeking to:

- 1) Establish a new professional role in the field of athletics for women, that of the woman trainer.
- 2) Gain support and understanding of administrators and colleagues for the need for women athletic trainers.

This educational process could be enhanced by the N.A.T.A. if the organization, through its present standing committee, would:

- 1) Help provide more educational opportunities in the field of athletic training for women.
- 2) Insure more invitations to women in physical education to attend N.A.T.A. meetings on the district and national level so their interest in the field will be stimulated.
- 3) Circulate publications pertaining

to women as professional trainers in physical education departments at junior colleges, colleges and universities.

4) Provide vocational materials to circulate in junior high and high schools that present women in the field of athletic training.

5) Make available pamphlets on qualifications and educational requirements for athletic training, stressing that the field is open to women and a desirable career opportunity.

Finally, women trainers should be available at all athletic programs for girls and women regardless of the level of competition—local, state, national or international. In international competition, the N.A.T.A. could help the women trainers gain recognition by the Olympic Committee for placement on Olympic and Pan Am training staffs.

The committee's recommendations were presented to the Board of Directors by the chairperson on June 11. All of the requests were approved except part of one. The Board was asked to:

- 1) Appoint women representatives to each of the existing standing committees. Action: Each committee chairperson will be asked to nominate at least one woman for membership on his committee.

2) Appoint liaisons to the Division of Girls and Womens Sports, the Association of Intercollegiate Athletics for Women, and the National Federation of High School Athletics. Action: Letters requesting liaison status with the DGWS and AIAW have been sent to officials in each organization. The N.A.T.A. already has a liaison with the NFHSA so the request was denied.

3) Continue the Ad Hoc Committee for another year. Action: Approved.

* * *

JOB OPPORTUNITIES FOR WOMEN TRAINERS

In late February, a two page questionnaire seeking information on job opportunities for women in athletic training was sent to all junior colleges, colleges and universities that were members of the AIAW. The research was carried out by Katie Grove, a graduate student in the athletic training specialization at Indiana State University and received approval and financial support from the N.A.T.A.

Of the 381 questionnaires sent out, 57% or 218 were returned by the deadline date of April 1. Seventeen positions for women trainers were identified.*

Question 1	Do you plan to hire a woman athletic trainer in the fall of 1974?		
	a. Yes - 17 schools or 8%		
	b. No - 179 schools or 82%		
	c. Undecided - 21 schools or 10%		
Question 2	If you answered "yes" to question number one, what other responsibilities would she have? (Respondents could check as many as applied.)	Response	Blank
	a. None, except related to Athletic Training	9	8
	b. Coaching	0	17
	c. Teaching	2	15
	d. Both coaching and teaching	2	15
Question 3	If you answered "no" to question number one, what is your reason? (Respondents could check as many as applied.)	Response	Blank
	a. Department does not see need for it	32 or 18%	147
	b. Administration does not see need for it	29 or 16%	150
	c. Financial Reasons	106 or 59%	73
	d. Already have a faculty athletic trainer	48 or 27%	131
	e. Already have a student athletic trainer	42 or 24%	137
	f. Coach does an adequate job	26 or 15%	153
Question 4	How many intercollegiate sports for women do you have?		
	a. None	"Yes"	"No"
	a. None	0	1 or .6%
	b. 1-3	0	30 or 17%
	c. 4-7	6 or 35%	97 or 54%
	d. 8-11	10 or 59%	43 or 24%
	e. 12 or more	1 or 6%	3 or 2%
	Blank	0	5 or 3%
			"Undecided"***
			0
			0
			9 or 43%
			9 or 43%
			3 or 14%
			0

*At this time 26 positions have been identified. Some institutions have notified Indiana State that positions have been finalized since the schools returned the questionnaires and "late" questionnaires have been tallied.

**The questionnaires were analyzed by computer. They were grouped according to how question one was answered. The 17 schools that answered "yes" to the question were in one group, the 179 who answered "no" in another, and the 21 "undecided" in a third.



Question 5 Approximately how many women students participate in your intercollegiate program yearly?

"Yes"	4	13	44	135	2	19
"No"	34 or 19%	0	56	123	4	17
"Undecided"	0	0	36	143	6	15
a. Less than 50	71 or 40%	6 or 29%				
b. 50-100	35 or 20%	6 or 29%				
c. 100-150	5 or 29%	5 or 24%				
d. 150-200	6 or 35%	4 or 19%				
e. Over 200	3 or 18%	0				
Blank	6 or 3%	0				

Question 6 Do you have a Graduate Assistantship available for a woman who has a background in Athletic Training?

"Yes"	8	14	8			
"No"	159	11				
Blank	6	2				

Question 7 If you plan to hire a woman trainer in the future, what would be your prospective date of employment?

"Yes"	8	9	2			
"No"	0	87	6			
Blank	9	75				

Question 8 What is or would be your educational requirements for an athletic trainer. (Respondents could check as many as applied.)

"Yes"	8	9	14			
"No"	46	133	7			
Blank	0	0	0			

Question 9 If possible, please check the starting salary range for a woman trainer.

"Yes"	3	19	5			
"No"	7	45	6			
Blank	4	19	2			

Question 10 Are you presently accepting applications for a woman trainer?

"Yes"	7	4	1			
"No"	172	3				
Blank	1	13				

The data analyzed in questions 11-19 were supplied by the athletic directors at institutions where a faculty and/or student trainer were working.

Question 11 Who presently works on your Athletic Training staff for your women's intercollegiate program? (Check appropriate blanks)

Head Trainer: The individual, male or female, who is responsible for the Athletic Training program	92
Faculty	29
Student	82
Male	66
Female	34

Combining No. 2, No. 3, and No. 4 trainer

Faculty	19
Student	126
Male	66
Female	84

Question 12 What is the name of your head trainer? The names of the head trainers were collected upon request of the N.A.T.A.

Question 13 How many years of experience has your head trainer had as a full-time athletic trainer?

"Yes"	4	14	3			
"No"	15	20	2			
Blank	3	9	1			

Question 14 How many years of experience has your head trainer had as a student trainer? (including high school and college)

"Yes"	1	19	2			
"No"	7	11	1			
Blank	2	7	0			

Question 15 How did your head trainer gain his/her background in Athletic Training? (Respondents could check as many as applied.)

"Yes"	1	16	1			
"No"	17	162	2			
Blank	2	144	1			

Question 16 Approximately what percentage of the head trainer's time is spent in Athletic Training in the women's program?

"Yes"	1	4				
"No"	75%	4				
Blank	7	7				

Question 17 Do you have separate training facilities for men and women?

"Yes"	6	26				
"No"	8	12				
Blank	3	61				

Question 18 Who is the administrator of your women's intercollegiate program?

"Yes"	4	13	25	154	1	20
"No"	13	37	142	5	16	
Blank	0	0	0	0	0	

Question 19 Why did you hire a woman athletic trainer? (Representative Responses)

a. A very important aspect of any competitive program (prevention rather than treatment, if possible), to provide conditioning, treatment of injuries and rehabilitation programs for students involved in the intercollegiate program, and to supervise laboratory experiences in Athletic Training for graduate students specializing in Athletic Training.	1	16	6	173	0	21
b. We have student women trainers because of the growing number of female participants and the sometimes conflicting schedules of the men's and women's programs.	1	16	2	177	1	20
c. We wish to expand our programs to have an N.A.T.A. approved athletic training curriculum.						
d. Concern for the welfare of the student.						
e. A trainer can greatly improve a sports program.						
f. Need.						

Schools that did plan to hire a woman trainer in the fall of 1974 and were accepting applications included:

- Arizona State (filled)
- University of Delaware
- University of Florida
- Cal State University-Fullerton
- University of Minnesota
- Rutgers University, New Jersey
- Eastern Michigan
- University of Kentucky
- University of Iowa

Schools that were undecided about hiring a woman trainer in the fall of 1974, but did accept applications included:

- San Jose State, California
- West Chester State, California
- Stanford University, California
- University of Oregon (Probably Fall 1975)
- Texas Women's University
- UCLA (Probably Fall 1975)
- University of New Mexico (Probably Fall 1974)
- Colby College, Maine

Schools that did plan to hire a woman trainer, but were not accepting applications at the time of the questionnaire included:

- Western Michigan
- University of California-Berkeley
- Indiana University (filled)
- Santa Rosa Junior College-California
- Yale University
- Cal State University-Hayward (Physical Therapist)
- University of Arizona
- University of North Carolina
- Wichita State

Editors Note: This is the most current list available as of the writing of this column in mid-July. The list includes changes in "status" that were received by Indiana State and information from those questionnaires that were received beyond the deadline. If you would like a list of the schools that have graduate assistantships available for women with backgrounds in athletic training, please contact me as soon as possible.

NOT FOR MEN ONLY

Holly Wilson
Certified Athletic Trainer



Today, if you offer anyone in women's athletics a penny for their thoughts chances are, nine times out of ten, the response will concern Title IX. Title IX of the Education Admendments Act which prohibits sex discrimination in schools should have a synamic effect on the course of women's athletics in the months to come. Its impact has become a major concern to everyone involved in physical education, athletics and related fields.

I offered Dr. Peg Burke, President of the Iowa Associaltion of Intercollegiate Athletics for Women, a penny for her thoughts on the subject but she demanded at least a dime. I asked her to summarize the effects of the Act on women's athletics and then infere its effect on athletic training. Dr. Burke is well qulaified to write such an article having attended several meetings on Title IX and Women's Athletics.

THINGS YOU'VE ALWAYS WANTED TO KNOW ABOUT TITLE IX, BUT WERE AFRAID TO ASK By Peg Burns Ph.D

What is Title IX?

Title IX of the Education Amendments was enacted by Congress June 24, 1972 and provides that "no person in the United States shall on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance".

What does Title IX cover?

In educational institutions receiving federal funds it covers admission policies, with certain exceptions, treatment of students in all programs and activities and employment.

Do many educational institutions receive financial aid?

Yes, most if not all receive aid in some form. This aid ranges from research grants to student loans to subsidies to school lunch programs.

Have guidelines been published to aid in interpretation of Title IX?

Yes, the Department of Health, Education and Welfare has published in the **Federal Register** on June 20, 1974. This publication should be available in any major library. Copies are also available from the Office of Civil Rights, Department of HEW, Washington, D.C.

Are these Regulations in final form?

No. Following the publication of the regulations the Department of HEW allowed for a comment period. This comment period officially ended on October 15, 1974. During that period hearings were held at a number of regional sites and individuals and groups were invited to attend these meetings and/or send comments to the Director of the Office of Civil Rights of the Department of HEW. comments received before October 15, will be considered before the final action is taken of the regulations. Comments

received after that date may also be considered until the regulations are prepared in final form. The proposal may be changed in light of the comments received. The preparation of the final form of the regulations is predicted to take until 1975.

Are the comments treated as public information?

Yes. Comments received in response to Title IX will be available for public inspection in Room 3256, 330 Independence Avenue, S.W., Washington, D.C. 20201 between 9 a.m. and 5:30 p.m. Monday through Friday until the regulation is published in final form. Copies of representative comments will also be made available for public inspection in the office of each Regional Director of the Office of Civil Rights during normal business hours. The address and locations of the Regional offices are available in the June 20, 1974 **Federal Register**.

Do the regulations say anything specific to physical education?

Yes. Section 86.34 states

"A recipient (Educational institution receiving federal funds) shall not provide any course or otherwise carry out any of its education program or activity separately on the basis of sex, or require or refuse participation therein by any of its students on such basis, including health, physical education..."

How have physical educators reacted to this stipulation?

There have been mixed reactions, some support it while many argue that in the post-pubertal years where well documented differences in strength, speed and size are factors, students should be allowed the option of co-ed or single classes.

Do the regulations say anything specific to athletics?

Yes. The entirety of section 86:38 is devoted to athletics.

(a) **General.** No person shall, on the basis of sex, be excluded from

participation in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any physical education or athletic program operated by a recipient, and no recipient shall provide any physical education or athletic program separately on such basis; provided, however, that a recipient may operate or sponsor separate teams for members of each sex where selection for such teams is based upon competitive skill.

(b) **Determination of student interest.** A recipient which operates or sponsors athletics shall determine at least annually, using a method to be selected by the recipient which is acceptable to the Director, in what sports members of each sex would desire to compete.

(c) **Affirmative efforts.** A recipient which operates or sponsors athletic activities shall, with regard to members of a sex for which athletic opportunities previously have been limited, make affirmative efforts to:

(1) Inform members of such sex of the availability for them of athletic opportunities equal to those available for members of the other sex and of the nature of those opportunities, and

(2) Provide support and training activities for members of such sex and expand their capabilities and interests to participate in such opportunities.

(d) **Equal opportunity.** A recipient which operates or sponsors athletics shall make affirmative efforts to provide athletic opportunities in such sports and through such teams as will most effectively equalize such opportunities for members of both sexes, taking into consideration the determination made pursuant to paragraph (b) of this section.

(e) **Separate teams.** A recipient which operates or sponsors separate teams for members of each sex shall not discriminate on the basis of sex therein in the provision of necessary equipment or supplies for each team or in any other manner.

(f) **Expenditures.** Nothing in this section shall be interpreted to require equal aggregate expenditures for athletics for members of each sex.

What has been the reaction to the regulations concerning athletics?

Varied and emotional. Men generally feel the regulations go too far, and women generally feel they do not go far enough and most feel they are unclear. Questions which remain largely unanswered include:

How to deal with the traditionally single sex sports such as foot-

ball, wrestling and field hockey. What proportion of the total number on a team would have to be women for a single team at an institution to be considered non-discriminatory.

What methods of determining student interest would be acceptable and to whom should this information be made available.

How the need for affirmative action should be determined and what reporting system would be required.

How inequities will be determined if equal aggregate expenditures are not required.

Is financial aid to athletes specifically mentioned?

Yes. Section 86:35 (d) states:

"... separate financial assistance for members of each sex may be provided as part of separate athletic teams for members of each sex to the extent consistent with 86:38."

A question that remains unanswered here is whether the total number of such financial grants must be equal or judged comparable on some other basis.

A second question is what is required if there are no separate teams for each sex.

Is "athletics program" being broadly interpreted to include intramurals?

Yes, and the interpretations given at regional meetings have been that intramural activities could not be provided separately on the basis of sex. Is athletic training covered in Title IX?

It is not mentioned specifically but would appear to be affected by several sections governing programs, services and employment.

If institutions have not allowed women into athletic training programs they would appear to be subject to the Remedial Action part of 86.3 which states, "A recipient which has previously discriminated against persons on the basis of sex in an education program or activity shall take such remedial action as is necessary to overcome the effects of such previous discrimination."

If an institution has admitted women to their athletic training programs but their numbers have been small it would appear subject to the Affirmative Action section of 86.3 which states, "In the absence of prior discrimination on the basis of sex in an education program or activity, a recipient may take affirmative action to overcome the effects of conditions which resulted in limited participation therein by persons of a particular sex."

The right of female athletics to access to athletic training services, appears to be provided for under 86.38 (a) to the extent that such services are being provided to male athletics.

The employment rights of female athletic trainers and graduate assistants is provided for under 86.41. The general employment statement reads, "No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination in employment, or recruitment, consideration, or selection thereof, whether full-time or part-time, under any education program or activity operated by a recipient which receives or benefits from Federal financial assistance." Equality of opportunity in regard to promotions, tenure, job assignments, compensation, etc. is also provided for in this section.

Many questions concerning Title IX have not been answered, and cannot be answered at this time, but I would like to pose three final questions.

Why was Title IX necessary?

Because for nearly two hundred years of this country's existence our educational institutions have not voluntarily ended sexual discrimination.

What is the intent of Title IX?

To end discrimination based on sex. Should bureaucratic red tape be used as an excuse for continued discrimination?

No, but that is happening. It has been well over two years since Congress enacted the Education Amendments and the question still frequently heard from educational administrators is "What **must** we do to comply with Title IX?" Shouldn't they be asking, "What **ought** we do to be fair to all students?" Surely justice rather than compliance should be the central issue!

Wouldn't it be nice if the final draft of the guidelines didn't have to be written at all?

Report from the Ad Hoc Committee on Women in Athletic Training

Liaison representatives have been appointed by Frank George, President of the NATA, to the National Association for Girls and Women in Sports (GWS) and the Association of Intercollegiate Athletics for Women (IAIW). Holly Wilson is the liaison to the GWS and Marge Albohm, Indiana University, to the IAIW.

The Ad Hoc Committee is continuing its status for another year. The committee would welcome suggestions on areas of concern so that it can establish its priorities for the coming year. Please contact the committee member in your area. The names and addresses of all the committee members are on the list of certified women trainers, except Kaye Cosby, Indiana State University, and Sue Schneider, Michigan State University.

Report from the National Association for Girls and Women in Sports

Not only is Title IX an area of concern in women's athletics, but athletic training is finally being recognized as a vital facet of the women's sports program. Evidence of this recognition can be seen in the formation of a Special Committee on Women in Athletic Training by the GWS Board of Directors in mid-August. The charge for the committee is to "develop a plan through which GWS can improve the quality and quantity of athletic trainers for girls' and women's sports and implement the plan following approval by the Board of Directors." The GWS Board acknowledges the NATA's standards for certification and will work within the NATA's guidelines; however, it desires professional assistance in planning its athletic training endeavors such as the Cramer-GWS summer workshop for women.

The members of the committee are Holly Wilson, Chairperson; Marge Albohm, Sherry Kosek, and Linda Treadway.

Certified Women Trainers

Currently there are sixteen women who have been certified by the NATA. Most of these women were certified in the last two years which is an indication of the increased interest shown by women in the field of athletic training.

- * 1. Marge Albohm, Department of In-collegiate Athletics, Assembly Hall, Bloomington, IN 47401
- 2. Linda Weber Daniel, Ohio State University, Columbus, Ohio
- 3. Claudette DeLamater, State University of New York, 1400 Washington Avenue, Albany, New York 12203
- 4. Joanne Dolcemaschio, Brown University, Providence, RI 02912
- 5. Virginia Forsyth, 1043 Wilmington Pike, West Chester, PA 19380
- 6. Katherine Gallenger, 172 Woodbridge Avenue, Sewaren, New Jersey 07077
- * 7. Linda Hammett, Lake Braddock Secondary Schools, 9200 Burke Lake Road, Burke, VA 22015
- * 8. Sherry Kosek, University of Washington, Seattle, Washington 98105
- 9. Marsha Teets, University of Arizona, Tucson, AZ 85721
- *10. Linda Treadway, West Chester State, West Chester, PA 19380

- 11. Mary Ann Visser, 3833 N. 4th Avenue, Tucson, AZ 85705
- 13. Doris Wickel, 42-04 Fox Run Drive, Plainsboro, New Jersey 08536
- *14. Gail Weldon, Western Illinois University, Macomb, IL 61455
- *15. Holly Wilson, Field House or Women's Physical Education, University of Iowa, Iowa City, IA 52242
- 16. Maryann Zickler, 1126 Bell — #4A, Denton, TX 76201

If I have omitted anyone, please contact me so that your name can be added to the list.

* Member of Ad Hoc Committee on Women in Athletic Training

Interesting Reading:

- 1. "Revolution in Women's Sports," **WomenSports** September 1974
- 2. C. Harmon Brown and Jack H. Wilmore "The Effects of Maximal Resistance Training of the Strength and Body Composition of Women Athletes." **Medicine and Science in Sports** Vol 6. No. 3, Fall, 1974 p 174
- 2. Jack H. Wilmore and C. Harmon Brown "Physiological Profiles of Women Distance Runners," **Medicine and Science in Sports** Vol 6. No. 3, Fall, 1974 p 178



CALENDAR OF COMING EVENTS

December 13-15, 1974—The American Academy of Orthopaedic Surgeons will sponsor the course "The Hip Joint Injury and Disease." For further information, write to the American Academy of Orthopaedic Surgeons, 430 North Michigan Avenue, Chicago, Illinois 60611.

December 16-19, 1974—A refresher course in emergency care will be sponsored by the American Academy of Orthopaedic Surgeons. For information, write to the American Academy of Orthopaedic Surgeons, 430 North Michigan Avenue, Chicago, Illinois 60611.

December 27-28, 1974—The Second Annual Symposium on Innovations in Athletic Conditioning and Sports Medicine will be held at the University Extension, University of California, Berkeley. For more information,

contact Nathan W. Cohen, Department B, University Extension, University of California, 2223 Fulton St., Berkeley, CA 94720.

January 31, 1975—The American Academy of Orthopaedic Surgeons will sponsor the course "Difficult Problems About the Shoulder, Arm, and Elbow." For further information, write to the American Academy of Orthopaedic Surgeons, 430 North Michigan Avenue, Chicago, Illinois 60611.

February 1, 1975—The Dallas-Fort Worth Metroplex Trainers Clinic will be held at Trinity High School in Euless, Texas. For further information, contact Aubrey Fisk, Trinity High School, 500 N. Industrial Blvd., Euless, TX 76039.

February 10-13, 1975—"Skiing Injuries" will be sponsored by the American Academy of Orthopaedic Surgeons at

Snowmass-at-Aspen, Colorado. Information may be obtained from the American Academy of Orthopaedic Surgeons, 430 North Michigan Avenue, Chicago, Illinois 60611.

March 14-15, 1975—The District 4 meeting will be held at the Ann Arbor Inn, Ann Arbor, Michigan. District 4 members contact your District Secretary for more information.

Athletic Training will be happy to list events of interest to persons involved in sports medicine, providing we receive the information at least two months in advance of publication. Please include all pertinent information and the name and address of the person to contact for further information. This information should be sent to Jeff Fair, Athletic Department, Oklahoma State University, Stillwater, Oklahoma 74074.



Not for Men Only



Holly Wilson
Certified Athletic Trainer



THE INJURY PRONE ATHLETE

by Bonnie Slatton, Ph. D.
University of Iowa

Frequently the athletic trainer is faced with threatening an athlete who is repeatedly injured. Is the athlete injury prone, or is he/she so aggressive that he/she sacrifices his/her body for victory? Are there other explanations for his/her repeated injuries?

Dr. Bonnie Slatton, Sports Sociologist at the University of Iowa, offers some interesting insight into what may make an athlete prefer injury to participation.

Most coaches and trainers who have been involved with athletics for a significant amount of time have

doubtlessly observed the individual who is often classified as "injury-prone." Whether the injury is "real" (physical) or "imagined" (psychological), the effect is the same, i.e. limited development of the athletic abilities of an individual.

It has been well documented that lack of conditioning, poor technique, improper equipment, lack of knowledge concerning the game and lack of safety precautions have resulted in serious injuries to athletes. On the other hand, some persons have chronically weak joint structure due to previous injury, disease, etc., and must attempt to either strengthen the affected area, or use artificial means of support. In all of these instances it is apparent that with knowledgeable personnel, i.e. coaches and trainers, working with athletic programs, the risks of injury should be minimized.

Therefore, it becomes the responsibility of the coach, the trainer and the athlete to consider the appropriateness of participation in a particular athletic event, readiness for competition, etc.

Because of the nature of most sport activities, the risk factor is quite high; however, many athletes compete for years without injury. What, then, is the explanation for the individual who is injury-ridden throughout his/her sport career? Some researchers have attempted to show that the chronically injured athlete is emotionally unstable and exhibits patterns of suppressed anger. (5,6) The desire to escape intolerable situations has also been cited as a possible cause of injury proneness. Beisser, Ogilvie and Goff have discussed the "escape valve" of injury used by many athletes when the pressure to perform well becomes too great. It has been further speculated that many potentially champion athletes are never able to "win the big one" because of fear of success-or-fear of failure. In other words, these athletes often use injury as a means of avoiding the final test.

It is impossible to discuss the injury prone athlete without discussing the societal pressures which force the individual to choose injury rather than continued participation. Group pressure raises the level of aspiration and sometimes contributes to an over-estimation of one's abilities. Tension occurs and the athlete is afraid of group disapproval, so that injury is a socially acceptable out!

In his book **Sports and Mental Health**, Robert Moore discusses several possible reasons for the athlete to "seek" injury. There are those, he says, whose early psychological experiences cause them to be more injury prone than normal; i.e., boys who have great athletic potential, but are afraid to be aggressive and, therefore, remove themselves from conflict by injury; boys who are pushed by athletic and ambitious fathers into sports for which they are not equipped; overaggressive athletes who lack good control and rush blindly into the fray with resulting injury; overtimid players who sustain injuries because of hesitation and loss of momentum; athletes who feel they are invulnerable and demonstrate counterphobic reactions. All of these types of athletes may have a higher than normal risk of being injured. (3)

Pain threshold and pain tolerance are also taken into consideration as one attempts to define the injury prone athlete. It has been documented that the superior athlete has a greater tolerance to pain than the average athlete, and can thus train more vigorously and continue longer in a

competitive event. In many instances the pain threshold of the superior athlete is similar to that of the average athlete, but the superior athlete has a psychological make-up which allows him/her to withstand more pain or a degree of pain over a longer period of time. Therefore, the athlete with low pain tolerance may report minor discomforts more often than the athlete who has developed a high level of pain tolerance and thus may be classified as injury-prone. Generally, however, athletes seem to have a higher concern for their bodies than do nonathletes. (7) This would indicate that athletes in general would report minor discomforts at a greater frequency than would nonathletes. It has been speculated that the injury-prone athlete may have a neurotic concern for a "healthy body" and thus may fear injury to such an extent that tension occurs, thus creating the probability of an injury.

The need for attention is yet another possible reason for the athlete who is repeatedly injured. Many athletes will gain more attention from the coach, the other players, and particularly the trainer, through injury than through continued participation. It appears that oversolicitous trainers and coaches encourage rather than discourage injury proneness. Although coaches, trainers and athletes must show concern for injuries of all types, it would appear that there is a delicate balance between concern and overconcern.

As mentioned at the beginning of this discussion, there are many physical explanations for the injury prone athlete. With proper physical conditioning, protective equipment and rules of safety, these reasons for injury can be minimized. My remarks have been directed more to some of the "nonphysical" explanations for the injury-prone athlete for which there are not such easily definable solutions. I believe it is crucial that all those involved in athletics keep a proper perspective with regard to sport. Assuming that the athlete is physically ready for competition, it is imperative that he/she have a balanced outlook toward continued involvement. Some researchers have stated that love of participation is the greatest single difference between the injury-prone and the non-injury prone athlete. If the athlete is participating out of sheer joy in the experience, he/she is less likely either to be injured or to feign injury than the athlete who is competing out of a need for constant reinforcement of overly aggressive tendencies. It is for this reason that coaches and trainers should help athletes to maintain an emotional

balance with respect to all competitive experiences. In this age of "big business" sports this may be a very naive approach to the minimization of injury proneness, but I believe it may be the only solution.

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2. Goff, Robert. "The Injury Prone Athlete." Paper presented to the 6th Annual Illinois Swimming Association Clinic.
3. Moore, Robert A. *Sports and Mental Health*. Springfield, Ill.: Charles C. Thomas Publishers, 1966.
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6. Seaton, Don C. *Safety in Sports*. N.Y.: Prentice-Hall, Inc., 1948.
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STRENGTH AND GIRTH MEASUREMENTS OF WOMEN ATHLETES

by D.T. Foster
Graduate Student Trainer
University of Iowa

Knee injuries, particularly sprains are a common occurrence in women's athletics, perhaps due to lack of preseason conditioning. At the University of Iowa, an attempt was made to identify those athletes who would be susceptible to knee injuries because of joint laxity, extreme recurvatum or valgus angles, or discrepancy between girth measurements.

Injuries in athletics have been a major source of concern for coaches, trainers and physicians throughout the years. For those individuals directly involved with athletes in the prevention, care and rehabilitation of injuries, sports and medicine related research have played an important role in the direction of medical treatment.

Among the most frequently injured joints of the body is the knee. The integrity of this articulation relies mainly on the muscular structures passing over the joint. The quadriceps group is the important stabilizer when the knee is forced to support the body weight in an unbalanced position. The strength of the quadriceps muscle has been an important variable to athletic performance. When the knee and those structures which surround the knee are strong, one would suspect fewer knee injuries.

A long-term study was instituted to observe the strength of the thigh muscles, the laxity of the knee ligaments, and the incidence of knee injury in women athletes at the University of Iowa. The purpose of the

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study was to determine by means of reliable physical measurement the laxity of the knee and the predictability of that laxity in injuries involving the knee.

As a phase of measurements to determine the predictability of knee injuries in women athletes, strength and related girth measurements were taken during the physical exam prior to sports participation. By observing the strength of both thighs and the variation of sizes, some important information can be determined about the stability of the knee joint and perhaps, the susceptibility of the knee to injuries.

Reported in this article is the first phase of measurements on women athletes who will participate in the intercollegiate sports program at the University of Iowa. A cable tensiometer test for quadriceps and hamstring strength, as described by H.H. Clark, 1953, was utilized along with a circumference measure five inches above the proximal border of the patella. The data collected on the twenty-three subjects indicated an imbalance of right and left quadriceps in strength, but not necessarily evident in the girth measurement. An important measure in this group was the considerably higher correlation of hamstring strength versus thigh girth

than quadriceps strength versus thigh girth. In most of our rehabilitative practices involving the knee, the thigh girth is a determining factor in the eligibility of an athlete to return to competition. The thigh girth measurement and quadriceps strength have been thought to be highly correlated.

Although this preliminary information was from a limited sample, the data offers interesting stimulus to continue research in women's athletics.

TABLE I OF CORRELATIONS

Strength		Girth	
QR vs. QL	r = .79	R vs. L	r = .97
HR vs. HL	r = .87		
QR vs. HR	r = .16		
QL vs. HL	r = .23		
Strength vs. Girth			
QR vs. RG	r = .19	HR vs. RG	r = .33
QR vs. LG	r = .13	HL vs. LG	r = .48
Strength in Percentages			
HR/QR	= 67%		
HL/QL	= 64%		

Table 1: Pearson Product Moment correlations were calculated for women athletes participating in Field Hockey at the University of Iowa.

QR: quadriceps right
QL: quadriceps left
HR: hamstrings right
HL: hamstrings left
R: right
L: left
RG: right girth
LG: left girth

Summer Workshops

University of Iowa, Iowa City, Iowa
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Age: 12-18

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New Publications

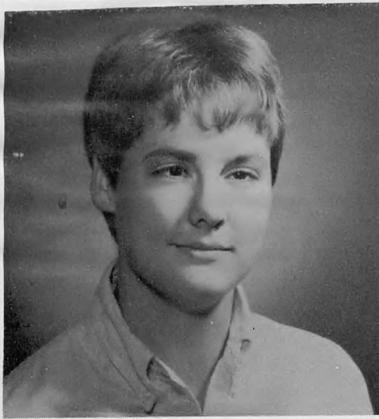
Bibliography of Research Involving Female Subjects. List of theses and dissertations in physical education, health and recreation involving female subjects. AAHPER Publications-Sales (243-25714) \$5.25.

Workbook: Fundamentals of Athletic Training for Women. The workbook may be obtained by writing to Holly Wilson at the University of Iowa (\$6.10) or by ordering it through AAHPER Publications-Sales (243-25724) \$7.95.

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Holly Wilson
Certified Athletic Trainer

Harley Feldick, M.D., is Director of the Student Health Service and Team Physician at the University of Iowa. Since arriving at the University in 1971, Dr. Feldick has been instrumental in establishing health care programs for male and female athletes, both interscholastic and intercollegiate, throughout the state. In 1972, he initiated a study to determine why the football players at Iowa had suffered nine cervical spine injuries. The study is still in progress and involves not only the athletes at the University of Iowa but those participating in high school football in the state. Findings indicate that many players suffer neck injuries during their high school careers that were either not reported in their medical histories or not diagnosed. In 1973 and 1974, a series of sports medicine clinics were presented across Iowa so high school coaches could meet the state's requirements for the Coaching Certification that was recently made mandatory.

I asked Dr. Feldick to reflect back on his first year, 1974-75, of working in an organized athletic training program for the female athletes and the problems encountered during the year. He discusses some of the expected organizational problems, that actually never occurred, and some common injuries and suggestions for their prevention.

"Since the Fall of 1973 Women's Intercollegiate Athletics has been a recognized and progressive entity on the University of Iowa campus. Young women are now given the opportunity to participate in competitive sports on an intercollegiate basis. The inter-

collegiate program is made up of 10 sports including field hockey, volleyball, basketball, gymnastics, swimming, tennis, badminton, golf, and track and field. The program has inticed many girls to become active in athletics; many have had previous experience in high school athletic programs prior to arriving on the unversity campus and many are now to the arena of competitive intercollegiate athletics, having had no programs in their high schools. At least, finally, the girls have been given the opportunity to participate in a sport or sports of their choosing. This increased number of athletes, almost equalling the number of men in intercollegiate athletics, has almost doubled the demand on practice space, locker rooms and training rooms with their personnel.

Training room facilities have essentially become co-ed and has presented no major problems, and the training room staff includes male and female certified trainers and student trainers. With practice areas being in essentially the same areas emergency care is provided in the available training facilities for both men and women. Routine treatment and rehabilitation is provided by the training staff for men and women athletes. Our present training staff includes three full time trainers and eight student trainers, nine men and two women. We have four certified trainers. Any of the training staff may cover men's or women's athletics as the need arises.

Women participating in athletics during the past two years have presented a predominance of particular problems, these being 'shin splints' and patellar chondromalcia. Both entities have been the result of inadequate conditioning or too rapid a progression in the training and conditioning program. Many of the female athletes have proceeded from a relatively physically inactive state to one in which the lower extremities are subjected to unaccustomed stress particularly to the plantar flexors of the foot causing the 'shin splints' and to the quadriceps with associated stress on the patella causing chondromalcia. Both entities are painful, primarily require rest for alleviation of symptoms and are therefore time

consuming.

The athlete suffering from 'shin splints' should engage in an isometric program involving the plantar and dorsal flexors of the foot. Manual resistance is applied as the foot moves through its normal range of motion - plantar flexion, dorsal flexion, inversion and eversion. Ice massage and warm whirlpools may be of some benefit when used in conjunction with the isometric program. Rehabilitation exercises for the athlete with patellar chondromalcia consist of quad setting and straight leg lifts to build up the quadriceps mechanism. Salicylates should be taken, two four times a day, to aid in the healing process. Again, ice massage and warm whirlpools may be helpful.

Physical problems in the female athlete are primarily, at this point of our experience, due to inadequate progressive conditioning as tolerated. Progressive cardio-respiratory conditioning would induce progressive conditioning of the muscles and joints of the lower extremity which is essential in preventing 'shin splints' and patellar chondromalcia. Isometric exercises and/or progressive resistance exercises should be included in the women's conditioning program. Training staffs and coaches must realize that for the female as well as the male excellence and success in the physical activity of athletics is going to depend primarily on physical conditioning.

May women have continued opportunity to participate in the physical activity of competitive athletics, realize the need of physical conditioning but still "Viva la difference!"

Harley Feldick, M.D.

* * * *

In March of 1975, the Board of Directors of the National Association for Girls and Women in Sport (NAGWS) unanimously passed the following platform statement supporting the N.A.T.A.'s efforts in the preparation of qualified trainers.

The National Association for Girls and Women in Sport has been formed out of recognition of the need to develop, encourage, foster and support sports programs for girls and women.

Desirable sports programs for girls and women are specifically enhanced by this organization by formulating and publicizing guiding principles, standards and policies for the administrator, leader, official, coach and player.

An integral part in providing a safe and wholesome sports program for girls and women is an N.A.T.A. certified athletic trainer. The athletic trainer, as a result of paramedical training, is more qualified to deal with the prevention, recognition and care of athletic injuries than a coach.

The objectives of the National Athletic Trainers Association are to advance, encourage and improve the athletic training profession. The organization oversees the educational preparation of the student trainer by specifying guidelines for athletic training curriculums and qualifications for certification. Only by meeting the standards of the N.A.T.A. can a trainer become a certified athletic trainer.

Therefore, NAGWS supports the N.A.T.A.'s goal of providing every secondary school and institution of higher education engaged in inter-scholastic or intercollegiate competition with a well qualified trainer (N.A.T.A. Certified) and the efforts of the N.A.T.A. to professionally prepare young men and women for a career as a trainer.

* * * *

LITERATURE REVIEW:

"Exploding the Myth of Female Inferiority," by Jack Wilmore in **The Physician and Sportsmedicine**, May, 1974.

The unquestioned assertion that the female athlete is physiologically inferior to her male counterpart may need closer examination as indicated by a recent review of literature by Wilmore. It appears the female may not be too far behind the male in body composition, strength and endurance. Evidence shows that the female athlete has a lower fat percentage than that commonly accepted for her sex - 10-15 percent greater than the male. In fact, the highly trained female runner has a fat percentage that is similar to the male runner, which is usually less than 10 percent. Concerning strength, the male is far superior in the upper body, but in the lower body, the difference between the sexes almost disappears when related to body weight and lean body mass. Lack of large amounts of the male hormone could account for this difference. In endurance, if one again considers lean body weight, the

maximum oxygen uptake of the female is approximately equal to the male.

Implications: Conditioning programs for female athletes should be essentially the same as those for her male counterpart. In weight training the increments will be lighter and not taken as rapidly.

"Conditioning for Stress in Sports," by Dorothy Harris in **DGWS Research Reports: Women in Sports, Vol. II**. Washington, D.C.: AAHPER, 1973.

"Is efficiency in heat dissipation sex linked or developed through stress?" This is an interesting and timely question raised by Harris concerning the female's susceptibility to heat stress. It is known the female has a higher skin temperature in heat than the male because of the insulation derived from the subcutaneous layer of fat. In addition, the female does not sweat until she is 2-3 degrees warmer than the male and she has fewer functional sweat glands. Consequently the cost of maintaining the core temperature within its critical range in a hot environment is greater for the female.

Implications: Further research needs to be done on the susceptibility of the female athlete to heat stress and her ability to acclimatize to the environment.

Interesting Reading:

The American Woman in Sport by Ellen Gerber, Jan Felshin, Pearl Berlin and Waneen Wyrick. Reading, Massachusetts: Addison-Wesley Publishing Company, 1974.

"Inferiority of Female Athletes: Myth or Reality," by Jack Wilmore in **The Journal of Sports Medicine**, January-February 1975.

"Special Problems of the Female Athlete," by Clayton Thomas, M.D. in **Sports Medicine** edited by Allan Ryan, M.D. and Fred Allman, Jr., M.D. New York: Academic Press, 1974.

Cramer - GWS Co-Sponsored Athletic Training Workshops - Summer 1975

Date	Site	Coordinator
June 16-20	Emporia Kansas State College Emporia, Kansas 66801	Jeanne Galley
June 23-27	University of California-Riverside Riverside, California 92502	Donna Knox
July 8-12	Austin Peay State University Clarksville, Tenn. 37040	Lea Larson
July 14-18	Texas Woman's University Denton, Texas 76204	Joanna Kuhn
July 21-25	Temple University (Sugar Loaf) Philadelphia, Pa 19122	Ted Quedenfeld
August 4-8	University of Indiana Bloomington, Indiana 47401	Marge Albohm
August 11-15	Mankato State College Mankato, Minnesota 56001	Gordon Graham





NOT FOR MEN ONLY

by
MARGE ALBOHM, A.T.,C.

The role of women in the area of sports participation and competition is in a current era of great change. With an increased interest occurring and with the rise of athletic opportunities being made available to women, the female participant is rapidly emerging into the arena of sport. Because of this emergence and the rapid rise in women's athletic competition, professionals in the area of sports medicine and athletics have found themselves faced with a multitude of perplexing questions and a surprisingly great lack of research dealing with women in sport to aid in the answering of these questions. The basic questions have dealt with what women can really do in sport — why and how they are different from male participants and, in fact, are they really different? And most important to our area of sports medicine the question that arises is, 'Do women have certain structural and physiological characteristics that predispose them to certain injuries, typical only to her sex, or, are men and women similar in this respect? The emphasis in research is finally including the female athlete and people are exploring these problems and questions, and concrete answers are being made available to us. It is my purpose to present some of these answers and some of the existing knowledge to you.

In considering the structural

Marge Albohm received her B.S. degree from Valparaiso, Indiana and her M.S. degree from Indiana State University. She has published several articles concerning athletic training for women and has conducted numerous workshops in athletic training.

Ms. Albohm is the Head Athletic Trainer at Indiana University, Bloomington, Indiana and a faculty member in the Department of Health, Physical Education and Recreation.

development of men and women, it is known that the growth pattern between boys and girls parallel one another until the ninth year. At this stage the female enters an adolescent growth spurt and grows taller than the male. Because the male does not begin his growth spurt until approximately fifteen years of age the female skeleton reaches a greater maturity earlier than the male. Bone ossification occurs much sooner in the female with the epiphyseal unions of bones being completely ossified at age 16 in the female and age 19 in the male. At adolescence there is a large spurt of both bone and muscle growth in the male, with a corresponding loss of fat. The female, in contrast, shows little gain in muscle or bone and a considerable gain in fat. Growth in general terminates in the female between the ages of fifteen and sixteen and the male achieves full maturation and size between the ages of 20-21. It is believed that these extra years of physical growth, under the influence of growth hormones, account for the greater size of males.

The mature male and female skeletons present some differences. The mature male skeleton is more rugged than the female. The bones are more massive and of greater density, and the long bones are longer. The joints are relatively larger and a greater articulating surface exists. The male trunk is characterized by wide shoulders and narrow hips, whereas, the female trunk exhibits a wider pelvis with fat pads over the hip region. The wider pelvis necessitates a greater inclination of the femur shaft with the neck of the femur and diminishes the efficiency of body movements in activities such as running. The knee joint, in terms of its width in proportion to height, appears to be wider in the female and more stable in relation to her size. Because of a female's shorter leg length and broader pelvis her center of gravity is lower than a males and,

therefore, her balance is enhanced.

The chest, shoulder width, and thoracic cavity is larger in the male, but the female possesses a larger abdominal cavity due to her larger visceral organs and additional organs of reproduction. Men usually possess the advantage of greater strength in terms of muscle contraction because of the greater bulk of muscles and the resulting cross sectional size.

Circulatory and respiratory differences between the sexes are probably evidences of body adjustments which are necessary for the maintenance of different sized bodies. The heart weight is directly proportional to body weight, therefore the larger male heart is accounted for by his larger physical size.

Considering the respiratory system the vital capacity, which is the volume of air moved through the lungs from a maximum inspiration to a maximum expiration, bears a direct relationship to body size, surface area and height. Females, therefore, would exhibit less breathing capacity than comparable males.

The 10% additional adipose tissue that women possess as compared to men serves as an insulation to prevent excessive heat loss from internal organs. The total body sweat rate is lower in women than in men. Females do not begin sweating until the internal body heat has risen to a slightly higher degree than is the case with men. There is a lessened ability to react to unfavorable heat and humidity conditions in women than in men. This could present major problems under unfavorable environmental conditions, or heavy work done by those not acclimatized and conditioned.

Woman is definitely competent to participate in strenuous activity under all conditions in which man can participate. She is capable of severe endurance events and can reach high levels of performance through the

utilization of quality training programs, designed to challenge and place overload demands on the individual body systems. Only in those events requiring great strength or explosive power are sex differences in performance more marked. Limitations to female performance appear only when the athlete seeks to compete with the male on a common ground in which areas of size, strength and speed are major factors. In some individual and non-contact sports that do not emphasize the factors of size, strength and speed, participation between males and females can occur on a very equal basis.

Woman has not come close to realizing her potential in sport nor has she been challenged to a great enough degree. She is capable of attaining great goals, and her status and stature in sport will certainly improve.

Due to the relatively slight differences in structure and physiological parameters between men and women, the mechanisms that produce certain types of injury in the male are also responsible for similar injury in the female. The types of injuries may vary and the frequency patterns may differ due to different demands placed on the individual because the sport itself requires a different movement, skill or activity. Women do not experience the number of head, neck and upper body injuries that the sport of football presents, but they do incur many lower leg contusions from contact with the ball and stick in the sport of field hockey. Since women do not compete on the rings in gymnastics they do not experience a great number of hip contusions because of the event involving the uneven parallel bars. The concept that I would like to emphasize is that an injury is an injury - an ankle sprain is an ankle sprain - regardless of whether it occurs in a man or a woman. The existing difference in injuries is due to the different sport activities that men and women are involved in and the different injuries that these sport activities present.

The somewhat slighter bone structure, smaller proportion of muscle to adipose tissue and somewhat more delicate ligamentous and tendinous structures may account for some additional injury among women, especially in sports involving explosive effort or sudden checking of speed and momentum of the body. However, the development of strength in prime muscle groups through quality weight training and conditioning programs will lessen the

possibility of the occurrence of injury and will reduce the severity of those injuries that do occur. As musculature is strengthened, the strength of ligaments and tendons will develop and the joint will become more effective in performance and protection.

The reproductive organs of the female are quite well protected and when the body receives a severe blow, the force transmitted to the internal organs is much less than that experienced by the surface of the body. I have not experienced any problems which would suggest that additional protection is needed in this area. To date, we have not experienced any problems with specific injuries to the chest area either and there is no data available to suggest that there is a need to provide any additional protection for the female breast.

The body proportions of the female make her quite adept at activities involving balance, stability and flexibility, however, the broader pelvis creates a lateral sway of the body in movement and could produce poor running mechanics and may cause injury. The hips tend to have an exaggerated sideward movement and create an unnecessary sideward force. The wider pelvis also contributes to the problem of subluxation or dislocation of the patella which is more commonly seen in women than in men. Because of the pelvic width, a knock-kneed tendency occurs in women when running or standing. The line of pull of the quadricep muscle group passes to the outside of the patella rather than through its center as it usually does in men. This results in the patella drifting laterally when the quadriceps contract. All women do not experience this injury. It has been found that some individuals may be predisposed to patellar dislocation due to several factors. A patella, abnormally flattened on its undersurface increases the possibility of subluxation or dislocation. A previous knee injury, not fully rehabilitated, producing an asymmetrical pull of the quadriceps could contribute the problem. If the groove that the patella slides in, which is located between the condyles of the distal end of the femur, is shallow, or if the lateral condyle is flattened, the patella has a greater tendency to slip laterally out of the groove each time the quadriceps contract.

As mentioned earlier, the closing of the epiphyseal lines, and bone ossification occurs earlier in females than in males. Because of this care

should be taken in preventing stressful situations during the time of growth spurt and possibly somewhat earlier than is currently considered.

It has been frequently observed that women seem to bruise more often and more severely than men. To my knowledge this observation has not been researched and definite answers are not known. Bruising in the leg and thigh area may be more visible in women due to the lack of heavy hair growth and possibly due to a difference in skin texture.

Shin splints appear to occur more frequently in women than in men. This seemingly greater occurrence of shin splints in women may be attributed to the anatomical difference in pelvic structure and femur articulation or a mechanical difference in walking patterns or weight bearing techniques caused by types of shoes worn. It is most likely due to a **great lack** of proper conditioning that is a common occurrence in women's sports. Because the sweat threshold for women is higher than men, and there is a lessened ability to react to unfavorable heat and humidity conditions, more consideration should be given to effects of heat on the female participant.

Is the female athlete then, really different from her male counterpart? The answer that I would conclude based on the information available to us is basically no. Although minor differences may be presented, the structure and function of the two individuals is basically alike and should be managed in a similar fashion.

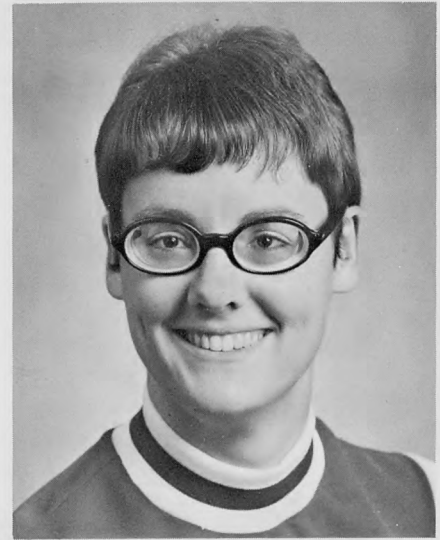
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NOT FOR MEN ONLY

BY
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"Be Prepared" a statement commonly heard among the ranks of Boy Scouts and Girl Scouts should be foremost in the minds of trainers and coaches whenever either steps onto a practice field. Unfortunately this is not always the situation, especially in the competitive sports scene for girls and women. The coach who is usually faced with the dual role of coach-trainer is well prepared for her coaching duties but how often does she have the necessary equipment readily available to care for the injured athlete? In many instances, the coach may not have received any background in athletic training so she has no idea of what equipment should be on the sideline.

With this thought in mind, the NAGWS (National Association for Girls and Women in Sport) Committee on Athletic Training and two women trainers in the Big Ten, Marge Albohm and Sue Anthony, have prepared a set of guidelines for emergency preparation. Members of the NAGWS committee are Holly Wilson, Chairperson, Marge Albohm, Sherry Kosek and Linda Treadway.

I am presenting this information in the Journal in the hope that it will be passed on to coaches who do not have the benefit of sports coverage by a trainer. Secondly, I am seeking suggestions on how to make this most complete, yet not overburdening set of guidelines.

Suggested Preparation for Emergency Situations at Practices and Competitions

The following suggestions are for minimal sports coverage at Big Ten

competition for women.

1. Certified trainer present with physician in attendance or on call: basketball, gymnastics, swimming-diving, volleyball, field hockey, softball, track.

2. Coverage by qualified student trainers with a certified trainer on call: golf, tennis.

3. Club sports coverage left to discretion of the host trainer.

4. Minimum service provided: emergency transportation on call, availability of ice, accessibility to area for taping, accessibility to treatment modalities, availability of water - drinking fountain, house or plastic squirt bottles.

Equipment that should be readily available on the field or court for all practices and games in basketball, gymnastics, swimming-diving, volleyball, field hockey, softball, and track are listed below. These suggestions were made by members of the NAGWS Committee on Athletic Training: stretcher, spine board (short) with neck traction unit if unavailable, substitute four 5 pound sandbags.), blanket, crutches, cervical collar, arm sling (a large muslin triangular bandage with two safety pins may be substituted), splings-board, plastic air, cardboard or ladder, ice with small plastic bags, towels, elastic wraps-3", 4", 6", first aid kit.

Items suggested for the first aid kit: variety of tape, tape adherent, underwrap, tape remover, tincture of benzoin (liquid), tape cutter, bandage scissors - 7 1/2", operating scissors, nail clippers, tweezers, pen light, green soap or substitute, alcohol or substitute, hydrogen peroxide, first aid cream, petroleum jelly, sterile

gauze pads - 3x3, 4x4, band aids - 1x3, 3/4x3, Ex large, kling gauze rolls - 2", analgesic - mild, aspirin, gauze sponges - 3x3, tongue depressors - junior sizes, cotton tipped applicators, ammonia capsules, hand mirror, ophthalmic boric acid solution - sterile, contact lens wetting solution - sterile, combine, felt, vinyl foam - 1/4", 3/8", elastic wraps - 4", safety pins, rubber bands, needle and thread, tampax.

In addition, the trainer or coach covering the sport should:

1. Know where the nearest phone is located.
2. Have 15 cents taped to the first aid kit for use in a pay phone.
3. Carry a First Aid-Emergency Care manual.
4. Have a working relationship with the ambulance service in order to know whom to call.
5. Post all emergency phone numbers, including the team physician's, on the inside of the first aid kit and adjacent to the phone in the training room and/or office.
6. Carry the phone numbers of each athlete's parents or guardian if working with minors.

* * *

Gail Weldon, Certified Athletic Trainer at Western Illinois University, accompanied the Pan American Women's Basketball Team to the World Championships in Columbia, South America prior to the opening of the Games. This was one of a few times when a woman trainer was sent with a U.S. women's team competing in international competition. Hopefully this is changing, as more and more women

become Certified Athletic Trainers there will no longer be a scarcity of qualified women to serve the medical needs of our female athletes.

Here is a summary of the highlights of Gail's trip as trainer for the Pan American Women's Basketball Team at the World Championships.

* * *

One evening in July, the vice-president for women of ABAUSA called and asked if I would be interested in accompanying the U.S.A. women's basketball team to the World Championships in Columbia, South America. After two solid seconds of deliberation, I said I'd be interested.

I left for training camp in Alamosa, Colorado August 16. We spent four weeks in Colorado for altitude training. This was one of the first times a certified woman trainer had accompanied a national team. The girls were apprehensive initially, then seemed to be appreciative of having a woman working with them. We were on a rigorous practice schedule with a two-hour practice in the morning as well as the evening and an hour shooting session in the afternoon. We worked out of the men's training room. Jack Butorac, a trainer of 25 years, was an excellent host, but we created quite a stir once football practice began; they never had a cold training room in the past.

September 20 we left Miami for Columbia. We received a warm reception in Bucaramanga; waving flags and cheering people throwing flowers greeted us as we got off the plane.

The training facilities I found were as many of the men had described them to me, my hotel room. I generally had a single room because no one else enjoyed going to sleep to the smell of analgesic. One evening before a game, we had six maids and two bell-hops in the room marveling at the fact the girls could move after I put "all that" tape on them. They asked if it was part of the pre-game ritual. We told them that it has become ingrained as an integral part of our athletic programs.

Getting ice posed problems for us at times. Room service would bring buckets to us after we managed to communicate what we wanted. They could never understand why I'd order three buckets of ice and no glasses. They decided we must be passing the bucket around.

Many of the people involved with the tournament thought it very

strange to have a woman traveling in a training capacity. They commented that only the United States and Russia had female coaches and trainers.


The attitude of the people toward the female athlete is tremendously different from the attitude exhibited by the people in the State. The status of the female athlete is very prestigious. Huge crowds would gather as we would leave the hotel, the games would be played to capacity crowds, the game were televised and the games received three or four full pages of coverage in the sports section of the newspaper.

It was a switch from the type of coverage or lack of it that the women athletes receive in the States.

The experience was a tremendous one for me both professionally and personally. I don't think I've ever taken as much pride in being from the United States or being associated with a particular group of athletes. My best wishes go with them to the pre-Olympic Tournament next spring.

Gail Weldon
Athletic Trainer
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Macomb, Illinois 61455

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