

## Center researches high schoolers' fitness

By Shawn Schudies  
Staff Reporter

Research done by the Center for Fitness and Healthful Living Education at the University of Nebraska-Lincoln will benefit UNL students and Nebraska communities, the center's coordinator said.

Since last spring, coordinator Thomas Wandzilak said, eight faculty members and 20 to 25 undergraduate students have tested the physical fitness of junior and senior high school students across Nebraska.

Doing the research was especially

good for the undergraduate students, Wandzilak said. It gave them a chance to see what researching was like, he said, and a chance to learn through experience instead of only through lectures and textbooks.

The center's research teams consisted of two faculty members and three to five undergraduate students at each school that was tested, he said.

The center started the project in cooperation with the Nebraska Department of Education, he said. Research teams conducted tests at about 40 different schools across Nebraska, he said.

Sharing the research results benefits the center by improving communication between the center and the rest of Nebraska's communities, Wandzilak said.

The researchers at the center compared their test results with the national average determined by the National Children's and Youth Fitness Test to see how fit Nebraska students were. Wandzilak said the research showed that Nebraska students were in better than average shape until about age 16.

Students in the 7th and 9th grades did better than average in all comparable tests. Students in the 11th grade performed below average on the sit-and-reach test and males did below average on the chin-up test.

Students' physical fitness might be declining at around age 16, he said, because most of them are done with their physical education requirements. Nebraska high school students are required to take one year of physical education.

The center's research is available to Nebraska schools. Wandzilak said that if the Nebraska schools use the results, they could improve their physical education programs.

Nothing will be forced on the schools, but hopefully the schools will use the research to benefit their students, he said.

### When profs fail UNL students suffer

By Victoria Ayotte  
Senior Reporter

Professors failing to meet deadlines for reporting grades can create problems for some University of Nebraska-Lincoln students, said Ted Pfeifer, director of Registration and Records.

Students on academic probation may need to know a grade in order to meet academic requirements which will allow them to continue classes at UNL.

"In that case, it would be an unfair situation," he said.

However, Pfeifer said, those students affected are not dismissed until the missing grade is known.

Don Gregory, director of the Division of Continuing Studies, said complications can occur when grade reports for students on academic probation are not figured into the semester's grade report.

Students who face dismissal should be most concerned that all grades have been figured into their semester and cumulative grade point averages, Gregory said. If appropriate grades have not been figured into those reports, he said, second semester classes automatically will be cancelled.

Those students who are affected by unreported grades may go through an appeal process, Gregory said. The first step is to contact their adviser, he said.

Students who are on academic probation, but do not face dismissal, do not need to be as concerned, he said. Their grades will be figured into a revised grade report which is published two weeks after grade reports are given out, he said.

Pfeifer said he did not know how many students were affected by late and missing grade reports in previous years.

Professors turn in final grades depending on the day the final examination of the class was given, Pfeifer said. The grades are due five days after the class' final exam, excluding weekends and holidays.


A significant number of faculty do not turn in grades on time, Pfeifer said. But most grades have been reported by the time grade cards go to press to be printed, he said.

Pfeifer said that usually, about six grade rosters are turned in after grade point averages have been figured for grade reports.

Students receive a no report or N/R on the grade report if grades for a particular class haven't been turned in, he said.

This year, the grades are due Jan. 3, and grade reports will be available Jan. 9, he said. Reports can be picked up in the Administration Building at that time.

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