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Fitness

Steps to proper exercise:

- 1) Prepare your body for exercise by doing a general warm-up lasting 5 to 10 minutes. This will help increase body temperature and elasticity of ligaments before stretching.
- 2) Next you will want to stretch the muscles you will be using for your activity. Stretches should be held for about 10 to 15 seconds. You will want to avoid bouncing while stretching.
- 3) Gradually work into your activity. Start out slowly then progress to a moderate or high intensity. Exercising at a lower intensity for a longer period of time helps reduce risk of injury and may be more effective in attaining personal goals.
- 4) Before stopping the activity you will want to lower the intensity by doing a cool-down to reduce the heart rate and slow the blood flow.
- 5) After your exercise session you will want to stretch the muscles, again no bouncing, to aid in recovery and to increase flexibility.

NU's Walker selected top defensive player

From Staff Reports

Nebraska senior defensive tackle Kenny Walker was named the defensive player of the week Monday for his efforts against Oklahoma State on Saturday at Memorial Stadium. Nebraska won 31-3.

Walker had a career-high 12 tackles, three unassisted, and he was credited with a quarterback hurry. Earlier last week, he was selected as one of the 20 finalists for the Outland Trophy.

Walker won this week's award in a split vote over Missouri's Harry Colon, who had 10 tackles, two interceptions and two pass breakups as the

Tigers downed Kansas State, 31-10. Nebraska's nominee for offensive player of the week was I-back Leodis Flowers, but Iowa State quarterback Chris Pedersen received this week's award.

Pedersen rushed for 148 yards—a school record for Iowa State quarterbacks—on 29 carries in the Cyclones' upset win at Oklahoma Saturday. He also threw for 102 yards and a touchdown.

He engineered the Cyclones' go-ahead drive by marching 80 yards in 10 plays. He scored the winning touchdown with 35 seconds left in the game.

Nebraska plays at Iowa State Saturday.

in brief

Entries due; rec center sponsors events

Today is the entry deadline for the following intramural sports: men's, women's and co-rec 3-on-3 basketball, men's and women's volleyball, co-rec basketball, indoor soccer and backgammon.

In addition, this week is Timex Fitness Week presented by Reebok. The University of Nebraska-Lincoln campus recreation will offer a variety of activities encouraging students to make running, swim-

ming, cycling and aerobics part of their regular exercise schedule.

Timex will provide a variety of its best-selling sports watches to participants for prizes, and Reebok cross training shoes and Uvex sports eyewear also will be awarded.

For more information, contact UNL's fitness and instructional programming coordinator at campus recreation.

Lady Buff named player of week

Colorado sophomore Tiffany Jestadt was named the volleyball player of the week Monday. Nebraska plays Colorado at the NU Coliseum Saturday at 7:30 p.m.

The 6-foot outside hitter propelled the Lady Buffs to straight game Big Eight sweeps on the road last week over Kansas State and Kansas. Colorado lost a five-game match to intrastate rival Colorado

State earlier in the week. Nebraska's nominee for the award was senior outside hitter Linda Barsness.

The Scottsdale, Ariz., native ignited the Lady Buffs with 53 kills, a .402 hitting percentage, 28 digs, five blocks and two service aces in those matches.

Colorado is 5-0 in the conference and 12-9 overall.

NU soccer team ups record to 6-2

The University of Nebraska-Lincoln women's soccer club team upped its record to 6-2 over the weekend with victories over the University of Nebraska at Omaha and Kansas State.

UNL beat UNO 5-0 Saturday, and Kansas State 3-1 Sunday at the East Campus soccer field.

UNL led UNO 4-0 in first half with goals by Kim Phillips, Amy

Smith, Kristi Halik and Tricia McGill. McGill scored the team's fifth goal in the second half.

Against Kansas State, Halik and Phillips scored in the first half to give UNL a 2-1 edge. McGill added another goal in the second half to give UNL the 3-1 margin.

The team plays in a tournament at Colorado State on Friday through Sunday.

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An Invitation For Engineers Who Are Global Thinkers

On Campus Oct 30th & 31st

GM will be interviewing the following Engineering disciplines for full-time positions: Electrical, Mechanical, Agricultural, Industrial and Chemical.

PRACTICE roundup

Men's Tennis — The team closed its fall season this weekend at the Colorado Invitational in Boulder, coach Kerry McDermott said. ...Matthias Mueller went 2-0 in No. 1 singles and 2-1 in No. 1 doubles; Steve Barley finished 3-0 in both No. 3 singles and No. 2 doubles; Andy Auch Moedy filled in at No. 6 singles and won only one match, but played very well, McDermott said. ...McDermott said Karl Falkland (pulled hamstring) and Todd Broaderick (sprained ankle) missed the event. ...Not team

scoring was kept in the invitational that also included Iowa, Colorado and Oregon.

Barsness

Continued from Page 7

change in Nebraska's offense. Cris Hall has been moved to part-time middle blocker, opening up another outside hitter position for Barsness.

The change has not only been good personally, but also for the team, Barsness said.

"I'm happy about the change because it makes our team better," Barsness said. "Cris is doing wonderful at middle blocker."

Along with improved hitting, Barsness also has improved her serving. Last Tuesday against Kansas State, Barsness rallied Nebraska by serving the final four points in a 15-13 first game victory.

Barsness attributes her improvement to a serving drill the team uses. "We end our practices with a competitive serving drill, and if you don't serve well you have to run," Barsness said.

Barsness has benefited from a

Women's Swimming — The women's swimming and diving team placed seventh on the Spring 1990 All Academic Team, announced Sept. 24, by the College Swimming Coaches Association of America. Nebraska had a combined 3.09 GPA. Notre Dame was first with a 3.27 GPA. ...The Huskers also received the recognition last fall, with a 2.95 GPA.