

# LOOK

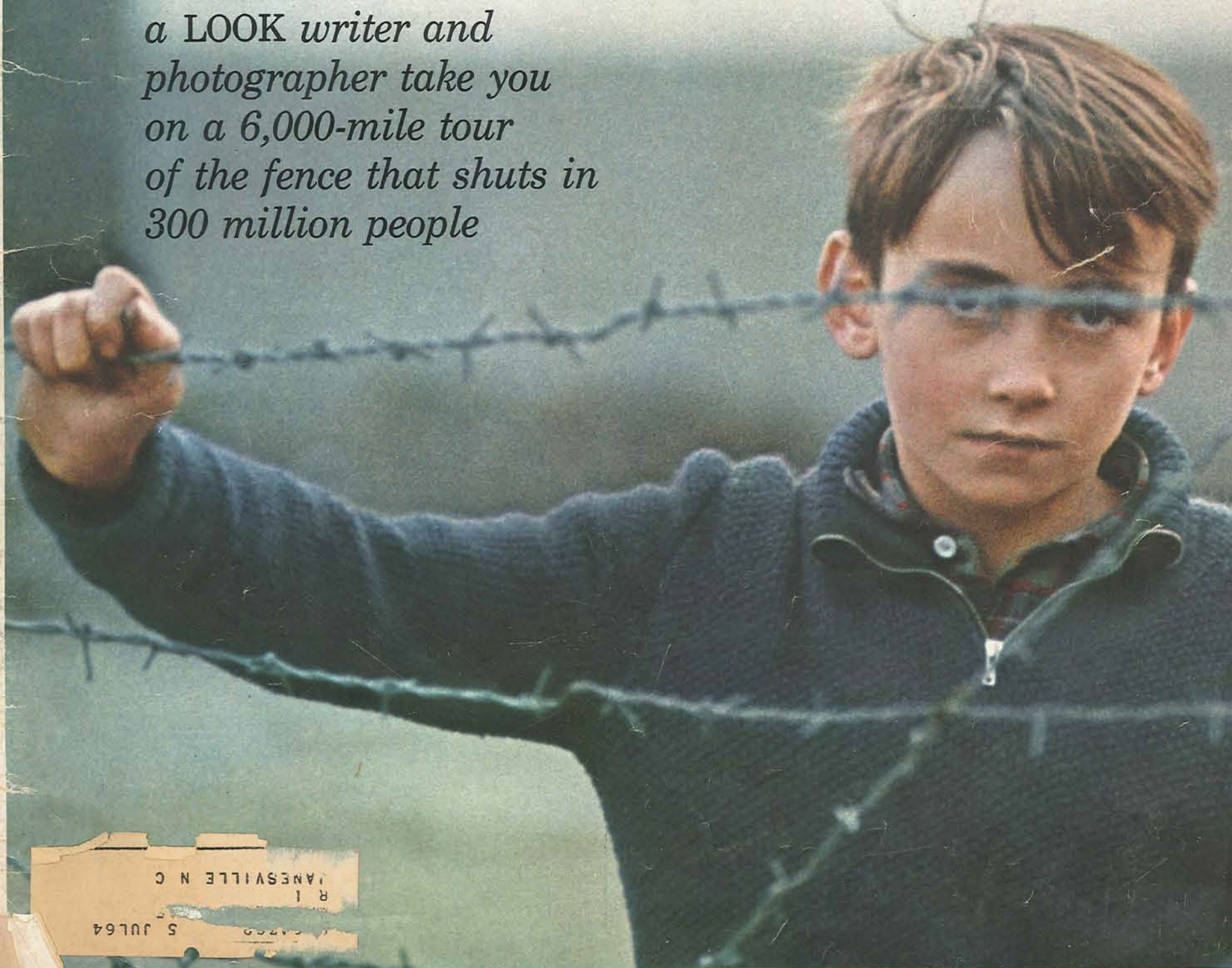
NOW MORE THAN 7 MILLION CIRCULATION

THE LAW  
VS.  
BIRTH  
CONTROL:  
Big battle  
in Connecticut

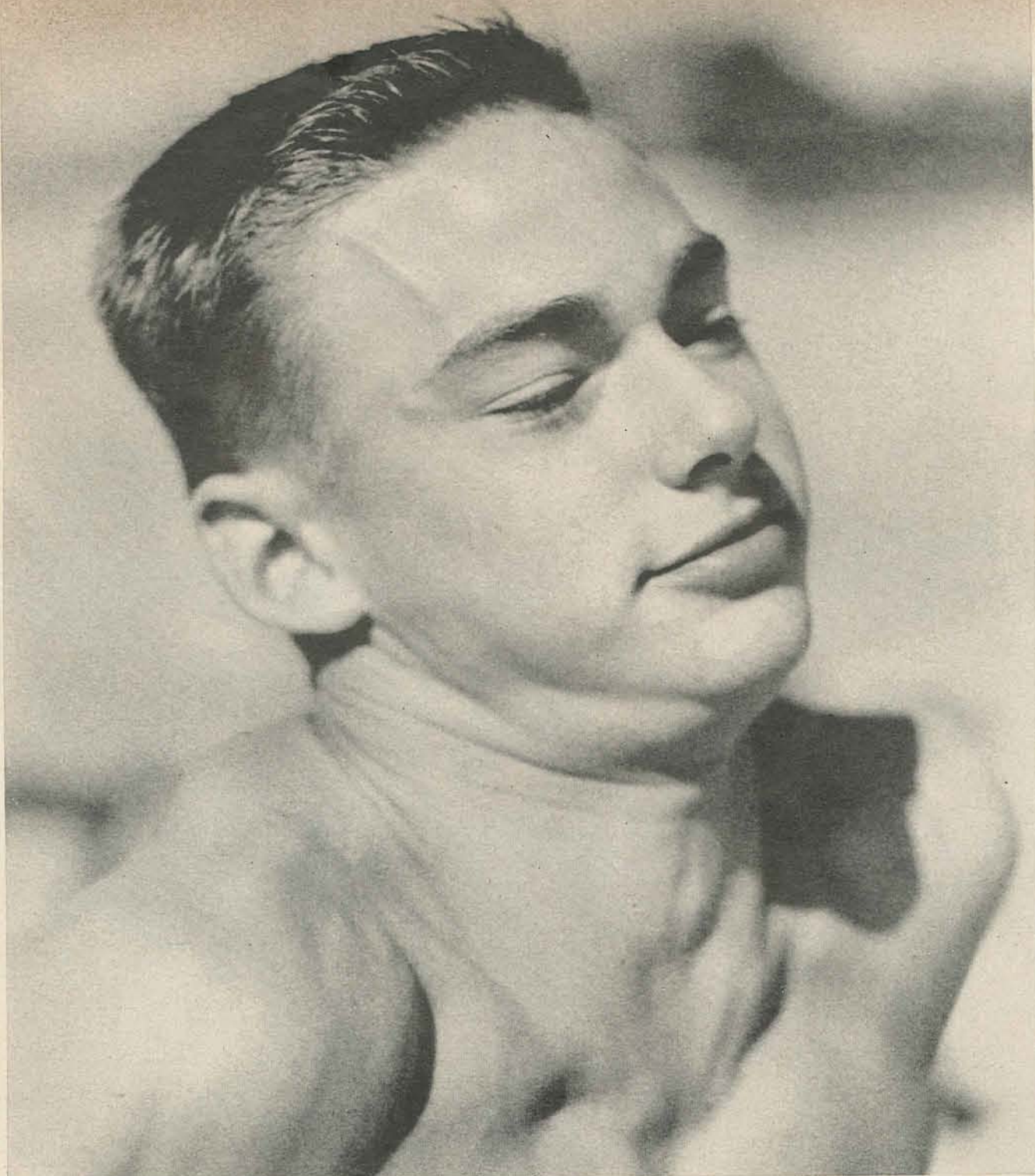
25¢ JANUARY 30, 1962

## ALONG THE IRON CURTAIN

*a LOOK writer and  
photographer take you  
on a 6,000-mile tour  
of the fence that shuts in  
300 million people*



RI  
JANESVILLE N C  
5 JUL 64



*John Owen does 26 bar dips as part of qualifying tests for gold status.*

LA SIERRA HIGH SHOWS

# How America can get physically tough

**A** CALIFORNIA high school is showing how to put new muscle in America's youth. More than 900 boys at La Sierra High School, in Carmichael, compete against performance charts to earn red, blue, purple or gold trunks, symbolic of physical achievement. Adapted by Stan LeProtti, physical-education director and football coach, the system popularizes compulsory exercise by giving "group status" to average, nonathletic youths. A normal or even an underdeveloped boy can become a superior physical type.

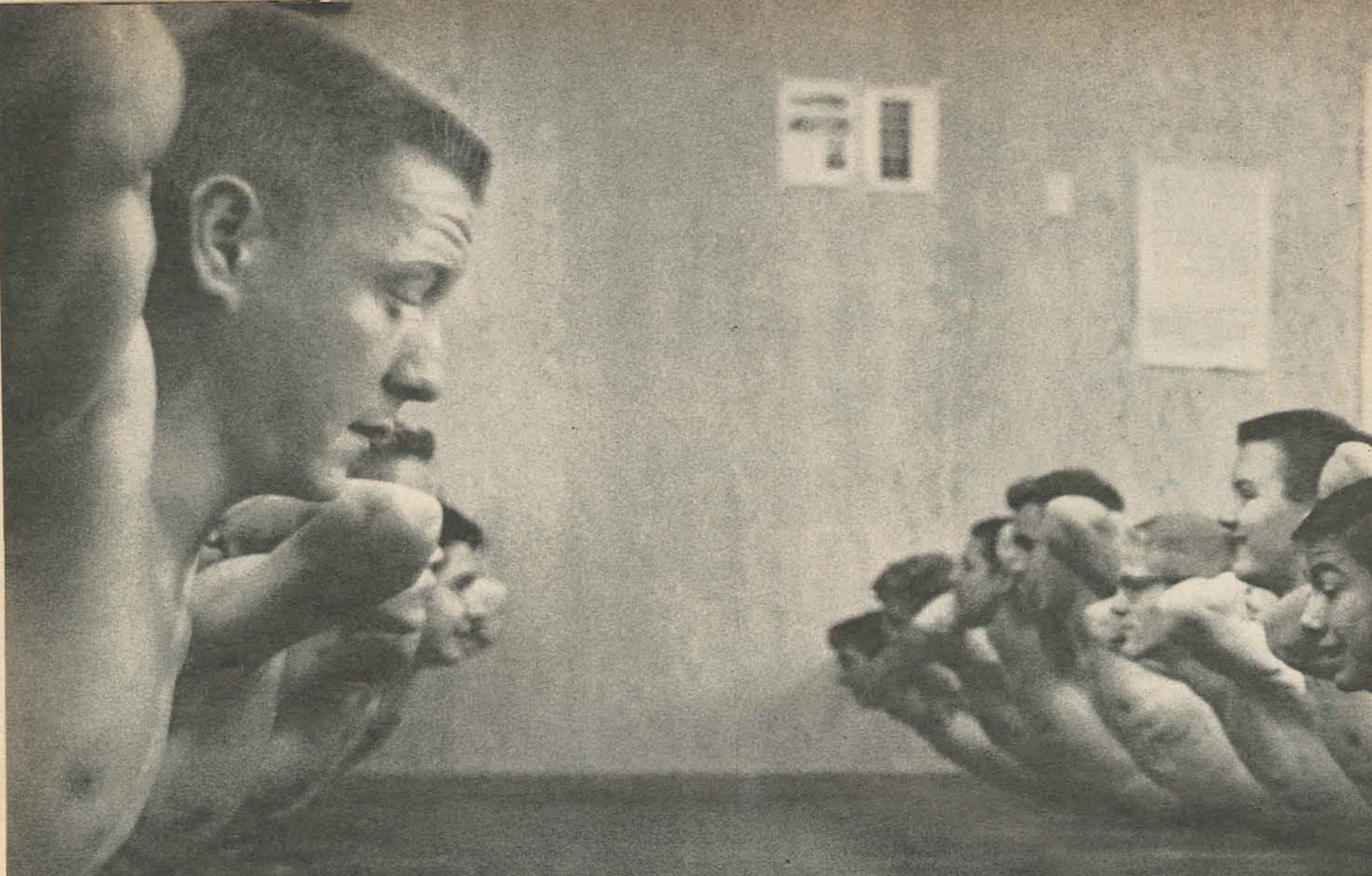
A gold winner gets as much recognition as a football hero. The exercises—the basic ones do not require equipment—develop strength, endurance, power, agility and balance. The program has been adopted by more than 200 schools across the country and is growing. Bud Wilkinson, Oklahoma football coach and special consultant to President Kennedy on physical education, believes that the La Sierra system, if adopted nationally, will help make America's youth as agile and physically tough as any in the world.

*continued*

Produced by STANLEY GORDON  
Photographed by EARL THEISEN

*Pegboard climb up and down builds strong upper arms and shoulders.*





## La Sierra blues are required to top Navy plebes on pull-ups

*Back bends, which develop lower back and abdomen, require flexibility. One boy holds the thighs of his partner, who elevates trunk as high as possible. La*

### LA SIERRA continued

When a boy enters La Sierra, his physical capacity is rated. Then he is put through 15 minutes of vigorous exercise daily, and his progress is evaluated by fitness tests. Ninety-three per cent of the whites (beginners) advance to red (intermediate) status by spring, the other 7 per cent by the next fall. Passing tougher tests enables a red to become a blue (advanced). A median performance by a blue qualifies him to wear purple. A ceiling achievement in 15 strenuous tests ranks him as a physically gifted gold.

Neither age nor class affects rating. A freshman can win his gold in one year. Blue performers cannot be matched by many college athletes. The minimum number of pull-ups for a man entering the Naval Academy is two; for a La

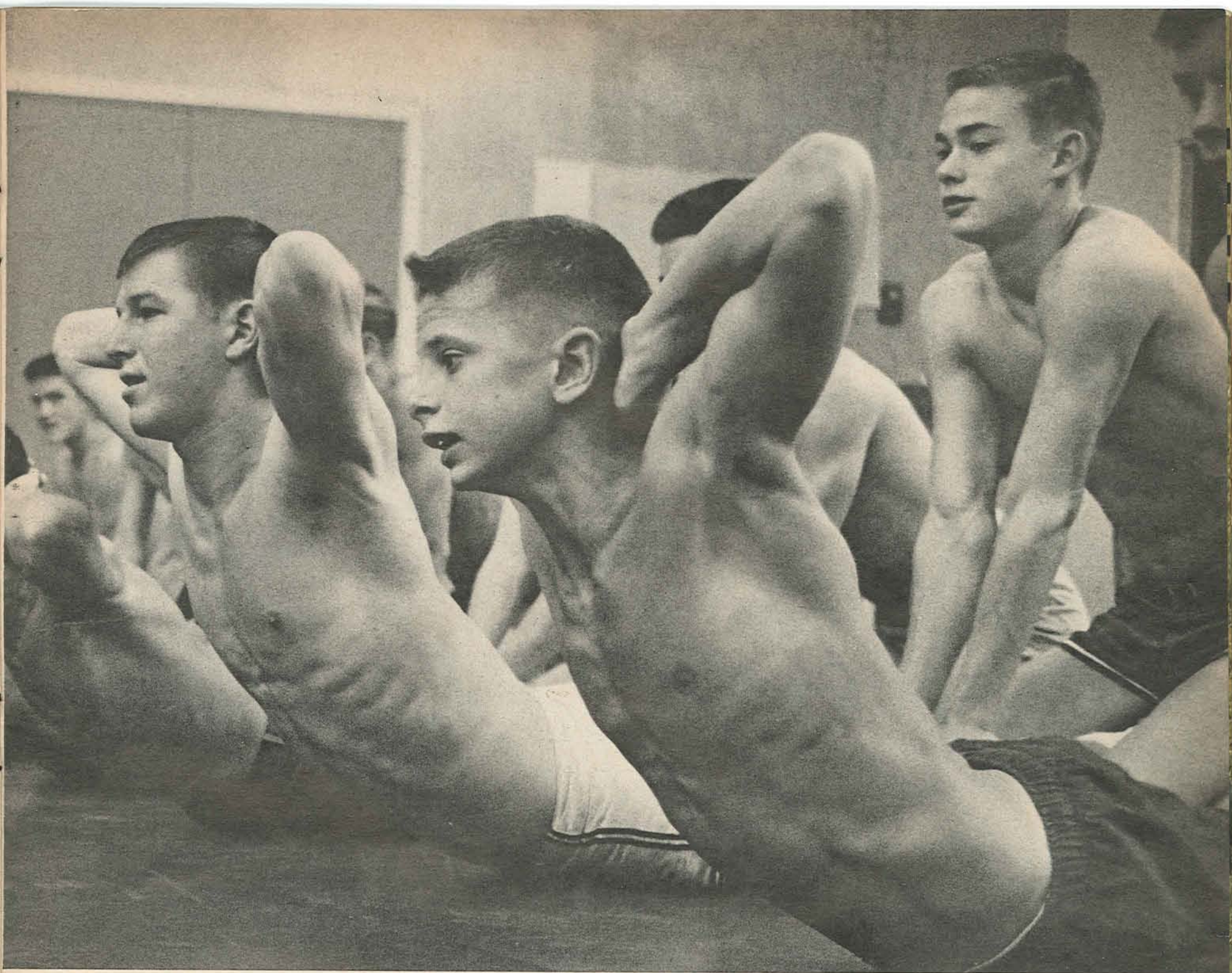
Sierra blue, it is 13. Minimum-performance requirements for reds and blues were raised last year because so many of them scored above the old levels. Of 387 blues, only four settled for the minimum.

"Our program," says LeProtti, "develops large groups of boys, instead of individuals. Boys like to be challenged to do hard things, as long as you are fair with them. It is an aggressive approach to education, based on pride." Some La Sierra boys put up equipment in their own backyards and do homework to improve their school records.

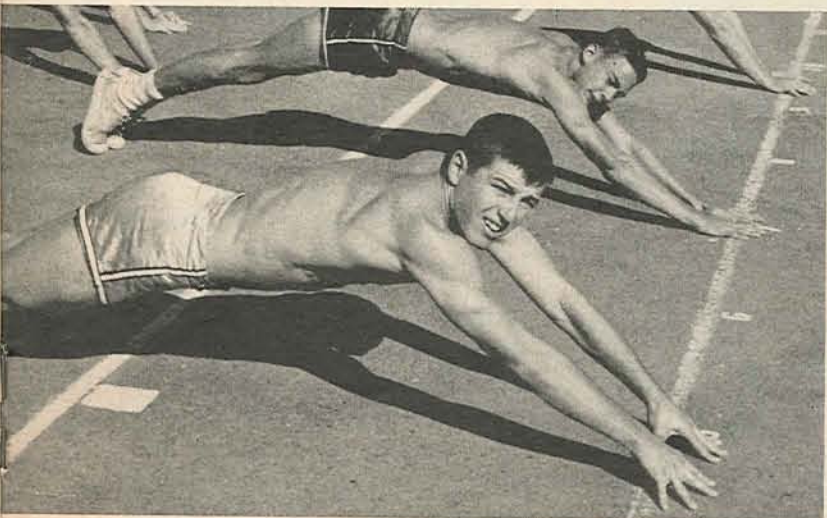
The La Sierra physical fitness program is also accepted enthusiastically by the girls, who admire the boys for their achievements and sometimes try to emulate them in the easier tests.



*In typical year, more than 40 per cent of boys are blues.*



*Sierra boys can hold this difficult position easily for several seconds, but it takes a lot of practice.*



*Jim Cottrell does an extension press-up, one of toughest on the program. Prone body is arched at least eight inches for a minimum of 30 seconds, by use of fingers and toes only. On the way to the showers after workout, students negotiate a grip swing (right). Far right, they do the two-arm hand hang.*

*continued*



While building fitness,  
La Sierra has won championships  
in four high-school sports



*Doing sit-ups suspended from bar frame is a La Sierra experiment.*

La Sierra's program does more than prove that rigorous exercise can be made popular with all the students. It also proves that such a program is compatible with successful varsity sports. In three years, in the San Juan Unified School District, La Sierra has won two championships in football, three in baseball and basketball, one in track. There are further benefits. A graduate of LeProtti's obstacle course, including three sets of parallel bars and pegboard, will not find the armed forces' obstacle courses difficult. By graduation, La Sierra student assistants are highly trained physical-education instructors and administrators. The program also requires boys to maintain minimum grades in physical-education courses and stresses neatness, good grooming and citizenship. The program, in sum, not only builds physical fitness, but produces good Americans.

END

*Cureton hop routine is a tough, daily endurance test.*

