

Dr. Ted Forbes ties gadgetry to physical fitness lacks

July 15, 1971

A physical fitness lecture and demonstration, outlining the current thinking in man's pursuit of physical fitness in the age of gadgetry, will be presented at 8:00 p.m., Thursday, July 22, in the Gymnasium at the University of California, San Diego.

The lecture/demonstration, scheduled to coincide with UCSD's first Summer Session, is free and open to the public. It is titled "Total Concept of Physical Fitness."

Dr. Ted W. Forbes, Chairman of the UCSD Department of Physical Education, will discuss the fitness problems brought about by modern gadgetry available in today's world. Forbes will tie in these problems with several solutions including activities sponsored by the physical education department.

Actual demonstration of the physical education activities, ranging from aquatics and martial arts (karate, judo and aikido) to dance and soaring will be given.

Plenty of free public parking is available in front of the Gymnasium adjacent to Gilman Drive.

For those interested in improving (or beginning) their tennis game, a free public tennis clinic will be held from 9:00 a.m. to 12:00 noon, Saturday, July 24, at the UCSD Central Tennis Courts near the Gymnasium. In addition, an open tennis tournament, again with free admission, will be held beginning at 9:00 a.m. the next day at the Central Tennis Courts. The public is welcome to attend and take part in both of these activities.

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