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Coastal Carolina College This Week, January 12, 1987

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this week

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USC-COASTAL CAROLINA COLLEGE
Office of Public Relations PO Box 1954 Conway, SC 29526

PE CENTER OFFERS FITNESS PROGRAMS

The Coastal Carolina College Physical Education Center is offering a variety of non-credit courses throughout the Spring Semester, beginning Jan. 12. The courses include: Aerobics, Aquacise, Weight Training, Karate, Scuba Diving, Tennis, and Dance. In addition, a variety of swimming and diving courses are offered at all levels for children and adults.

ABLE (A Better Lifestyle Experience) is a special course for persons over fifty years of age. Activities include stretching and warm-ups, aerobics, a cool down period, and health discussions regarding changes individuals should make in order to live healthier lives.

All of these physical activities are designed to help individuals burn calories, increase metabolic rate, and increase cardiovascular fitness and flexibility while having fun and learning new skills. There are classes for all ages.

For more information or to register, call the Physical Education Center, ext. 2802.

NEW GRANTS INFO AVAILABLE IN LIBRARY

Kimbel Library has several new items of interest on the "grants shelf". They are:

National Endowment for the Humanities:

- 1987 Summer Seminars for College Teachers
- Public Humanities Projects

National Endowment for the Arts:

- Music Fellowships
- Theater
- Arts in Education

GOV'T PUBLICATIONS AVAILABLE

The following titles are publications currently on the new federal documents shelf in Kimbel Library:

- U.S. Trade Performance in 1985
- What Works: Schools Without Drugs
- The Search for Successful Secondary Schools
- Surgeon General's Report on AIDS
- 1985 Cancer Statistical Summary
- Urine Testing for Drugs of Abuse
- Oceanography from Space
- The Impact: Organized Crime Today

COASTAL CAROLINA PEOPLE

o Violet Meade, assistant professor of physical education, has been appointed to a statewide committee to make recommendations on NASDTEC Standards Changes. NASDTEC is the National Accrediting Agency for Teacher Education Programs. The appointment was made by the president and executive board of the S.C. Association for Health, Physical Education, Recreation and Dance. Meade will attend a committee meeting in Columbia on Jan. 16.

o Janice Schuster, assistant librarian, has been elected to the Board of Directors of the Grand Strand Humane Society. The Humane Society operates animal shelters in Myrtle Beach, in addition to providing educational programs on pet care to local schools and organizations.

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