Box 1:

**Research and Graduate Work, 1941-75**

Reports, correspondence, articles, newspaper clippings, course materials and course minutes for P.E. 495 and P.E. Seminar 490. Includes a detailed Table of Contents.

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**Physical Fitness Research Laboratory Staff Minutes, Reports, Origins - 1941-70**

Staff minutes, reports, correspondence and materials relating to original proposal. Includes a detailed Table of Contents.

Box 2:

**Physical Fitness Research (Young Men and Women), 1941-75**

Articles, scholarly papers, reports. Correspondence and course material for P.E. 451. Materials are described in the Preface.

**Physical Fitness of Athletes, 1944-70**

Correspondence, newspaper clippings, photographs, and articles relating especially to testing of Olympic athletes, including:

- Cureton, "Relationship of Physical Fitness to Athletic Performance and Sports." *Journal of the American Medical Association*, 162 (Nov. 17, 1956), pp. 1139-1151
- Cureton, "Scientific Control of Training (Fitness) and Staleness."
- Cureton, "What the Heartometer Measures that is of Special Interest to Physical Educators and Physical Fitness Directors"
- Cureton, "Scientific Testing of Athletes to Discover Fitness Levels Attained in Various Sports"
- Cureton, "The Training (and Seasoning) of Muscles, Tendons, and Ligaments," May-June, 1961
- Cureton, "Forty Love," *Abbotempo* (March 22, 1963)
The Sports Fitness Experimental School at the University of Illinois, 1950-66
Reports, articles, scholarly papers, correspondence, newspaper clippings and school brochures. Includes an explanatory preface and a list of "Special Written Reports Included"

Box 3:

Research in Swimming, Division, Life-Saving and Water Safety (Warfare Aquatics), 1930-75
Articles, reports, clinic programs, correspondence, newspaper clippings, photographs and lists of Cureton's accomplishments, including:
Cureton, "Cureton's Work in the Aquatic Field"
"Aquatic Publications by T. K. Cureton." Included herein are nos. 16, 3, 4, 34, 31, 51, 105, 91, 88, 95, 97, 103, 93
Cureton, "Collegiate Life Saving and Water Safety Courses"
Cureton, "Warfare Aquatic Activities," ca. 1943
Cureton, "Recent Experimental Comparisons of the Resuscitation Methods of the University of Illinois," Aquatic News, 8 (Sept. 1950), p. 8
Cureton, "Factors Governing Success in Competitive Swimming," address at Master's A.A.U. National Swimming Meet, Chicago, Aug. 10-12, 1973
Cureton, "Biomechanics of Swimming with Interrelationships to Fitness and Performance," ca. 1968
Cureton, "Are You Fit to Win?" Aquatic World (Sept 1974), pp. 19-21
"Cureton's Contribution to Swimming"
"Research Studies (Theses) on Swimming Supervised by T. K. Cureton"
Cureton's Books on Aquatics"
Cureton, "Scientific Control of Training (Fitness) and Staleness," ca. 1958
Cureton, "Physical Fitness Tests of Three Long Distance Swimmers," ca. 1968
Cureton, "the Relative Value of Stress Indicators, Related to Prediction of Strenuous Athletic (Treadmill) Performance," Medicine and Sport, 3 (1969), pp. 73-80
Cureton, "Training Youthful, Record Breaking Athletes," Athletic Journal, 16 (Nov. 1965), pp. 32
Cureton, "Factor's Governing Success in Competitive Swimming," Biomechanics Number II (Baltimore, 1975), corrected page proofs

Review of Studies to Improve Fitness at the Physical Fitness Research Laboratory, University of Illinois, 1941-1963
Research on Cardiovascular-Respiratory Fitness, II, 1941-1975
Articles, correspondence, newspaper and magazine clippings, scholarly papers, research reports and book reviews. Includes a preface describing the enclosed material
Box 4:

Mechanics and Kinesiology of Physical Education Activities, 1932-1969

Syllabi, book reviews, articles, book synopses, thesis abstracts, bibliographies, papers, notes, course materials and tests for P.E. 452 and P.E. 453 conducted at the Physical Fitness Research Laboratory, University of Illinois, Urbana, 1944-69, including:


Cureton and J. Stuart Wickens, and Haskell P. Elder, "Reliability and Objectivity of the Springfield Postural Measurements," Supplement to the Research Quarterly, 6 (May 1935), pp. 81-92

Cureton, "The Validity of Footprints as a Measure of Vertical Height of the Arch and Functional Efficiency of the Foot," Supplement to the Research Quarterly, 6 (May 1935), pp. 81-92

Cureton, "The Validity of Footprints as a Measure of Vertical Height of the Arch and Functional Efficiency of the Foot," Supplement to the Research Quarterly, 6 (May 1935), pp. 70-80


Research on Nutritional Aspects of Human Performance and Fitness, 1953-1975

Correspondence, reports and publications relating to the nutritional effects of wheat germ oil, including:


Cureton, "Wheat Germ Oil, the 'Wonder' Fuel," Scholastic Coach (Mar. 1955)


Cureton, "What About Wheat Germ?" Scholastic Coach (Nov. 1959)

Cureton, "Diet Related to Athletics and Physical Fitness," Journal of Physical Education, 57 (1959-60)

Correspondence with Ezra Levin, president of VioBin Corporation regarding subvention of research, travel and distribution of The Physiological Effects of Wheat Germ Oil, 1969-72  

General Physical Fitness Clinics, 1941-1975  
Plans, reports, programs, memoranda, correspondence, newspaper clippings, press releases, and photographs relating to clinics except foreign, Y.M.C.A. and medical-dental, including:  
Preface  
Cureton, "Plan for Physical Fitness Appraisal and Guidance Clinic," mimeograph  
Los Angeles, California Clinic, Apr. 1941  
"Principles Underlying the Effects of Exercise on the Human Body," McKinley Y.M.C.A. (Champaign, IL)  
"Warfare Aquatics," Mrs. T. K. Cureton, McKinley Y.M.C.A.  
Abstracts from Recent Letters Showing Interest in Physical Fitness Research - letters to Cureton, 1941-44  

Box 5:  

Conferences and Clinics in the Y.M.C.A.s, 1941-75  
Programs, brochures, press releases, newspaper clippings, photographs, letters and articles relating to YMCA clinics (1939-75), including:  
Preface with a partial list of cities in which clinics were held  
Cureton, "Implications of Servicing the Field Request Clinics," (typescript Xerox)  
Cureton, "Some Significant Phases of the YMCA Physical Education and a Look Toward the Future," (Paper presented to Mid-West Conference of the Association of Secretaries; College Camp, Wisc., July 7, 1943)  
"Preliminary Report: Professional Training of the YMCA Physical Education Secretary," May 26-28, 1938  
Cureton, "Health, and Physical Fitness as a Specialized Service in the YMCA" (typescript - 1943)  
Cureton, "Preservation of the Middle-Aged Man."  
Cureton and Vern Miller, "Practicum for Physical Fitness Instructors," Sacramento, Cal. 1962)  

Cureton's Foreign Fitness Clinics, 1936-75  
Correspondence, newspaper clippings, photographs, programs, schedules and relating to foreign clinics and articles by cureton, 1947-74, including:  
Preface describing foreign travel, 1936-74  
Mexico City Materials, 12/47  
Germany materials, 6/52  
Helsinki, Finland materials, 7/52  
Cureton, "Physical Training Produces Important changes, Psychological and Physiological," Sport Medicine (1953), pp. 46-63  
Canada materials, 5/55, 8/56  
Australia materials, 1956
Canada materials, 10/58, 1/60-2/60
Philippines materials, 3/60 (Includes translations of lectures into Chinese)
Taipei, Taiwan materials, 5/60
Rome, Italy materials, 8/60-9/60
"Health and Fitness in the Modern World: The Institute of Normal Human
Anatomy," 8/29/60-9/9/60
Canada materials, 1/61-3/61, 10/62, 6/64, 11/69
Inquiry from Pepsi-Cola Venezuela, 6/17/66
Invitation from XII Congreso Nacional de Neumologia y Cirugia de Torax, of Mexico,
8/18/66
Cureton, "Scientific Principles for the Development of Olympic (or Champion) Athletes,
"International Olympic Academy, 12th session (July 1972) in Olympia, Greece
Brazil materials, 5/73
Venezuela materials, 9/73-11/73
Cureton, "Interpretacao Do Teste De Consumo Maximo Oxigenio o Que E Isto?"
Brazil, 1973

Cureton's Fitness Clinics with the Armed Forces, 1940-1972
Correspondence, newspaper clippings, reports and articles relating to physical fitness of
military age men, especially during World War II, including:
Preface
"Implications of Military Service for the Curriculum," 1941
Cureton, "Resuscitation and First Aid," Scholastic Coach, 1943
Cureton, "The Unfitness of Young Men in Motor Fitness," Journal of American Medical
Association, 123 (Sept. 11, 1943) pp. 211-223
"Summary: Wartime Training Institutes in Physical Fitness and Aquatics," 1944
Springs," 1960

Cureton's Clinics with Dentists and Medical Doctors, 1952-1975
Correspondence, programs, citations, reports, photographs, newspaper clippings, and
articles, including:
List of Medical Dental Clinics and foreign Clinics
Cureton, "Health and Physical Fitness Tests of Dentists (with Implications)," Journal of
Dental Medicine, 16 (October 1961), pp. 211-223
Cureton, "Physical Fitness and its Effect on the Mental and Physical Health of the Whole
Man," Boston, June 1, 1966
Cureton, "Physical Fitness and Dynamic Health," in Improving Dental Practice through
Preventative Measures, ed. by Joseph L. Bernier and Joseph C. Muhler (2nd

Box 6:

Cureton's Clinics with the President's Council on Physical Fitness and Sports, 1960-74
Programs, correspondence, newspaper clippings, photographs, reports and articles,
including:
Preface
List of cities in which clinics were held
Cureton, "Trends of Research on Prevention of Physiological Aging and the Value of
Exercises for Fitness and Health"
Cureton, "Most Important principles of Exercise Governing 'Improvements' in Physical Fitness with Middle-Aged Normal Adults"

Cureton, "Organization of the Basic Aquatic Fitness Program for Adult Men"

Cureton, "Most Important Principles of Exercise Governing Improvements' in Physical Fitness with Middle-Aged Normal Adults," 1964

Lectures to the Public on Adult Fitness, 1941-1975

Reports, lecture transcripts, articles by Cureton, articles about Cureton, newspaper clippings, testimonials, requests for reprints and information and correspondence, including: (* - items by Cureton)

*T. K. Cureton's Lectures for the Public on Health and Fitness in the Modern World"

"How to be Physically Fit and Fifty Years of Age"

"Thirty Golden Nuggets," lecture, Chicago, Jan. 26, 2970

"Basic Principles of Physical Fitness for Adults"

"Principles (Theses) of Physical Fitness for Adults"


"Progressive Physical Training"

"Demonstration Workout"


"Cureton's Basic Principles of Physical Fitness Work (Rules for Conducting Exercise"

"Abdominal Condition"

"Special Foot Exercises," 12/5/62

"Physical Fitness Research Laboratory Policy Statement Regarding the Physical Fitness Examination of Adult Men"

"How to Keep Fit in the Winter-Exercise to Keep the Body Heat Up"


"Good Practices in Physical Fitness," By William V. Cumler


"Make a Convincing Presentation to Yourself"

Physical Fitness Clinic, University of Illinois, "Motor Efficiency Classification Test"

"Longer Life for Your Husband," Woman's Day (Oct. 1967), 13, by John C. Devlin

"Progressive Deterioration is Principle Fitness Problem of Middle-Age," Journal of Physical Education, 49 (May-June 1952)


"Personal Health and Fitness," Physical Education Journal (June-July 1953)

"Physical Fitness for the Accountant," Michigan Certified Public Accountant (Jan. 1955)


"How to Add Ten Your Life," Pageant, 10 (Mar. 1955), pp. 146-151, by Julian M. Snyder

"How to Keep Your Family Young," Redbook (Apr. 1955), pp. 30-31, with Bob Allison

Letter from Don Bradford, President of National Geriatric Institute, regarding establishment of a T.V. network to advertise health food products, Apr. 10, 1955

"Keeping Fit in Philly," Sports Illustrated (Oct. 24, 1955)

**"You CAN be Physically Fit," What's New in Home Economics (Jan. 1967)

**"Physical Fitness Work with Normal Aging Adults," Journal of the Association for Physical and Mental Rehabilitation, 11 (Sept.-Oct. 1957)

*"The Case For Physical Fitness," Think (Sept. 1958)


"The Energies of Police Officers," Police (May-June 1963), by A. J. Barry et al

Transcript of Cureton lectures to P.C.C. (chiropractors) 1962 Seminar

"A Leg Up on a Good Heart," Sports Illustrated (Sept. 21, 1964)

Clippings relating to Rev. Billy Graham's testing by Cureton, 12/31/64- 1/2/65

"Billy Graham's Amazing Physical Fitness Program," Reader's Digest (July 1965), by Curtis Mitchell

"Rev. Billy Graham Takes Up Physical Fitness," typescript


**Easy Executive Exercise," Commerce (Mar. 1966)

Letter from Robert W. Evans, Associate Director of Public Relations, University of Illinois, to This Week Magazine complaining about an article on Bill Bowerman of the University of Oregon, March 3, 1966

Letter from This Week Magazine to Robert W. Evans, March 8, 1966. Annotated by Cureton


*Cureton's Fitness Course, "Physical Fitness Questionnaire"

"Fitness Program of the Experts," Fitness for Life (May-June 1973), pp. 29-31

Letters from Graduate Students to Prof. T. K. Cureton, Jr., 1959-1975

"Thoughts from Your Former Students," presented to Cureton, Dec. 6, 1959

Tributes from former students, arranged alphabetically

Letters and tributes to Cureton from former students upon his retirement, including statements of Cureton's influence and the students' bibliographies 1969. Arranged alphabetically

Foreign Students in Health, Physical Education and Recreation

Doctorates begun under Cureton or on Doctorate Committee

Registration and dinner reservation list for Symposium in Exercise and Fitness honoring Cureton, April 25-26, 1969

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Cureton's Citations and Awards, 1941-1975

Awards, citations, certificates, letters praising Cureton and his work, newspaper and magazine clippings, photographs, telegrams, convention programs, committee lists and reports, including:

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Vita of Cureton, 1973

Vita, 1992
Edward Shea Memorial Tribute, Dec. 22, 1992
Books by Cureton, 1936-1942. Arranged chronologically and noted on xerox "Publications by Thomas J. Cureton, Jr."

Box 8

Books, 1944-1969

Box 9

Books by Cureton, 1947-1973. Including:
- Physical Fitness and Dynamic Health (in Japanese) Tokyo, 1965
- The Physiological Effects of Wheat Germ Oil on Humans in Exercise. Springfield, Ill.: Charles C. Thomas, 1972
- Reprints of Cureton articles, 1936-68. Arranged chronologically and noted on Xerox of "Publications by Thomas K. Cureton, Jr."
- Reprints of Cureton's articles, 1954-1969. Arranged chronologically. Include:
  - Cureton, "More Life for Your Years," Kenosha, Wisc.: Cooper's Inc., 1957

Box 10:

Development of Research and Graduate Work at the University of Illinois, T.K. Cureton, 1941-50
7 page table of contents to 377 pages of bound clippings, reports, publications, and correspondence
Physical Fitness Laboratory Minutes and Materials, 1944-60
250 pages of bound reports, correspondence, staff minutes, and publications

Box 11:

T.K. Cureton Published Articles and Reviews, Vol. II, 1936-41
455 pages with contents pages for pp. 247-455
Vol. III, 1940-41
Box 12:

- Lectures and Research Abroad, 1952
- Report of sabbatical leave in Europe
  - 339 pages, contents, list of illustrations, account of meetings attended, data collected and libraries used
- "The Search" feat. Tom Cureton (1954), CBS-TV, 1/2" Sony VHS videotape
- “The Search” feat. Tom Cureton (1954), CBS-TV, DVD
- Young Boys Research, 1959-66
- Laboratory photographs, 1942-72
  - shots of persons, equipment, groups measurements, clippings

Box 13:

- Binder divided into three folders continuing clippings, photographs, correspondence, and publications about Rome Olympics, awards and training programs, 1950-78
- Newspaper Clippings (3 folders), 1942-80

Box 14:

- Physical Fitness Appraisal and Guidance (Teaching Papers), 1941-70
  - Copies of Statements, articles and papers used with a 1947 text in teaching physical fitness
- International Congress on Physical Education, Connecticut Valley Colleges, April 11-16, 1954
  - Programs, correspondence, papers and clippings (bound)

Box 15:

- Reports on the Physical Fitness Laboratory & Research, 1958-61
  - Bound clippings, papers, lists and bibliographies
- Letters & clippings, 1959-89
- Correspondence, Councilman-Wolf, 1978-79

Box 16:

- Biographical, 1966-69
- Oral history interview, 1968
- 1/4 inch reel-to-reel tapes
  - "Fitness for Life"
  - Mary Ann Green, Aug 11, 1967
- Oral history interview, 1968
- Retirement Banquet, April 26, 1969
- Symposium in honor of Dr. Cureton, 1969
Cureton Symposium, 1969-86
Oral history annual reports, 1966-69
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Physical Fitness Center Research, 1950-67
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  Techniques and Apparatus to Determine the Physical Effects of Various types of Activities, ca. 1950
  Vertical Jump Recognition Timer
  Physical Test, Bicycle, ca. 1950

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  Clinics with YMCA’s of the U.S.A., 1937-75
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  Physical Fitness Research Lab, 1941-70
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