Guide to the Frederick W. Kasch Papers

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Guide to the Frederick W. Kasch Papers 1937/2011

Special Collections & University Archives

Overview of the Collection

Collection Title: Frederick W. Kasch Papers
Dates: 1937-2011
Bulk Dates: 1950-1980
Creator: Kasch, Frederick W., 1913-2008
Physical Description: 2.88 linear ft
Language of Materials: English
Repository: Special Collections & University Archives
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Biographical Information:
Dr. Frederick William Kasch was born in Chicago on April 16, 1913 and moved to San Diego in 1948 where he spent the remainder of his life as a physiologist, educator, and pioneer researcher of adult fitness. He attended Austin High School in Chicago in 1931, and earned a B.A. in 1935 and a M.A. in 1937 from the University of Illinois, where he played baseball. The team won the 1934 Big Ten Championship. Kasch earned a doctorate degree in education in 1956 from New York University and a physician’s doctorate from Walden University in 1982.

Dr. Kasch became an Assistant Professor in the Department of Physical Education at San Diego State College in 1948. In 1952, he established an Exercise Laboratory at San Diego State and began the first adult fitness clinic, also known as the Adult Fitness Program (AFP), on campus. He retired in 1980 as Professor Emeritus. In 1990, a university exercise physiology lab was named in his honor and an endowment for graduate study was established in his name in 1999.

Dr. Kasch received numerous grants for research and supplies for the university. His works were published in journals such as the Journal of the American Podiatry Association, the Journal of the Association for Physical and Mental Rehabilitation, Research Quarterly, the Journal of the American Medical Association, and Physician and Sports Medicine. Dr. Kasch also co-authored the book Adult Fitness (located here: http://libpac.sdsu.edu/record=b1617438~S0) in 1968 and attended various national and international symposiums.

Access Terms
This collection is indexed under the following controlled access subject terms.

Personal Name:
Kasch, Fred W. (Frederick William)

Topical Term:
Physical fitness

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Conditions Governing Access:
This collection is open for research.
Preferred Citation:
Identification of item, folder title, box number, Frederick W. Kasch Papers, Special Collections and University Archives, Library and Information Access, San Diego State University.

Related Materials:
University Archives Photograph Collection, 1898-

Arrangement of Materials:
Alphabetical by Folder Title

Scope and Contents
The Frederick W. Kasch Papers (1937-2011) document Dr. Kasch’s work as a physiologist, researcher, educator, and promoter of adult fitness in San Diego. The collection highlights his published research, coverage in the media, and awards of appreciation from colleagues, students, and research participants. It includes data from his renowned longitudinal study, “Thirty-three Years of Aerobic Exercise Adherence,” as well as a transcript of the NBC News interview “Cardiovascular Care.” The majority of the materials are concerned with Dr. Kasch's professional career at SDSU and date from 1950 to 1980. The collection is divided into seven series: Biographical (1913-2008), Correspondence (1954-2009), Photographs (1948-2006), Publications/Professional Work (1937-2010), Newsclippings and Media Coverage (1948-2008), Audiovisual (1978-2011), and Artifacts (1980-1999). Items are arranged alphabetically within each series and include newsclippings, correspondence, photographs, audio and video recordings, scrapbooks, publications and conference proceedings.

Biographical
Box 1, Folder 1 Item Level Description of Biographical Information; Margaret Kasch
Box 1, Folder 2 Autobiography/Biography 1973-2005
Box 1, Folder 3 Curriculum Vitae 1913-2008
Box 1, Folder 4 Frederick and Katherine Kasch Memorabilia 1951-1964
Box 1, Folder 5 Dr. Frederick W. Kasch Memorial 2008

Correspondence
Box 1, Folder 6 Item Level Description of Correspondence; Margaret Kasch
Box 1, Folder 7 Adult Fitness Program Participant Correspondence 2002 and 2003
Box 1, Folder 8 Illinois, University of Illinois, Civil Service Exam 1941, 1947, 1952, 2004
Box 1, Folder 9 Professional 1954-2004
Box 1, Folder 10 San Diego State College/University 1950-1999
Box 1, Folder 11 SDSU Former Students 1999-2009
Box 1, Folder 12 The United States Jaycees re: The President's Council of Physical Fitness 1968

Photographs
Box 1, Folder 13 Item Level Description of Photographs; Margaret Kasch
Box 1, Folder 14 Adult Fitness Program and Exercise Physiology Laboratory 1967, 1979
Box 1, Folder 15 American College of Sports Medicine 1989, 1993
Box 1, Folder 16 Center for Optimal Health Performance 48th Anniversary May 4, 2006
Box 1, Folder 17 David Bruce Dill Symposium 1988
Box 1, Folder 18 Dedication of the Fred Kasch Exercise Physiology Lab, Flyer and Photos May 2, 1990
Box 1, Folder 19 Gymnastic Teams 1950-1963
Box 1, Folder 20 Joe Ginet 1982
Box 1, Folder 21 Professional Colleagues 1956-2007
Box 1, Folder 22 SDSU Birthday April 16, 2003
Box 1, Folder 23 Slides: SDSU AFP/ San Diego Ocean 1969, circa 1948

Publications/Professional Work
Box 1, Folder 24 Item Level Description of Grants, Publications, and other Professional Work; Margaret Kasch
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<td>A Comparative Study of the Individual Mass and Group Methods of Teaching Elementary Swimming, University of Illinois Master of Science Thesis 1937</td>
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<td>A Comparative Study of the Pulse Rate and Respiratory Metabolism of Cardiac and Normal Boys During Standardized Exercise, NYU Doctoral Dissertation 1956</td>
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<td>Box 2, Folder 12</td>
<td>Professor Frederick W. Kasch: Pioneer in Adult Fitness and Cardiac Rehabilitation, M.S. Thesis for CSULB by Michael Wade Taylor 2010</td>
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<td>SDSU 33 Year Longitudinal Study 1999, 2000</td>
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<td>Unpublished 1963-1986</td>
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<td>Box 3, Folder 5</td>
<td>The Validity of the Astrand and Sjostrand Submaximal Work Tests, Walden University Doctoral Dissertation 1982</td>
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**Newspapers and Media Coverage**

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<td>American College of Sports Medicine Symposium Honoring Fred Kasch and Reader Article May 27-30, 2009</td>
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<td>Cassette Tape: &quot;Blood Pressure Changes with the Diet in Hypertensive Men&quot; and &quot;The Effect of Physical Training on Blood Lipid Profiles in Apparently Healthy Males&quot; by Dr. Richard W. Hicks circa 1981</td>
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<td>Box 4, Folder 3</td>
<td>Cassette Tape: &quot;Way of Life,&quot; Seminar at the University of Southern California 1978</td>
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<td>Box 4, Folder 5</td>
<td>&quot;Fitness: 25 Year Program&quot; at Morraine Junior College, Illinois November 16, 1989</td>
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<td>Box 6</td>
<td>Scrapbook: Surprise Retirement Party, Includes letters from friends, students, colleagues, and family; Photos of singing telegram girl with lyrics spoofing Dr. Kasch December 12, 1980</td>
</tr>
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<td>Box 6</td>
<td>Scrapbook: SDSU Endowment in honor of Frederick W. Kasch September 7, 1999</td>
</tr>
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