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

5500 Campanile Dr. MC 8050
San Diego, CA, 92182-8050
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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 newscippings, 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
- Box 1, Folder 25: Adult Fitness Program Brochures 1961-circa 1981
- Box 2, Folder 1: American College of Cardiology 1968-2004
- Box 2, Folder 2: American College of Sports Medicine 1958-1972

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**Guide to the Frederick W. Kasch Papers**

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| Box 2, Folder 3 | Brochures, Programs, and Flyers of Professional Work 1959-2000 |
| Box 2, Folder 4 | Centers Visited 1964-1968 |
| Box 2, Folder 5 | A Comparative Study of the Individual Mass and Group Methods of Teaching, Elementary Swimming, University of Illinois Master of Science Thesis 1937 |
| Box 2, Folder 6 | A Comparative Study of the Pulse Rate and Respiratory Metabolism of Cardiac and Normal Boys During Standardized Exercise, NYU Doctoral Dissertation 1956 |
| Box 2, Folder 7 | Exercise Physiology Laboratory Manual, SDSC 1970 |
| Box 2, Folder 8 | Grants 1960-1972 |
| Box 2, Folder 9 | International Meetings 1968-1988 |
| Box 2, Folder 10 | Meetings within the United States 1958-1970 |
| Box 2, Folder 11 | Presentations 1958-2002 |
| Box 2, Folder 12 | Professor Frederick W. Kasch: Pioneer in Adult Fitness and Cardiac Rehabilitation, M.S. Thesis for CSULB by Michael Wade Taylor 2010 |

| Box 3, Folder 1 | Publications (1 of 2) 1947-1974 |
| Box 3, Folder 2 | Publications (2 of 2) 1975-2001 |
| Box 3, Folder 3 | SDSU 33 Year Longitudinal Study 1999, 2000 |
| Box 3, Folder 4 | Unpublished 1963-1986 |
| Box 3, Folder 5 | The Validity of the Astrand and Sjostrom Submaximal Work Tests, Walden University Doctoral Dissertation 1982 |

**Newsclippings and Media Coverage**

| Box 3, Folder 6 | Item Level Description of Newsclippings and Interviews; Margaret Kasch |
| Box 3, Folder 7 | NBC Network News, "Cardiovascular Care" March 1994 |
| Box 3, Folder 8 | Newspaper and Magazine Articles 1948-1973 |
| Box 3, Folder 9 | Newspaper and Magazine Articles 1975-2008 |
| Box 3, Folder 10 | Joe Brooks 1952, 2007 |

**Audiovisual**

| Box 3, Folder 11 | Item Level Description of Audiovisual Materials; Maragaret Kasch |
| Box 4, Folder 1 | American College of Sports Medicine Symposium Honoring Fred Kasch and Reader Article May 27-30, 2009 |
| Box 4, Folder 2 | Cassette Tape: "Blood Pressure Changes with the Diet in Hypertensive Men" and "The Effect of Physical Training on Blood Lipid Profiles in Apparently Healthy Males" by Dr. Richard W. Hicks circa 1981 |
| Box 4, Folder 3 | Cassette Tape: "Way of Life," Seminar at the University of Southern California 1978 |
| Box 4, Folder 4 | CD-R: Documents by Margaret Kasch; Longitudinal Study Data 2011 |
| Box 4, Folder 5 | "Fitness: 25 Year Program" at Morraine Junior College, Illinois November 16, 1989 |

**Artifacts**

| Box 5 | Dr. Frederick W. Kasch's New Balance Running Shoes |
| Box 6 | Item Level Description of Artifacts; Margaret Kasch |
| Box 6 | 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 |
| Box 6 | Scrapbook: SDSU Endowment in honor of Frederick W. Kasch September 7, 1999 |