

*“A day is lost if there isn't some kind of physical activity in it”*

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## Student

- Junior year, she switched her major from English to Physical Education for Women and minored in English.
- Active in the WAA and the YMCA.
- Captain of the Women's Basketball and Hockey Teams.
- Played baseball and was women's basketball manager her senior year.
- A favorite student of Louise Freer who asked to come back and teach.
- Graduated in 1926.

*“The Laura J. Huelster Award, which supports graduate students in kinesiology who are working on their dissertations, was created to honor Dr. Huelster's many contributions to the University of Illinois and to the profession”*

*-Applied Health Sciences Award Description*

Varsity Letter, 1926



*“We can move together with skillful intent to alter the current present and to create the hereafter.”*

## Retirement

- Huelster retired in 1972 as a professor.
- She wanted to finish her educational career as a teacher, leaving her department head position in 1966.
- In 1971, after Huelster informed the University that she was retiring, Dean King sent her a personal letter requesting her not to leave her post.
- Retired in 1972.
- In 1973, Huelster returned to the University to lead a council to increase women's sports funding.



Pictures of Physical Ed students ca. 1950

## Dr. Laura J. Huelster 1914-1986



Portrait, 1974

## Teacher

- In 1942, Huelster initiated and conducted motor fitness testing to all students in the required courses in Physical Education.
- Her central research foci centered on the applications of movement fundamentals as a teaching tool.
- During her tenure at the U of I, Huelster taught badminton, tap dancing, volleyball, and softball.
- Various Huelster speeches reveal her interest in women in sport, specifically citing a women's desire to acquire more flexibility, efficiency in their bodies, and improve their walk through the application of sport.
- In 1955, Huelster served as a co-chairman of the First National Conference on Physical Education for College men and women.
- Huelster has served as chairman of the Soccer Committee of the A.A.H.P.E.R National Section on Women's Athletics, and in 1956 was elected a fellow in the A.A.H.P.E.R.

## Administrator

- Assisted in the development and evolution of various service programs and professional programs offered to students.
- In 1949, Huelster helped orchestrate the first professional curriculum in dance at the university.
- In 1952, she assisted in the development of off-campus practice teaching programs in coordination with the College of Education.
- Dr. Huelster is also credited with assisting in the synchronization of the men's and women's Physical Education Departments to create the College of Physical Education in 1957.
- Under Huelster's tenure, the women's department increased to 16 faculty and staff to 50.
  - Subsequently there was an increase in graduate teaching assistants
- Contributed to the development and renovation of a number of educational facilities for the Physical Education Department, specifically the Freer Gymnasium and the new Intramural-Physical Education Building that were constructed in 1970.



Freer Hall



Dancers March 26, 1951